

**Patriot's Invitational
Averill Park High School
Saturday, May 22, 2010**

**Packet Pickup: 9:00 am
Day of Meet Registration ends at 10:00am**

Track Events (Start Time: 10:15 am)

4x800 Relay
5000m Run - IB/IG to O/M
80m Hurdles - MB/MG
100m Hurdles - YB/YG/IG/YW/OW/MW
110m Hurdles - IB to OM
3000m Run - MB/MG to O/M
800m Run - Open to All
100m Dash - Open to All
400m Hurdles - IB/IG to O/M
200m Hurdles - YB/YG
1500m Racewalk - Open to All
400m Dash - Open to All
1500m Run - Open to All
200m Dash - Open to All
Steeplechase - IB/IG to O/M
4x100 Relay - Open to All
4x400 Relay - Open to All

Field Events (Start Time: 10:00 am)

Pit 1 - Long Jump - BB/BG to YB/YG
Pit 2 - Long Jump - IB/IG to O/M, Triple Jump follows - O/M to YB/YG
High Jump - BB/BG to O/M
Shot Put - O/M to BB/BG
Discus Throw - MB/MG to O/M
Pole Vault - YB/YG to O/M
Turbo Javelin - BB/BG, MB/MG (follows discus & shot put)
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.

* All relay teams must be from an officially registered 2010 USATF, AAU, Collegiate, or Scholastic Track & Field club.

Abbreviation Key

BB/BG-Bantam Boy/Girl	IB/IG-Intermediate Boy/Girl
MB/MG-Midget Boy/Girl	YM/YW-Young Men/Women
YB/YG-Youth Boy/Girl	O/M-Open and Masters
OM/OW-Open Men/Open Women	MM/MW-Masters Men/Masters Women