

2016 Penfield Summer Track and Field Series

Sponsored by the Penfield Maximum Velocity Track and Field Club

All meets are held on Tuesday evenings
 June 21, 28; July 5, 12, 19, 26 and August 2 at Penfield High School

SCHEDULE OF EVENTS

	Meet #1 June 21, 2016 @ Penfield	Meet #2 June 28, 2016 @ Penfield	Meet #3 July 5, 2016 @ Penfield	Meet #4 July 12, 2016 @ Penfield
	Pole Vault - warm ups	Pole Vault - warm ups	Pole Vault – warm ups	Pole Vault – warm ups
6:00 PM	Pole Vault – W/M 1500m Race Walk W/M	Pole Vault - W/M 2-runner 8000m Relay (alternating 400m's) W/M/Mix	Pole Vault W/M 9600/(alternating 800m's) W/M/Mix	Pole Vault - W/M 2 mile Race Walk W/M
6:30 PM	400m Hurdles M/W 55m Dash - ages 5/under 400m Dash W/M 100m Dash W/M 1500m Run W/M 4 x 100m Relay W/M/Mix	110m Hurdles M 100m Hurdles W 55m Dash - ages 5/under 200m Dash W/M 800m Run W/M 4 x 400m Relay W/M/Mix 5000 m Run W/M	55m Dash - ages 5/under 400m Dash W/M 100m Dash W/M 3000m Run M/W 4 x 200m Relay W/M/Mix	400m Hurdles M/W 55m Dash - ages 5/under 55m Dash W/M 300m Dash W/M 600m Run W/M 4X100m Relay - Under 12 Medley Relay W/M/Mix (100-100-200-400) 13+
6:00 PM	High Jump W/M Long Jump W/M Triple Jump M/W Discus M/W Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin W/M Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under

	Meet #5 July 19, 2016 @ Penfield	Meet #6 July 26, 2016 @ Penfield	Meet #7 August 2, 2016 @ Penfield	
5:00 PM	Pole Vault – warm ups	Pole Vault – warm ups	Pole Vault – warm ups	
6:00 PM	Pole Vault W/M 3-runner 8000m Relay (alternating 200m's) M/W/Mix	Pole Vault W/M 1600m Race walk	Pole Vault W/M 2-runner 9,600m relay (alternating 1600m's) M/W/Mix	
6:30 PM	110m Hurdles M 100m Hurdles W 55m Dash - ages 5/under 400m Dash W/M 100m Dash W/M 1500m Run W/M 4 x 100m Relay W/M/Mix	200m Intermediate Hurdles 55m Dash - ages 5/under 800m Run W/M 200m Dash W/M Mile Run W/M 4 x 400m Relay W/M/Mix 10,000 m Run W/M	55m Dash - ages 5/under 400m Dash W/M 100m Dash W/M 1000m Run W/M 4 x 200m Relay W/M/Mix 2 mile run W/M	
6:00 PM	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin W/M Turbo Javelin 12 and Under	High Jump W/M Long Jump W/M Triple Jump M/W Discus W/M Shot/Javelin M/W Turbo Javelin 12 and Under	