

**Independence Invitational/
Adirondack Association Open & Masters Championships
Ichabod Crane High School
Friday, July 3, 2009
Packet Pickup: 3:00pm
Day of Meet Registration ends at 4:00pm**

**Track Events (Start 4:00 pm)
All times are approximates and subject to changes.**

- 4:00 1. 4x800 Relay
- 4:15 2. 3000m Run - MG/MB to O/M
- 4:35 3. 80m Hurdles - MB/MG
- 4. 100m Hurdles - YB/YG/IG/YW/OW/MW
- 5. 110m Hurdles - IB to OM
- 4:50 6. Steeplechase - IG/IB to O/M
- 5:05 7. 800m Run - All
- 5:30 8. 100m Dash - All
- 6:00 9. 1500m Racewalk - All
- 6:20 10. 400m Hurdles - IB/IG to OM
- 11. 200m Hurdles - YB/YG
- 6:45 12. 400m Dash - All
- 7:00 **13. 1500m Rush All ****
- 7:30 **14.** 200m Dash - All
- 7:45 15. 4x100 Relay - All
- 16. 4x400 Relay - All

**Featured event, offering \$150/\$100/\$50 prizes to 1st/2nd/3rd place finishers in open men/women and masters men/women, age graded.

Field Events (Start 4:00 pm)

- 1:00 1. Hammer - IB/IG to O/M (This event is being contested off site at the University @ Albany)
- 4:00 2. Pit 1 - Long Jump - BB/BG to YB/YG Triple Jump follows - O/M to YB/YG
- 4:00 3. Pit 2 - Long Jump - IB/IG/O/M Triple Jump follows - O/M to YB/YG
- 4:00 4. High Jump - BB/BG to O/M
- 4:00 5. Shot Put - O/M to BB/BG
- 4:00 6. Discus Throw - MB/MG to O/M
- 4:00 7. Pole Vault - YB/YG to O/M
- 5:00 8. Turbo Javelin - BB/BG, MB/MG (follows off site hammer)
- 9. Javelin - O/M, YM/YW, IB/IG, YB/YG (follows turbo javelin)

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

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