

East Region Open/Masters & Club Championships

Ichabod Crane High School

Sunday, July 4, 2010

Packet Pickup: 8:30 am

No Day of Meet Registration

Track Events (Start Time: 9:00 am)

(Some events may be combined.)

- 9:00 110m HH - Decathlon
 9:00 5000m Race Walk - All
 9:45 5000m Run - OW/MW, OM/MM
Welcome, National Anthem, Announcements
 10:35 **100m Semis (To be run if 9 or more in age division, otherwise finals at 1:20)
 10:45 1500m Run - All
 11:15 80m HH - MW 40+, MM 70+
 11:25 100m HH - OW, MW 30-39, MM 50-69
 11:35 110m HH - OM, MM 30-49
 11:45 4x100 Relays - All
 12:00 400m Dash - All
 12:20 2000m Steeplechase(30") - MW all, MM 60+
 3000m Steeplechase (30") - OW
 3000m Steeplechase (36") - OM, MM 30-59
LUNCH
 1:00 1500m Run - Decathlon
 1:20 100m Finals - All
 1:40 800m - All
 2:00 400m IH (36") - OM,MM 30-49
 400m IH (33") - MM 50-59
 400m IH (30") - OW, MW 30-49
 300m IH (30") - MW 50-59, MM 60-69
 300m IH (27") - MW 60-69, MM 70+
 200m IH (27") - MW 70+
 2:30 200m Dash - All
 2:50 4x400 Relay - All
 3:00 DMR - OW/MW, OM/MM (1200m,400m, 800m, 1600m)
 3:15 SMR - OW/MW, OM/MM (200m, 200m, 400m, 800)

Field Events (Weigh In: 8:30 am)

Hammer/Weight/Superweight to be thrown on Sat., July 3. (pg 2)

Time	Shot Put	Discus	Javelin	High Jump	Pole Vault	Long Jump	Triple Jump
9:00	MM 35-59	MW / OW		OW/ MW	MW / OW	MM	
9:30		Decathlon			MM		
10:00	MM 60+	OM/ MM 35-49	OW / MW	MM			
10:30		MM 50-59			Decathlon	OW /MW	
11:00	OW / MW		OM	OM		OM	
11:30		MM 60+					
12:00	OM		Decathlon		OM		MM / OM
12:30			MM 35-59				OW / MW
1:30			MM 60+				

Time	Hammer	Weight	Superweight
	Check-in Implement Weigh- in Warmup	Check-in Implement Weigh- in	Check-in Implement Weigh- in
12:00	MM 13		
		MM 12	
			MM 11
2:15	MW 7/OW 2		
		MW 7/OW 1	
			MW 6/OW
4:15	OM 7		
		OM 3	
			OM

Abbreviation Key

OW - Open Women
OM - Open Men
MW - Masters Women
MM - Masters Men