

Adirondack Championship
Saturday, June 18, 2022
Ballston Spa HS
 Packet Pickup: 10:00 am
 NO Day of Meet Registration



Track Events Start Time: 11:15am

- 2:15 1500m/3000m/5000m Racewalks (Run together)
- 4x800 Relay - Midgets and Older
- 2:30 80m Hurdles - Midget Boys/Girls
- 100m Hurdles - YG /YB /Jr & Sr Girls /Open & Masters Women
- 110m Hurdles - Jr & Sr Boys/Open & Masters Men
- 3:00 100m Dash Preliminaries (Only divisions with more than the number of lanes will run a preliminary.)
- 5000m Run - Juniors and Older (run with 3k)
- 3000m Run - Midgets and Older
- 800m Run - All Divisions
- 100m Dash Finals - All Divisions
- 400m Hurdles - Juniors and Older
- 200m Hurdles - Youth Girls & Boys
- 4x100 Relay - All Divisions
- 400m Dash - All Divisions
- 1500m Run - All Divisions
- 200m Dash - All Divisions
- 4x400 Relay - All Divisions

Abbreviations Key	
Division	Yr. of Birth
Primary (P)	2016+
Sub Bantam (SB)	2015-2014
Bantam (B)	2013-2012
Midget (M)	2011-2010
Youth (Y)	2009-2008
Juniors (Jr)	2007-2006
Seniors (Sr)	2005-2004
AGE	
Open (O)	19-29
Masters (M)	30+

- **All times are approximates! Meet schedule may run ahead or behind depending on entries.**
- All races will be FAT (Fully Automatic Timed)

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Field Events
Start Time: 11:00 am

PV	HJ	LJ1/ TJ	Shot	Discus	Javelin
PV Warmups	Youth to Masters	Primary-G/B Sub Bantam-G/B	Midget Girls Midget Boys		
Starting height: 1.5m	Primary to Midget	Bantam Girls	Primary G/B Sub Bantam G/B	Midget Girls Midget Boys	
		Bantam Boys	Bantam G/B	Youth Girls Youth Boys	Follows Shot
		Midget Girls	Youth Girls Youth Boys	O/M Women Jr/Sr Girls	Primary G/B Sub Bantam G/B
		Midget Boys	Jr/Sr Girls O/M Women	Jr/Sr Boys O/M Men	Bantam Girls Bantam Boys
		Youth Girls Youth Boys	Jr/Sr Boys O/M Men		Midget Girls Midget Boys
		Jr./Sr./O/M			Youth B/G Jr/Sr Girls O/M Women
		Triple Jump All			Jr/Sr Boys O/M Men