

2016 USATF Region 1 Junior Olympic Track & Field Championships

University at Albany (Albany, NY)

July 7, 8, 9, & 10

THIS INFORMATION IS OF JULY 1, 2016 IT MAY BE UPDATED ON A WEEKLY BASIS. SCHEDULE <u>TIMES</u> MAY CHANGE

Thank you for joining us for the 2016 Region 1 Junior Olympics competition. Enclosed is the information packet. Any updates to this packet will be posted below. If you have any questions about the event, please email youth@adirondack.usatf.org.

UPDATES:

- 5/27 Steeplechase moved to Saturday. Race walk moved to Friday.
- 7/1 Boys shot put (7-8) moved from Saturday at 3:30 to Saturday at 4:45pm (Follows girls)
- 7/1 Updated hotel information
- 7/1 Implement inspection updated
- 7/1 Registration area has been relocated
- 7/1 Parking directions
- 7/5 fixed erroneous schedule which had steeplechase on Friday; Race walk on Saturday.

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OVERALL SCHEDULE

Thursday, July 7, 2016 (Decathlon/Heptathlon day 1 only) Friday, July 8, 2016 Saturday, July 9, 2016 Sunday, July 10, 2016

AGE GROUPS:

Age is as of December 31, 2015

Group 1 - 7 - 8 years old born 2008-2009

Group 2 - 9-10 years old born 2006-2007

Group 3 - 11-12 years old born 2004-2005

Group 4 - 13-14 years old born 2002-2003

Group 5 - 15-16 years old born 2000-2001

Group 6 - 17-18 years old born 1998-1999 and after Aug 2, 1997

DIRECTIONS TO UNIVERSITY AT ALBANY:

Directions

From the north

Take the Northway (I-87) south to Exit 1E onto I-90 east (Albany/Boston), then Exit 2 (Washington Ave/UAlbany) which leads right into the University at Albany.

From the south

Take the Thruway north to Exit 24. After the tollbooths, go onto I-90 east towards Boston to Exit 2 (Washington Ave/UAlbany) which leads right into the University at Albany.

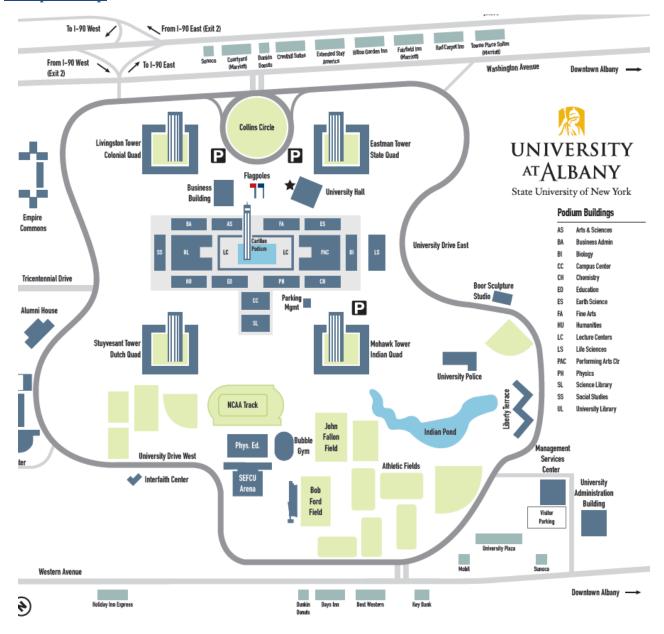
From the east

Take I-90 west (towards Buffalo) to Exit 2 (Fuller Rd/UAlbany). At the traffic circle, take the 3rd exit onto Fuller Road. At the next traffic circle, take the 3rd exit onto the Washington Avenue ramp, then merge onto Washington Avenue at the traffic light. The University at Albany will be on your right.

From the west

Take the Thruway east to Exit 24. After the tollbooths, go onto I-90 east towards Boston to Exit 2 (Washington Ave/UAlbany) which leads right into the University at Albany.

