



2011 VYC Track & Field

13th Annual Valley United Invitational Meet

Birmingham Charter High School



Date: April 16 & 17 2011

Event limits: 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 16, 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)*

Presentation to the 2010 Valley United Striders National Medalists

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

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

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

200m Timed Finals (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 17, First event starts 8:30 am

Coaches meeting at 8:00 AM

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

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

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

100m Finals (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)

8:45 am – 10:00 am **YG, YB, IG/YW, IB/YM**

10:15 am – 1:15 pm **BG & BB**

1:30 pm – 3:00 pm **MG & MB**

High Jump: Concurrently by age groups.

BG Concurrently

BB Concurrently

MG Concurrently

MB Concurrently

SUNDAY

High Jump 8:45 am Start **IG/YW, IB/YM, YG, YB:** age groups may be combined at the discretion of meet officials

Long Jump 8:45 am Start **GG, GB**

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