

2016 INDO CANADIAN TRACK and FIELD INVITATIONAL – July 23,24 2016 Rotary Park

Events Offered

All the usual events are offered with the exception of Pole Vault, Steeplechase, Heptathlon and Decathlon

Events	Masters	Masters	Senior	Senior	U20	U20	U18	U18	Midget	Midget	Bantam	Bantam	Peewee	Peewee	Tyke	Tyke
	Women	Men	Women	Men	Women	Men	Women	Men	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
60m													X	X	X	X
80m											X	X				
100m	X	X	X	X	X	X	X	X	X	X						
200m	X	X	X	X	X	X	X	X	X	X						
300m									X	X						
400m	X	X	X	X	X	X	X	X								
600m											X	X	X	X	X	X
800m	X	X	X	X	X	X	X	X	X	X	X	X				
1200m									X	X						
1500m	X	X	X	X	X	X	X	X								
2000m									X	X						
3000m	X	X	X	X	X	X	X	X								
Hurdles	ACS	ACS	100m	110m	100m	110m	100m	110m	80m	100m	80m	80m				
Int. Hurdles	ACS	ACS	400m	400m	400m	400m	400m	400m	200m	200m						
Race Walk	ACS	ACS	3000m	3000m	3000m	3000m	3000m	3000m	1500m	1500m						

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	Women	Men	Women	Men	Women	Men	Women	Men	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
High Jump	X	X	X	X	X	X	X	X	X	X	X	X				
Standing Long Jump													X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X	X	X	X	X						
Shot Put	ACS	ACS	4kg	7.26kg	4kg	6kg	3kg	5kg	3kg	4kg	3kg	3kg	2kg	2kg	2kg	2kg
Ball Throw													X	X	X	X
Javelin	ACS	ACS	600g	800g	600g	800g	500g	700g	500g	600g						
Discus	ACS	ACS	1kg	2kg	1kg	1.75kg	1kg	1.5kg	1kg	1kg	750g	750g				
Hammer	ACS	ACS	4kg	7.26kg	4kg	6kg	3kg	5kg	3kg	4kg						
4x100m	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4x400m	X	X	X	X	X	X	X	X	X	X						
											Sat Events	Sun Events	Sat Events	Sun Events	Sat Events	Sun Events