Campus Map



Please respect the facility and equipment. Remove your trash when you leave.

The facility offers an 9-lane track, 2 horizontal jump areas, 2 high jump area, and four throwing areas (2 shot put, 1 discus and 1 javelin/discus/hammer) and an additional grass mini-javarea.

1/4" pyramid spikes only. Spikes will be checked at clerking area

QUALIFYING FOR REGIONALS:

- 1) The Following Associations compete in the Region 1 Championship: Adirondack; Connecticut; Long Island; Maine; New York; and New England.
- 2) The top 8 Boys & Girls in each event at each Association Meet may advance to Region 1.
- 3) Any waivers approved by an association meets must be properly entered through Athletic.net
- 4) Athletes in Divisions 1-2-3 (7-8, 9-10, 11-12) may enter a maximum of 3 individual events.
- 5) Athletes in Divisions 4-5-6 (13-14, 15-16, 17-18) may enter in a maximum of 4 individual events.
- 6) Relays count as events.
- 7) Combined events count separately.
- 8) All entrants must have been approved through an athlete's association.

ENTRY PROCEDURE:

- 1) All entry is through the online registration at <u>www.Athletic.net..</u>
- 2) Entry begins Thursday, June 30 and runs through Friday, July 1, at 12:00 noon
- 3) LATE ENTIRES WILL NOT BE ACCEPTED

ENTRY FEES:

Individual Events \$7 each, Relays \$28, Triathlon/Pentathlon \$15, Heptathlon/Decathlon \$20

CHECK-IN:

- 1) Number pick-up is at the registration area at the top of the bleachers beginning at 11:00 a.m. on day 1, and 8:00 a.m. on day 2-3-4
- 2) Each association will have a registration area.
- 3) Bib numbers will be distributed at packet pick-up.
- 4) All athletes will have a bib number assigned to them in order to compete.
- 5) Athletes must only wear their own number.
- 6) Bib numbers must be worn on the front of the jersey. An exception is made for high jumpers and pole vaulters who have the option to wear their bib number on their back if they prefer.
- 7) Lost or forgotten bib numbers will result in a \$10.00 replacement fee for each number replaced.
- 8) For all running and race walking events, athletes will be assigned a hip number at check in with the Clerk of the Course for final seeding. Hip numbers must be worn on the correct hip. Shirts must be tucked in so hip numbers are visible by camera at finish line

COACHES:

Only coaches who have completed the USATF background check, SafeSport training, and have an active USATF membership number will be given a wristband. This allows THAT coach access to the infield/competition area to help athletes get their marks or ask questions. The coaches need to leave the area prior to competition. The infield is not a spectator area for coaches.

- 1) Any coach or parent in the infield or clerking area may result in the disqualification of their athlete/team.
- 2) Any parent or non-2016 USATF coach in any other restricted area may result in the immediate disqualification of their athlete/team.

Wristbands can be picked up at the coaches table in the registration area at the top of the bleachers.

RELAY UNIFORMS:

RELAY uniforms must be basically identical, top and bottom.

EQUIPMENT:

- 1) Implements for all throwing events will be checked at the implement inspection tent. There are specific times that implements will be checked.
- 2) Implements not weighing in will be impounded.
- 3) Athletes are encouraged to bring their own equipment. No vaulting poles will be supplied.
- 4) Personal starting blocks are not permitted.

IMPLEMENT INSPECTION TIMES:

Implements will only be checked during these times. Please plan accordingly. If an implement is not checked, it cannot be used. (Note: implements can be checked at any point before the event. It does not have to be done on the day of the event).

- Thursday, 7/7: 11am 1pm
- Friday, 7/8: 8:30 9:15am & 2pm-3pm
- Saturday, 7/9: 8:30am 9:15am & 12:15 12:45pm
- Sunday, 7/10: 8:30am 9:15am & 12:15 12:45pm

RESULTS:

Results will be posted as soon as possible after the completion of events. Results will also be posted on-line throughout the event. Timing services provided by Brewer Timing.

