

ADIRONDACK ASSOCIATION CHAMPIONSHIPS

Averill Park High School
Saturday, June 19, 2010
Check-In Time: 8:30am
No Day of Meet Registration

Track Schedule Start Time: 9:00am

- 9:00** 1500m Race Walk - BG/BB/MG/MB
3000m Race Walk - YG/YB/IG/IB/YW/YM
5000m Race Walk - Open/Masters
- 9:30** *100m Dash Trials - All
5000m Run - YM/Open/Masters
3000m Run - MG/MB/YG/YB/IG/IB/YW
- 10:30** 80m HH - MG/MB/MW 40+/MM 70+
100m HH - YG
100m HH - YB/IG/YW/MW 30-39/MM 50-69
110m HH - IB/YM
- 11:00** 100m Dash Finals - All
- 11:30** 1500m Run - All
- 12:15** 400m IH - IG/IB/YW/YM/MW 30-49/MM 30-59
300m IH - MW 50-69/MM 60+
200m IH - YG/YB/MW 60+
- 12:30** 4x800 Relay - Midget and older
- 12:45** 400m Dash - All
- 1:00** 2000m Steeplechase - IG/IB/YW/YM/MW all/MM60+
3000m Steeplechase - OW/OM/MM30-59
- 1:30** 800m Run - All
- 2:00** 200m Dash - All
4x100 Relay - All
4x400 Relay - All

- Races labeled "All" will be contested youngest to oldest.. Some divisions may be combined.
- *All races require that 9 or more athletes be present for a preliminary round, otherwise results will be Final On Time at the finals round.
- **Note:** All relay teams must be from an officially registered 2010 USATF Track & Field clubs.

Field Events

Implement Weigh-In: 8:30am

- 9:00 Pit 1 - Triple Jump - YB/IB/YM/OM/MM
- 9:00 Pit 2 - Triple Jump - YG/IG/YW /OW/MM
- 9:00 Shot Put - MW/MM/OW/OM/YW/YM to SBG/SBB
- 9:00 Discus Throw - MB/MG to YW/YM/OW/OM/MW/MM
- 10:00 Pole Vault - YG/YB/MW/MM/IG/IB/YW/YM/OW/OM (starting height 1.5m)
Warmups start at 9:00
- 10:30 Pit 1 - Long Jump - SBG/BG/MG/IG/YW/OW/MW
- 10:30 Pit 2 - Long Jump - SBB/BB/MB/IB/YM/OM/MM
- 10:30 High Jump - SBG/SBB/BG/BB (Combined; Starting Height: .75m)
- MG/MB/YG/YB (Combined; Starting Height: .85m)
- IG/IB/YW/YM/OW/OM/MW/MM (Combined; Starting Height: 1.1m)
- 12:00 Turbo Javelin - MG/MB/BG/BB/SBG/SBB (Follows Shot Put)
- 1:00 Javelin - YG/YB/IG/YW/OW/MW (600g) (follows Turbo Jav)
- IB/YM/OM/MM (800g)