



26th Annual Valley United Invitational Meet Antelope Valley College



Date: April 11 & 12 2026

Event limits: Sub-Gremlin, Gremlin, Bantam, Junior & 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 11, first event starts 8:30 am

Coaches meeting at 8:00 AM

3000m Final (JG, JB, YG, YB, 15-18 W, 15-18 M) Maybe combined

80/100m Hurdles Timed Finals (JG, JB, 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 (JG, JB, YG, YB, 15-18 W, 15-18 M)* *Semi-finals run on front and back side*

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

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

200m Timed Finals (SGG, SGB, GG, GB, BG, BB, JG, JB, 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 12 first event starts 9:00 am

Coaches meeting at 8:30 AM

1500m Final (GG, GB, BG, BB, JG, JB, YG, YB, 15-18 W, 15-18 M)

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

4x800m Relay Final (JG, JB, YG, YB, 15-18 W, 15-18 M) *Age groups and genders may run combined.*

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

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

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

Field Event Schedule

SATURDAY APRIL 12

Long Jump: **Concurrently by age groups.**

15-18 M – W – Pit 1, 15-18 W – E - Pit 2

BB – W-Pit 1, BG – E-Pit 2

JB – W-Pit 1, JG – E-Pit 2

YB – W - Pit 1, YG – E - Pit 2

Shot Put **Concurrently by age groups.**

8:30 am YG, YB,

15-18 W, 15-18 M

BG, BB,

JG, JB,

High Jump: **Concurrently by age groups.**

8:30 am- BG

BB

JG

JB

YG/15-18W

YB/15-18M

Javelin **Concurrently by age groups**

JG, JB, BG, BB, GG, GB, YG, YB, & 15-18 G, 15-18 B

SUNDAY APRIL 12

Long Jump 9:00 am Start **SGG, SGB,**
After Subs - **GG, GB**