ATHLETE FLOW/CLERKING PROCEDURE:

- 1) Designated warm-up areas will be announced
- 2) First call for track events will be made approximately 60 minutes prior to the event, with a second and final callmade approximately 30 minutes prior to the scheduled start time.
- 3) Clerks will escort athletes to the starting lines.
- 4) Athletes will be escorted by the Head Official to the field event areas.
- 5) Athletes are not permitted to leave the clerking area or the field event area once the final call has been made without permission of the Head Clerk or Head Official and being escorted by a Marshall.

IMPORTANT INFORMATION FOR ATHLETES AND COACHES

PROTESTS:

- 1) Protests must be submitted in writing within thirty (30) minutes after the results of an event are posted per rule 73. This time period will be strictly enforced.
- 2) There will be a \$50.00 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld.
- 3) Only violations of the USATF 2015 Rules of Competition may be protested.
- 4) Judgment calls made by meet officials cannot be protested.
- 5) Protests that do not meet the above criteria will not be accepted.
- 6) The protest table is located in the press box

MEDICAL:

There will be qualified personnel available at all sessions of the championships. Medical Staff who will handle injuries only will be located near the finish line. There is no taping or massage available.

WATER will be available at multiple locations.

ADVANCEMENT TO NATIONALS:

- 1) In all Individual events, the top 5 finishers in each event may advance to the National Championships.
- 2) In all Relays, the top 5 finishers in each relay may advance to the National Championships.
- 3) In the Combined Events, the top 2 girls and top 2 boys may advance to the National Championships. If achieving a specific National standard (available online), a third athlete may advance.

HOTEL INFO:

There are multiple hotels in the area.

The **Hilton Garden Inn Albany / SUNY Area** has created a discounted rate for the second weekend in July of 10% or more off of our best available rate. In the rate, they are also including a Grab & Go Breakfast for each athlete. Please call the hotel directly at 518-453-1300 to book and ask for the Junior Olympics discounted rate.

OTHER INFORMATION:

AWARDS:

Awards will be available at the awards table a minimum of 30 minutes after the results have been posted NOTE: The 30 minute waiting period is to allow processing time in case a protest is filed regarding an event result. Medals are awarded to the overall top five places in each event.

ACCESS:

- 1) There is no admission charge
- 2) There is no charge for parking. All cars should park in the Dutch Quad parking lot. Pay attention to parking signs. Cars parked illegally will be ticketed.
- 3) The University at Albany and USATF-Adirondack are not responsible for lost or stolen items

STADIUM RULES:

Athletes may ONLY bring water onto the infield; no other beverages or food are allowed. NO ELETRONIC DEVICES ARE ALLOWED WITH COMPETITORS OR COACHES ON THE INFIELD.

Tents are permitted in specific, designated areas outside the track. There are no tents allowed in the bleachers.

There is no smoking allowed inside or immediately outside the stadium.

Coolers are permitted inside the stadium. Glass containers ARE NOT PERMITTED. Please remove any alcohol, tobacco or glass before entering the stadium.

No dogs anywhere beyond the parking areas.

CONCESSIONS:

Food and beverages will be sold throughout the meet.

- 1) You may bring your own food and drink into the stadium but you may not bring in glass containers. No grills or fires.
- 2) When you leave, you must remove anything you brought in with you carry in, carry out.
- *3)* For your convenience, plastic trash bags and trash cans will be available throughout the facility for garbage disposal. Do NOT leave piles next to trash cans. Take trash with you.

EVENT T-SHIRTS will be sold on site.

Lost and Found will be located at the registration area

REGION 1 SCHEDULE:

AT END OF DOCUMENT
SEE DIVISION NUMBER/AGES ON PAGE 1 ABOVE

NOTE: If trial rounds are not required in events shorter than 400 meters, the event will run as a final AT THE TIME OF THE TRIALS.

