



Adirondack Championship
Saturday, June 21, 2025
Mont Pleasant MS
 Packet Pickup: 10:00 am
 NO Day of Meet Registration



Track Events Start Time: 11:15am

1500m/3000m/5000m Racewalks (Run together)
 4x800 Relay - Midgets and Older
 80m Hurdles - Midget Boys/Girls
 100m Hurdles - YG /YB /Jr & Sr Girls /Open & Masters Women
 110m Hurdles - Jr & Sr Boys/Open & Masters Men
 100m Dash Preliminaries (Only divisions with more than the number of lanes will run a preliminary.)
 5000m Run - Juniors and Older (run with 3k)
 3000m Run - Midgets and Older
 800m Run - All Divisions
 100m Dash Finals - All Divisions
 400m Hurdles - Juniors and Older
 200m Hurdles - Youth Girls & Boys
 2000m Steeplechase -Juniors and Older
 4x100 Relay - All Divisions
 400m Dash - All Divisions
 1500m Run - All Divisions
 200m Dash - All Divisions

Abbreviations Key	
<u>Division</u>	<u>Yr. of Birth</u>
Primary (P)	2019+
Sub Bantam (SB)	2018-2017
Bantam (B)	2016-2015
Midget (M)	2014-2013
Youth (Y)	2012-2011
Juniors (Jr)	2010-2009
Seniors (Sr)	2008-2007
	<u>AGE</u>
Open (O)	19-29
Masters (M)	30+

- **All times are approximates! Meet schedule may run ahead or behind depending on entries.**
- All races will be FAT (Fully Automatic Timed)

Field Events
Start Time: 11:00 am

	LJ / TJ	Shot	Discus	Javelin
	Primary-G/B Sub Bantam-G/B	Midget Girls Midget Boys		
	Bantam Girls	Primary G/B Sub Bantam G/B	Midget Girls Midget Boys	
	Bantam Boys	Bantam G/B	Youth Girls Youth Boys	Follows Shot
	Midget Girls	Youth Girls Youth Boys	O/M Women Jr/Sr Girls	Primary G/B Sub Bantam G/B
	Midget Boys	Jr/Sr Girls O/M Women	Jr/Sr Boys O/M Men	Bantam Girls Bantam Boys
	Youth Girls Youth Boys	Jr/Sr Boys O/M Men		Midget Girls Midget Boys
	Jr./Sr./O/M			Youth B/G Jr/Sr Girls O/M Women
	Triple Jump All			Jr/Sr Boys O/M Men