# 2013 VYC Track \& Field <br> $15^{\text {th }}$ Annual Valley United Invitational Meet <br> Pete Knight High School 

Date: April 20 \& 212013
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<br>SATURDAY, April 20, First event starts 8:30 am<br>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)* 100 m Semi-Finals Start at same time on
Backside (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 2012 Valley United Striders National Medalists
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

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\frac{\text { SUNDAY, April 21, First event starts 8:30 am }}{\text { Coaches meeting at 8:00 AM }}
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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 - 10:30 am YG, YB, IG/YW, IB/YM
10:45 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)

