



Armory Open & Masters Sprint Nite

February 17, 2010 8:00PM – 11:00PM

Registration opens at 7PM - \$25 per athlete for unlimited events - No pre-registration - Only same-day registration - Only ¼ inch pyramid or Christmas tree spikes. No pin spikes allowed

8:00pm Running Events (Women first Men to follow)

60m hurdles Open – W (ALL HURDLES – FINAL ON TIME)

60m hurdles Masters - W

60m hurdles Open - M

60m hurdles Masters - M

60m Open - W

60m Masters - W

60m Open - M

60m Masters - M

60m Finals Open - W

60m Finals Open - M

60m Finals Masters - W

60m Finals Masters - M

400m Open – W

400m Masters - W

400m Open - M

400m Masters – M

200m Open - W

200m Masters - W

200m Open - M

200m Masters – M

8:00pm Field Events:

Weight Throw – Shot Put (to follow)

Pole Vault

Long Jump – Triple Jump (to follow)

High Jump (following the 60m Final)

High Jump and Pole Vault will start at a low height and move upward - Bar will not be lowered after event begins - Age groups combined in some events if the entry warrants
Hurdle heights and implement weights according to the USATF rules

RULES

In accordance with USATF 2009 Competition Rule Book. Only competing athletes will be permitted on the track or infield area, except for medical emergencies

Female athletes 14 and over are eligible to compete in the Open Division.

Male athletes 16 and over are eligible to compete in the Open Division.