



# 21<sup>st</sup> Annual Valley United Invitational Meet Antelope Valley College



**Date:** April 6 & 7 2019

**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 6, first event starts 8:30 am**

Coaches meeting at 8:00 AM

3000m Final (MG, MB, YG, YB, 15-18 W, 15-18 M)

80/100m Hurdles Timed Finals (MG, MB, YG, YB, 15-18 W, 15-18 M)\*

(100m Semi-Finals Start at same time on Backside (SGG, SGB, GG, GB, BG, BB))

100m Semi-Finals (MG, MB, YG, YB, 15-18 W, 15-18 M)\* *Semi-finals run on front and back side*

Presentation to the 2018 Valley United Striders National Medalists

800m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

4x100m Semi-Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)\*

200m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

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

**SUNDAY, April 7, first event starts 8:30 am**

Coaches meeting at 8:00 AM

1500m Final (SGG/GG, SGB/GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

4x100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

4x800m Relay Final (BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M) **Age groups and genders may run combined**

400m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

4x400m Relay Final (GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

## 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 **15-18 M** – W – Pit 1, **15-18 W** – 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, 15-18 W, 15-18 M**

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

**YG/15-18W** Concurrently

**YB/15-18M** Concurrently

**SUNDAY**

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

(For More information & Results visit the website [www.valleyconference.org](http://www.valleyconference.org))