

2010 Aloha State Games Track Meet

ORDER OF EVENTS – Saturday, July 24 – Track Events (see key below for age divisions)

7:30 am		Registration table opens for T-shirts – not before.
7:45 am		Organizational Meeting
8:00 am	5000	Open, Masters and Young Men (one heat).
8:20 am	3000	Midget and above – all boys & girls, and Masters that want to run 3K. (Heats determined by number of entries)
8:35 am	HURDLES	M (80, 30"), Y/g (100, 30"); Y/b, INT/g, YW, O/W (100, 33"); INT/b, YM, O/M (110, 39")** (Mauka side)
8:35 am	100	SB, B and M (Makai Side)
8:45 am	100	Y, INT, YM/YW, O/M, (Mauka side)
9:15 am	1500	All Ages except S/B (also 1500 racewalk)
9:45 am	4x100 Relay	All Ages
10:00 am	400	All Ages
11:00 am	HURDLES	Y (200, 30"), INT/b, INT/g, YM, YW, O, (400, 30" for women, 36" for men)**
11:15 pm	800	All Ages
Noon	200	All Ages
12:30 pm	4x400 Relay	All Ages
12:45 pm	Ohana Relay	(4x100, same family only; grandparents, parents, children; both genders or same gender).

ORDER OF EVENTS – Sunday, July 25

8:00 am		Registration table opens for T-Shirts and Medals (ALL medals from both days will be given out on the 24 th)	
8:00 am		Steeplechase (2K) INT and Above	
8:00 am		Long Jump	Boys, all Ages
8:00 am		Discus Cage Opens for Warm-Up (Grass field)	
8:30 am		Discus	Girls, followed by Boys, ascending ages. Midget and above.
8:30 am		Pole Vault	Y & above Girls then Boys, Coaches must be present
9:00 am		1,500 Racewalk	Bantam and above
9:00 am		Shot Put	All Ages Girls followed by Boys, ascending ages
9:00 am		High Jump	Bantam and above
9:00 am		Long Jump	Girls, all ages By age group starting with INT through Masters, then younger age groups.
9:30 pm		Triple Jump	Boys, then Girls, Y & Above By age group starting with Y.

All times are approximate: all events will follow closely the previous event.

(*Note: Youth and above normally do 3K racewalk, but since this is the first year it is being offered, and every effort will be made to encourage participation, all ages will be limited to 1,500 meters.

AGE DIVISIONS (rule 300, page 170, 2009 USATF Competition Rules)

Wrist Band Color

SUB-BANTAM	(Born in 2002, 2003)	Key = SB	Purple
BANTAM	(Born in 2000, 2001)	B	Green
MIDGET	(Born in 1998, 1999)	M	Yellow
YOUTH	(Born in 1996, 1997)	Y	Blue
INTERMEDIATE	(Born in 1994, 1995)	INT	Orange
YOUNG MEN/WOMEN	(Born in 1992, 1993)	YM/YW *	White
OPEN	(Born in 1991 or older)	O*	White
Masters	(30+ on day of meet)	MS	White

**Athletes born in 1991 who are still 18 years old on July 30, 2010, also compete in YM or YW divisions. Athletes born in 1990 who are 19 or above on July 30 compete in Open division. (See Rule 300.1.c, page 170)*