



**President's Open**  
**Sunday, June 15, 2025**  
**Rensselaer HS**  
 Packet Pickup: 1:00 pm  
 Day of Meet Registration ends  
 at 2:00pm



**Track Events**

**Start Time: 2:15pm**

- 2:15 1500m/3000m/5000m Racewalks (Run together)  
 4x800 Relay - Midgets and Older
- 2:30 80m Hurdles - Midget Boys/Girls  
 100m Hurdles - YG /YB /Jr & Sr Girls /Open & Masters Women  
 110m Hurdles - Jr & Sr Boys/Open & Masters Men
- 3:00 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  
 4x100 Relay - All Divisions  
 400m Dash - All Divisions  
 1500m Run - All Divisions  
 200m Dash - All Divisions  
 4x400 Relay - All Divisions

**Abbreviations Key**

| <u>Division</u>   | <u>Yr. of Birth</u> |
|-------------------|---------------------|
| Primary (P)       | 2018+               |
| Sub Bantam (SB)   | 2017-2016           |
| Bantam (B)        | 2015-2014           |
| Midget (M)        | 2013-2012           |
| Youth (Y)         | 2011-2010           |
| Juniors (Jr)      | 2009-2008           |
| Seniors (Sr)      | 2007-2006           |
| <b><u>AGE</u></b> |                     |
| Open (O)          | 19-29               |
| Masters (M)       | 30+                 |

**Field Events**

| <b>PV</b>             | <b>HJ</b>         | <b>LJ/TJ</b>                  | <b>Shot</b>                 | <b>Discus</b>               | <b>Javelin</b>                          | <b>Hammer</b>  |
|-----------------------|-------------------|-------------------------------|-----------------------------|-----------------------------|-----------------------------------------|----------------|
| PV Warmups            | Youth to Masters  | Primary-Girls<br>Primary-Boys | Primary B/G<br>Bantam B/G   |                             |                                         |                |
| Starting height: 1.5m | Primary to Midget | Bantam Girls<br>Bantam Boys   | Jr/Sr Boys<br>O/M Men       | Midget Girls<br>Midget Boys |                                         |                |
| Continuous Bar        |                   | Midget Girls                  | Jr/Sr Girls<br>O/M Women    | Youth Girls<br>Youth Boys   | Follows Shot Put                        | Follows Discus |
|                       |                   | Midget Boys                   | Midget Girls<br>Midget Boys | O/M Women<br>Jr/Sr Girls    | Primary Girls<br>Primary Boys           | Jr and older   |
|                       |                   | Youth Girls                   |                             | Jr/Sr Boys<br>O/M Men       | Bantam Girls<br>Bantam Boys             |                |
|                       |                   | Youth Boys                    |                             |                             | Midget Girls<br>Midget Boys             |                |
|                       |                   | Jr./Sr./O/M                   |                             |                             | Youth B/G<br>Jr/Sr Girls - O/M<br>Women |                |
|                       |                   | Triple Jump<br>All            |                             |                             | Jr/Sr Boys<br>O/M Men                   |                |