Events will be contested girls first then boys unless otherwise designated

NATIONALS INFORMATION:

http://www.usatf.org/Events---Calendar/2015/2015-USATF-National-Junior-Olympic-Track---Field-C.aspx

REGISTRATION FOR NATIONALS:

National JO's registration process for the National JO's: You will need to go back on www.Athletic.net.com, within 48 hours of the end of the meet (starting Tuesday July 14) to enter your athletes in the National JO Events. It is the responsibility of athletes/coaches to register for the Nationals as all registration is now done on-line.

If you have any questions please contact Region I coordinator Bill Mongovan before you leave the University at Albany.

EVENT SCHEDULE

	EVENT SCHEDOLE												
Thur	sday - 7/7/2016	B1: #4	High Jump	B1: 110	Long/Tri	iple Jump	Pole Vault		t Put	Discus /		Javelin	Turbo Jav
Time: 11 : 00	Track	Pit #1	Pit #2	Pit #3	Pit #1	Pit #2		Circle #1	Circle #2	Circle #1	Circle #2		
11 : 00													
11 : 10						MANI	DATORY COACHES MI	FTING					
11 : 15													
11 : 20													
11 : 25													
	Decathlon												
11 : 35													
11 : 40	6B then 5B												-
11 : 45													
11 : 55													
12 : 00													
12 : 05													
12 : 10													
12 : 15						Decathlon							
12 : 20					Long Jump	Long Jump							
12 : 25					Warm-up	Warm-up							
12 : 30 12 : 35					6B - Start	5B - Start							
12 : 40					OB - Start	SB - Start							
12 : 45													
12 : 50													
12 : 55													
1 : 00													
1 : 05	1	1	.	1			-	1					
1 : 10	1	1	 	 				1					
1 : 15	 	 	 	 	-	 	-	 		-		-	
1 : 20	1			<u> </u>		 							
1 : 30				<u> </u>				Decathlon	1				
1 : 35				1				Shot Put					
1 : 40													
1 : 45								Warm-up					
1 : 50	-			ļ		ļ		6B - Start					
1 : 55	Heptathlon	1	 	1		1		-					
2 : 00	Heptathion 100mHH												
	6G then 5G												
2 : 15	00 (1)(1) 30							Warm-up					
2 : 20								5B - Start					
2 : 20 2 : 25													
2 : 30													
2 : 35													
2 : 40													$\overline{}$
2 : 45													
2 : 50								Heptathlon Shot Put					
3 : 00								Shotrat					
3 : 05								Warm-up					
3 : 10		Decathlon	Decathlon					6G - Start					
3 : 15		High Jump	High Jump										
3 : 20		Opening @	Opening @										
3 : 25 3 : 30		5' - 6'	4' - 6"										
3 : 30		Warm-up	Warm-up					M/					
3:35	1	Start	Start			 		Warm-up 5G - Start					
3 : 45		Start	Start					SG - Start					
3 : 40 3 : 45 3 : 50	1					1							
3 : 55													
4 : 00													
4 : 05													
4 : 10		-				—							
4 : 15 4 : 20	1					1							
4 : 20	 	Heptathlon	Heptathlon	1		 		1					\vdash
4 : 25	†	High Jump	High Jump			 							
4 : 35		Opening @	Opening @			1							
4 : 40		4' - 10"	4' - 0"										
4:45		Warm-up	Warm-up										
4 : 50 4 : 55 5 : 00 5 : 05		Start	Start										
4 : 55	1	-			-	1	-	1				-	
5 : 00	-					1							
5 : 05	Decathlor					 		-					
5 . 10	Decathlon 400m 5B then 6B Heptathlon 200m 5G then 6G					1				1		1	\vdash
5 : 20	5B then 6B												
5 : 25						1		1					
5 : 30													
5 : 35													
5 : 40													
5 : 45	Heptathlon												oxdot
5 : 50	200m			1		1							ļ
5 : 55	5G then 6G		 	1		1		1					
6 : 00	 			 		 							
6 : 05	+	1	 	 	1	 	1	1		1		1	
6 : 15	†			†		†							
6 : 20 6 : 25 6 : 30	†												
6 : 25			İ	1		1							
6 : 30		<u> </u>						<u> </u>					
	-	-	-	-			-	-			-	-	

