

**11th ANNUAL GARRIOCK TRACK MEET**  
**HOSTED BY CVAC JAGUARS**  
**SATURDAY & SUNDAY, JUNE 11<sup>TH</sup> & 12<sup>TH</sup>, 2011**  
 (one revision June 10<sup>th</sup> in red. 2000 metre race)  
 (2<sup>nd</sup> revision June 10<sup>th</sup> 9pm, m/f 1999 & 2000 removed from Triple Jump)

**Saturday Track Events**

Time	Event	Age Group
10:30	Sprint Hurdles: 110m, 100m, 80m, 60m	Open to 2002 F/M (9 & older)
12:00	2000 metres 3000 metres	Midgets 1996/97 F/M (13 & 15) Open to 1995 F/M (16 & older)
1:00	100 metres	Open to 2002 F/M (9 & older)
2:00	Fun Run: 50 metres	8 years and younger
2:30	4x100 Relays	All age groups. <b>Hand team relay sheets into Registration by 1:30</b>
3:30	300 metres 400 metres	Timed Finals 1996-1999 F/M (12-15) Timed Finals -Open to 1995 F/M (16 & older)
4:30	Racewalk: 3000 m 1500 m 800 m	3000 m: open to 1995 F/M (16 & older) 1500 m: 1996-1998 F/M (13 to 15) 800 m: 1999 to 2002 F/M (9 to 12)

**Saturday Field Events**

**FEMALES**

Time	2002 F	2001 F	2000 F	1999 F	1998 F	1997/96 F	1995+ F
10:30			LJ		JAV (11:00 am)		
12:00		DIS		LJ		JAV	
1:00			DIS		LJ		JAV
2:00		JAV		DIS		LJ	
3:00			JAV		DIS		LJ
4:00		LJ		JAV		DIS	
5:00	LJ						DIS

**MALES**

Time	2002 M	2001 M	2000 M	1999 M	1998 M	1997/96 M	1995+ M
11:00	SP		X	HAM		HJ	
12:00		SP		X	HAM		HJ
1:00	HJ		SP		TJ	HAM	
2:00		HJ		SP		TJ	HAM
3:00			HJ		SP		TJ
4:00				HJ		SP	
5:00					HJ		SP

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**Sunday Track Events**

<b>Time</b>	<b>Event</b>	<b>Age Group</b>
9:00	1000 metres 1200 metres 1500 metres	2000 - 2002 F/M ( 9 to 11) 1996 - 1999 F/M (12 to 15) 1995 to open F/M (16 & older)
10:00	Distance Hurdles: 400 m 300 m 200 m	open to 1993 F/M (18 & older) 1994/95 F/M (16 & 17) 1996 - 1999 F/M (12-15)
11:00	600 metres 800 metres	2002 – 2000 F/M (9 to 11) Open to 1999 F/M (12 & older)
12:00	60 metres	2002 to 2000 F/M (9 to 11)
12:00	Pole Vault	1998 F/M and older athletes
1:00	200 metres	Open to 2000 F/M (11 & older)
2:00	Steeplechase: 3000 m (by request only)  2000 m  1500 m (no water jumps)	By request only: 18 to 23 Males, and 20-23 Females  1994 & 1995 F/M (16 & 17), and 1993 & 1992 Females only (18 & 19)  Midgets 1996 & 97 F/M (14 & 15)

**Sunday Field Events**

**FEMALES**

<b>Time</b>	<b>2002 F</b>	<b>2001 F</b>	<b>2000 F</b>	<b>1999 F</b>	<b>1998 F</b>	<b>1997/96 F</b>	<b>1995+ F</b>
9:00	SP		HJ	HAM		TJ	
10:00		SP		HJ	HAM		
11:00			SP		HJ	HAM	TJ
12:00				SP		HJ	HAM
1:00			X		SP		HJ
2:00		HJ		X		SP	
3:00	HJ				TJ		SP

**Please note: Pole Vault is at 12:00 pm Sunday for 1998 F/M and older athletes.**

**MALES**

<b>Time</b>	<b>2002 M</b>	<b>2001 M</b>	<b>2000 M</b>	<b>1999 M</b>	<b>1998 M</b>	<b>1997/96 M</b>	<b>1995+ M</b>
9:00		DIS		JAV		LJ	
10:00			DIS		JAV		LJ
11:00	LJ			DIS		JAV	
12:00		LJ			DIS		JAV
1:00			LJ			DIS	
2:00		JAV		LJ			DIS
3:00			JAV		LJ		