



Adirondack Championship
Saturday, June 20, 2026
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
- 4x400 Relay - All Divisions

Abbreviations Key	
<u>Division</u>	<u>Yr. of Birth</u>
Primary (P)	2020+
Sub Bantam (SB)	2019-2018
Bantam (B)	2017-2016
Midget (M)	2015-2014
Youth (Y)	2013-2012
Juniors (Jr)	2010-2010
Seniors (Sr)	2009-2008
<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
	6u G/B 7-8 G/B	11-12 Girls 11-12 Boys		
	9-10Girls	6u G/B 7-8 G/B	11-12 Girls 11-12 Boys	
	9-10 Boys	9-10 G/B	13-14 Girls 13-14 Boys	Follows Shot
	11-12 Girls	13-14 Girls 13-14 Boys	O/M Women 15-18 Girls	6u G/B 7-8 G/B
	11-12 Boys	15-18 Girls O/M Women	15-18 Boys O/M Men	9-10 Girls 9-10 Boys
	13-14 Girls 13-14 Boys	15-18 Boys O/M Men		11-12 Girls 11-12 Boys
	15-18/ Open/Masters			13-14 B/G 15-18 Girls O/M Women
	Triple Jump All			15-18 Boys O/M Men