	lay - 7/8/2016	Dis #1	High Jump	Pit #3	Long/Tri Pit #1	ple Jump Pit #2	Pole Vault	Shot Put Circle #1	Discus / Circle #1	Hammer Circle #2	Javelin	Turbo Jav
9 : 00	Track	Pit#1	Pit #2	PIL#3	Pit#1	PIC#Z		Circle #1	Circle #1	Circle #2		
9 : 05							ACUEC CAREE					
9 : 10 9 : 15						MANDATORY CO	ACHES MEETING					
9 : 20												
9: 25	Decathlon							Triathlon				
9 : 35	110mHH							Shot Put				
9 : 40	5B then 6B				Hontathi	Hontath I						
9 : 45 9 : 50					Heptathlon Long Jump	Heptathlon Long Jump		Warm-up 2B - Start				
9 : 55	Pentathlon				Warm-up	Warm-up			Decathlon			
10 : 00	Hurdles 3G then 4G				6B - Start	5B - Start			Discus Warm-up			
10 : 10												
10 : 15 10 : 20									Start 5B			
10 : 25								Triathlon				
10 : 30 10 : 35								Shot Put				
10 : 40	Pentathlon							Warm-up				
10 : 45					Pentathlon	Pentathlon		2G - Start	Warm-up			
10 : 50	3B then 4B				Long Jump Warm-up	Long Jump Warm-up			Start 6B			
11 : 00					4G - Start	3G - Start						
11 : 05 11 : 10												
11 : 15		Triathlon										
11 : 20 11 : 25		High Jump										
11 : 30		Warm-up					Decathlon					
11 : 35		2B - Start			Dt-th-l-	D-marable.	Pole Vault					
11 : 40 11 : 45					Pentathlon Long Jump	Pentathlon Long Jump	Warm-up	Pentathlon			Heptathlon	
11 : 50					Warm-up	Warm-up		Shot Put			Javelin	
11 : 55 12 : 00	4x800m Relay				4B - Start	3B - Start		Warm-up 4G/3G - Start			Warm-up	
12 : 05	G3 & G4							5,55 5001				
12 : 10 12 : 15	then	Triathlon					Start				Start 5B	
12 : 20	then	High Jump										
12 : 25 12 : 30	G5 & G6	Warm-up										
		2G - Start										
12 : 40	1500m RW											
	Combined 2/3 G & 2/3 B							Pentathlon			Warm-up	
12 : 55								Shot Put			wariii-up	
	3000m RW							Warm-up			Start 6B	
	Combined 4/5/6 G &	Pentathlon High Jump	Pentathlon High Jump					4B/3B - Start				
1 : 15	4/5/6 B											
1 : 20 1 : 25		Warm-up 4G - Start	Warm-up 3G - Start									
1 : 30	Triathlon											
1 : 35 1 : 40	400m										Decathlon	
1 : 40 1 : 45 1 : 50	20										Javelin Warm-up	
1 : 55 2 : 00	Triathlon 200m											
2 : 05											Start 5B	
2 : 10 2 : 15		Pentathlon High Jump	Pentathlon High Jump									
2 : 20	Heptathlon	Warm-up	Warm-up									
2 : 25	800m 5G then 6G	4B - Start	3B - Start									
2 : 30	SS theil bu											
2 : 40 2 : 45											Warm-up	
2 : 50	Pentathlon										апп-ар	
2 : 55	800m										Start 6B	
3 : 00	3G then 4G											
3 : 05 3 : 10												
3 : 15 3 : 20	Pentathlon											
3 : 25	1500m											
3 : 30	3B then 4B								Hammer 5G & 6G			
3 : 40									Warm-up			
3 : 45	Decathlon											
3 : 55	1500m								Start			
	5B then 6B											
4 : 10				<u> </u>								
4 : 15	3000m											
4 : 20 4 : 25												
4 : 30	3B											
4 : 35 4 : 40	then 4G											
4 : 45	then											
4 : 50 4 : 55	4B then											
5 : 00	5G								Hammer			
5 : 05	then								5B & 6B			
	5B then								Warm-up			
5 : 20	6G											
5 : 25 5 : 30	then 6B								Start			
5 : 35												
5 : 40												
5 : 45 5 : 50												
5 : 55												
6 : 00 6 : 05												
6 : 10												
6 : 15 6 : 20												
6 : 25												
6 : 30												

