

**Independence Invitational
Ichabod Crane High School
Saturday, July 3, 2010**

Packet Pick-up/Registration/Implement Weigh-in: 3:00pm
Day of Meet Registration ends at 4:00pm

Triathlon

Shot Put
High Jump
200m (Girls) 400m (Boys)

Pentathlon

80m HH (MB/MG)
100m HH (YB/YG)
High Jump
Shot Put
Long Jump
800m (Girls) 1500m (Boys)

Masters Women Pentathlon

80m HH
High Jump
Shot Put
Long Jump
800m Run

Heptathlon - Day 1

100m HH
High Jump
Shot Put
200m Dash

Decathlon – Day 1

100m Dash
Long Jump
Shot Put
High Jump
400m Dash

Masters Men Pentathlon

Long Jump
Javelin
200m Dash
Discus
1500m Run

Track Schedule

4:00 100m Dash - Decathlon - SB/OM
4:15 80m HH - Pentathlon - MG/MB
80m HH - Pentathlon MW 40+
4:30 4x800m Relay - All
4:40 3000m Run - All
5:00 100m HH - Heptathlon - SG/OW
5:15 100m HH - Pentathlon YB/YG
100m HH - Pentathlon MW 30-39
5:20 110m HH - IB-OM
5:25 Steeplechase
5:40 **800m run - All**
6:00 200m Dash - Pentathlon MM
100m Dash - All
6:15 1500m RaceWalk - All
6:30 400m IH - IB-OM
200m IH - Youth
6:40 400m Dash - All
7:00 1500m Run - All
7:30 1500m Run - Pentathlon MM/MB
800m Run - Pentathlon MW/ MG
Stars & Stripes 5K Twilight Run (Start)
7:45 200m Dash - All
400m Dash - Decathlon SB/OM
4x100 Relay - All
4x400 Relay - All
800m Run - Pentathlon - YG
1500m Run - Pentathlon - YB
200m Dash - Heptathlon - SG/OW
200m Dash - Triathlon BG
400m Dash - Triathlon BB

Field Events

	Long Jump	High Jump	Pole Vault	Shot Put	Discus	Javelin
4:00	Pent MM	Bantam				Turbo
4:40	Dec	Pent MW/ Midgets	Mixed Ages 1.5m	Bantam/ Midget		Youth
5:00	Bantam	Midgets/ Youth		Youth		Pent MM
5:30	Midget	Hep		Dec		Open/ Masters
5:45	Youth	Pent Youth		Pent MW/ Midgets		
6:00		Dec		Intermediates - O/M	Youth - Young	
6:30	Pent MW/ Midgets			Pent Youth/ Hep	Pent MM	
7:00	Intermediates - O/M	Intermediates - O/M		Tri	Open/ Masters	
7:30	Pent Youth					
8:00	Triple Jump	Tri				

- Times given are approximates only. The schedule may vary due to the number of participants. Please check in with your escort and/or clerk for your event.
- Masters must bring their own age appropriate implements.