

Constitution Classic
Averill Park High School
Saturday, June 6, 2009
Packet Pickup: 9:00 am
Day of Meet Registration ends at 10:00am

Track Events (Start 10:15 am)

1. 4x800 Relay
2. 5000m Run - IB/IG to OM
3. 80m Hurdles - MB/MG
4. 100m Hurdles - YB/YG/IG/YW/OW/MW
5. 110m Hurdles - IB to OM
6. 3000m Run - MB/MG to OM
7. 800m Run - Open to All
8. 100m Dash - Open to All
9. 400m Hurdles - IB/IG to OM
10. 200m Hurdles - YB/YG
11. 1500m Racewalk - Open to All
12. 400m Dash - Open to All
13. 1500m Run - Open to All
14. 200m Dash - Open to All
15. Steeplechase - IB/IG to OM
16. 4x100 Relay - Open to All
17. 4x400 Relay - Open to All

Field Events (Start 10:00 am)

1. Pit 1 - Long Jump - BB/BG to IB/IG
2. Pit 2 - Long Jump - O/M, YM/YW, Triple Jump - YB/YG to O/M
3. High Jump - BB/BG to O/M
4. Shot Put - O/M to BB/BG
5. Discus Throw - MB/MG to O/M
6. Pole Vault - YB/YG to O/M
7. Turbo Javelin - BB/BG, MB/MG (follows discus & shot put)
8. Javelin - O/M, YM/YW, IB/IG, YB/YG (follows turbo javelin)

* Hammer will not be contested at this meet.

* All races require that 9 or more athletes be present for a preliminary round, otherwise results will be Final On Time.

* All relay teams must be from an officially registered 2009 USATF, AAU, Collegiate, or Scholastic Track & Field club.