Time:	day - 7/9/2016 Track	Pit #1	High Jump Pit #2	Pit #3	Long/Tr Pit #1	iple Jump Pit #2	Pole Vault	Discus Circle #1		t Put Circle #2	- Javelin	Turbo Jav
9 : 00 9 : 05												
9 : 10 9 : 15		1	<u> </u>	<u> </u>		MANDATORY CO	ACHES MEETING		<u> </u>	I	I	
9 : 20 9 : 25												
9 : 30					Long Jump	Long Jump	Pole Vault					
9 : 35 9 : 40	then				2B	2G	4G, 5G, 6G					
9 : 45 9 : 50	400m H	High Jump 3B	High Jump 3G					Discus 4B	Shot put 5/6G			Mini Jav 1G
9 : 55	5G then 6G then											
10 : 05	5B then 6B Steeplechase											
10 : 15	2000m											
	Steeplechase											
10 : 30 10 : 35												
10 : 40 10 : 45												
10 : 50 10 : 55												
11 : 00	80m HH Trials	High Jump	High Jump		Long Jump	Long Jump		Discus	Shot put			Mini Jav
11 : 05 11 : 10	then	4B	4G		3B	3G		5B	2G			1B
11 : 15 11 : 20	3B 100m HH Trials											
11 : 25 11 : 30	4G then											
11 : 35	4B 100m HH Trials											
11 : 45 11 : 50	5G											
11 : 55	6G											
12 : 05	110m HH Trials 5B											
12 : 10 12 : 15	then 6B											
12 : 20 12 : 25	80m HH Finals											
12 : 30 12 : 35	100mHH Finals											
12 : 40	100mHH Finals											
12 : 45 12 : 50	110mHH Finals											
12 : 55	5B, 6B 100m Trials	High Jump	High Jump		Long Jump	Long Jump	Pole Vault	Discus	Shot put			Mini Jav
	Multiple Heats	2B	2G		1B	1G	4B, 5B, 6B	6B	4G			3G
1: 15	then											
1 : 25	then											
1 : 30 1 : 35	then											
1 : 40 1 : 45	then											
1 : 50 1 : 55												
2:00	4G											
2:10	4B	High Jump	High Jump		Long Jump	Long Jump		Discus	Shot put			Mini Jav
2 : 20	5G	5/6B	5/6G		4B	4G		3B	3G			2B
2 : 25	5B											
2 : 35 2 : 40	6G											
2 : 45												
2 : 55 3 : 00	1500m											
3 : 05	May Combine Age Groups											
3 : 15	1/2 G, 1/2 B 3/4 G, 3/4 B											
3 : 25	5/6 G, 5/6 B				I and to	l li			Chat as i			National London
3 : 30 3 : 35					Long Jump 5B	Long Jump 5G			Shot put 1G			Mini Jav 2G
3 : 40 3 : 45 3 : 50												
3 : 55												
4 : 00 4 : 05	100m Finals 1G, 1B, 2G, 2B,											
4 : 10	3G, 3B, 4G, 4B, 5G, 5B, 6G, 6B											
4 : 15 4 : 20 4 : 25												
4 : 25	400m Multiple Heats											
4 . 40	10											
4 : 45 4 : 50	then 1B				Long Jump 6B	Long Jump 6G			Shot put 1B			Mini Jav 3B
4 : 45 4 : 50 4 : 55 5 : 00 5 : 05	then 2G											
5 : 05 5 : 10	then											
5 : 15	then											
5 : 20 5 : 25	then											
5 : 30 5 : 35	3B then											
5 : 35 5 : 40 5 : 45	then											
5 : 50 5 : 55	4B											
6 : 00	5G											
6 : 05 6 : 10	5B											
6 : 15 6 : 20	then											
6 : 25	then 6B											

