



2005 Valley Youth Conference Invitational



Dates: Saturday, April 30, 8:30 am and Sunday, May 1, 8:30 am

Location - Birmingham HS

Event entry fees (\$5.00 per athlete) will be handled through each individual club. The proceeds of the competition will go toward supporting the Valley United Striders post-season team

(see info at: <http://www.valleyunitedstriders.com/>)

The competition is only open to Valley Conference athletes, Bantam, Midget, Youth, and Intermediates (no Gremlins).

Event limits: An athlete may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays. Strictly enforced (DQ all events participated in.)

Running Event Schedule

Saturday, April 30, 8:30 am

3000 meter final (MG, MB, YG, YB, IG, IB)

--- presentation to 2004 Valley United Striders national medalists ---

80/100 meter hurdles semi-finals (MG, MB, YG, YB, IG, IB) *

100 meter semi-finals (BG, BB, MG, MB, YG, YB, IG, IB) *

800 meter finals (BG, BB, MG, MB, YG, YB, IG, IB)

4x100 relay semi-finals (BG, BB, MG, MB, YG, YB, IG, IB) *

200 meter timed finals (BG, BB, MG, MB, YG, YB, IG, IB)

* - Any Saturday semi-final events which have 8 or fewer participants will be run as Finals.

Sunday, May 1, 8:30 am

1500 meter final (BG, BB, MG, MB, YG, YB, IG, IB)

80/100 meter hurdles finals (MG, MB, YG, YB, IG, IB)

4x100 relay finals (BG, BB, MG, MB, YG, YB, IG, IB)

400 meter timed finals (BG, BB, MG, MB, YG, YB, IG, IB)

100 meter finals (BG, BB, MG, MB, YG, YB, IG, IB)

4x400 relay finals (BG, BB, MG, MB, YG, YB, IG, IB)

Field event schedule for Saturday:

Long Jump

Timed Open Pit Format (Athlete may start the events between hours indicated)

Competitors must begin event within the following times:

8:30 am - 10:30 am

BB - Pit 1, MG - Pit 2

11:00 am - 1 pm

MB - Pit 1, BG - Pit 2

1:30 pm - 3 pm

YB - Pit 1, YG - Pit 2

3:30 pm - 4:30 pm

IB - Pit 1, IG - Pit 2

Shot Put

Timed Open Pit Format (Athlete may start the events between hours indicated)

Competitors must begin event within the following times:

9:00 am - 10:30 am

Youth and Intermediate, Girls & Boys

11:00 am - 2:00 pm

Bantam, Girls & Boys

2:30 pm – 4:30 pm

Midget, Girls & Boys

High Jump

8:45 am start Event will be run in the following order: (Regular meet format, ie when

BG are done BB start)

BG, BB, MG, MB

Field event schedule for Sunday:

High Jump

8:45 am start Event will be run in the following order: (Regular meet format, ie when IG are done IB start)

IG, IB, YG, YB