



19th Annual Valley United Invitational Meet

College of the Canyons



Date: April 8 & 9 2017

Event limits: Sub-Gremlin, Gremlin, Bantam, Midget, & Youth may participate in **up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays**; Intermediates/Young: up to 3 individual events. Strictly enforced (sanction for over-eventing is DQ for all events participated in).

Running Event Schedule

SATURDAY, April 8, First event starts 8:30 am

Coaches meeting at 8:00 AM

3000m Final (MG, MB, YG, YB, IG, YW, IB, YM)

80/100m Hurdles Timed Finals (MG, MB, YG, YB, IG, YW, IB, YM)* 100m Semi-Finals Start at same time on Backside (SGG, SGB, GG, GB, BG, BB)

100m Semi-Finals (MG, MB, YG, YB, IG, YW, IB, YM)* *Semi-finals run on front and back side*

Presentation to the 2016 Valley United Striders National Medalists

800m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

4x100m Semi-Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)*

200m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

*Any Saturday Semi-Final event which has 8 or fewer participants will be run as Finals on Saturday

SUNDAY, April 9, First event starts 8:30 am

Coaches meeting at 8:00 AM

1500m Final (SGG/GG, SGB/GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

4x100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

4x800m Relay Final (BG, BB, MG, MB, YG, YB, IG, YW, IB, YM) **Age groups and genders may run combined**

400m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

4x400m Relay Final (BG, BB, MG, MB, YG, YB, IG, YW, IB, YM)

Field Event Schedule

SATURDAY

Long Jump: Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30 am – 10:30 am **BB** – W-Pit 1, **MG** – E-Pit 2

10:45 am – 12:30 pm **MB** – W-Pit 1, **BG** – E-Pit 2

12:45 pm – 2:00 pm **YB** – W - Pit 1, **YG** – E - Pit 2

2:15 pm – 3:00 pm **IB/YM** – W – Pit 1, **IG/YW** – E - Pit 2

Shot Put Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30 am – 11:00 am - **YG, YB, IG/YW, IB/YM**

11:00 am – 12:30 pm - **BG**

2:00 pm – 3:15 pm - **MG**

12:30 Noon – 2:00 pm - **BB**

3:15 – 4:15 pm - **MB**

High Jump: Concurrently by age groups.

8:30 am- **BG** Concurrently

BB Concurrently

MG Concurrently

MB Concurrently

SUNDAY

High Jump 8:30 am Start **IG/YW, IB/YM, YG, YB:** age groups may be combined at the discretion of meet officials

Long Jump 8:30 am Start **SGG, SGB**

10:30 **GG, GB**

(For More information & Results visit the website www.valleyconference.org)