	ıy - 7/10/2016		High Jump		Long/Tri		Pole Vault	Shot Put	Discus		Discus / Hammer		Turbo Jav
Time: T	Frack	Pit #1	Pit #2	Pit #3	Pit #1	Pit #2	Tole Tunk	Circle #1	Circle #2	Circle #1	Circle #2	Javelin	10.50 304
9 : 00 9 : 05													
9:10						MANE	OATORY COACHES ME	ETING					
9 : 15													
9 : 20													
9 : 25	1x100m Relay				Triple Jump	Triple Jump		Shot Put	Discus			Javelin	
9 : 35 1	1G then				4B	4G		5/6B	3G			5/6G	
9 : 40 1	1B then												
9 : 45 2 9 : 50 2	2G then												
9 : 50 2 9 : 55 3	2B then												
10 : 00 3													
10 : 05 4	4G then 4B												
10 : 10 5 10 : 15	5G then 5B												
10 : 15 6	OG then 68												
10 : 20 2 10 : 25 1	1G												
10 · 30 t	then												
10 : 35 1	1B												
10 : 35 1 10 : 40 t 10 : 45 2	nen 2G				Triple Jump	Triple Jump		Shot Put	Discus			Javelin	
10 : 50 t	then				5B	5G		2B	4G			4B	
10 : 55 2	2B												
11 : 00 t	then									ļ			
11 : 05 3 11 : 10 t	then												
11 : 15 3	3B												
11 : 20 t	then												
11 : 25 4 11 : 30 t 11 : 35 4	#G												
11 : 35	1B												
11 : 40 t	then												
11 : 45 5	5G												
11 : 50 t	then												
12 : 00 t	then												
12 : 05 6	6G												
12 : 10 t	then												
12 : 15 6 12 : 20 8	200m												
12 : 25 :	1G then												
12 : 25 1 12 : 30 1 12 : 35 2	1B then												
12 : 35 2	2G then												
12 : 40 2 12 : 45 3	2B then 3G then												
12 : 50 :	3B then												
12 : 50 3 12 : 55 4	4G then												
1 : 00 4					Triple Jump	Triple Jump		Shot Put 3B	Discus			Javelin	
1 : 05 5 1 : 10 5	SB then				6B	6G		38	5G			4G	
1: 15	6G then												
1 : 20	5B												
1 : 25	200m Finals												
	200m Finals 1G, 1B, 2G, 2B,												
1 : 40 3	3G, 3B, 4G, 4B,												
1 : 45	5G, 5B, 6G, 6B			· ·									
1 : 50 1 : 55													
2 : 00 4	1x400m Relay												
2 : 05 1	1G then												
2 : 10 1	1B then								_				
2 : 15 2	2G then							Shot Put	Discus 6G			Javelin 5/6B	
2 : 20 2 2 : 25 3	3G then											3, 30	
2 : 30 3	3B then												
2 : 35 4	4G then												
2 : 40 4 2 : 45 5	B then G then												
2 : 50 5	5B then												
2 : 55 6	6G then												
3 : 00 6	SB .												
3 : 05 3 : 10													
3 : 10													
3 : 20													
3 : 20													
3 : 20 3 : 25 3 : 30													