



## 2008 Valley United Annual Invitational

**Date:** April 26 & 27

**Location:** Birmingham High School 17000 Haynes St. (corner of Balboa & Victory) Van Nuys, Ca.

**Start Time:** 8:30 AM Saturday and Sunday (refer to back page for **Field Event** start times).

**Entry Fees:** \$5.00 Entry fees will be handled through each individual club. **Proceeds from the competition will go toward supporting the "Valley United Striders All Star Team."**

**Eligibility:** This competition is only open to Valley Youth Conference athletes, Bantam, Midget, Youth and Intermediates (**no Gremlin**).

**Event limits:** An athlete may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays. Intermediate 3 individuals. Strictly enforced (DQ all events participated in).

**Awards:** 1<sup>st</sup> thru 5<sup>th</sup> Metals / 6<sup>th</sup> thru 8<sup>th</sup> Ribbons - 9<sup>th</sup> thru, Participation ribbons (6<sup>th</sup> thru provided by individual teams)

**Concession Features:** Catfish fillet, Chicken wings (buffalo style), Hamburgers, Hot dogs and French fries.

**Booth Rentals:** Booth rentals are available. Deadline April 23<sup>rd</sup>. For more info contact Gerald Hood

**Event Contact:** Gerald Hood email [ghood187@aol.com](mailto:ghood187@aol.com) or 323-974-8093

### Running Event Schedule

Saturday, April 26, 8:30 am

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

80/100m Hurdles Semi-Finals (MG, MB, YG, YB, IG, IB)\*

**Presentation to the 2007 Valley United Striders national medallist**

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

800m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

4x100m Semi-Finals (BG, BB, MG, MB, YG, YB, IG, IB)\*

200m Timed Finals (BG, BB, MG, MB, YG, YB, IG, IB)

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

Sunday, April 27, 8:30 am

1500m Final (BG, BB, MG, MB, YG, YB, IG, IB)

80/100m Hurdles Finals (MG, MB, YG, YB, IG, IB)

4x100m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

400m Timed Finals (BG, BB, MG, MB, YG, YB, IG, IB)

100m Finals (BG, BB, MG, MB, YG, YB, IG, IB)

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

## Field event schedule for Saturday

### Long Jump:

*Timed Open Pit Format (Athlete may start the event 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 – 1:00 pm

**MB – Pit 1, BG – Pit 2**

1:30 pm – 3:00 pm

**YB – Pit 1, YG - Pit 2**

3:30 pm – 5:00 pm

**IB – Pit 1, IG – Pit 2**

### Shot Put

*Timed Open Pit Format (Athlete may start the event 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 – 5:00 pm

**Midget, Girls & Boys**

### High Jump

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

**(IG, IB, YG, YB)**

(For more information visit our web-site [www.valleyunitedstriders.com](http://www.valleyunitedstriders.com))