

2014 VYC Track & Field 16th Annual Valley United Invitational Meet Granada Hills Charter High School



Date: April 5 & 6 2014

<u>Event limits:</u> 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 5, 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)* 100m 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 2013 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

SUNDAY, April 6, 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:**Long Jump:**Timed Open Pit Format (Athletes are to start and finish between hours indicated)**8:30 am - 10:30 amBB** - W-Pit 1, **MG** - E-Pit 2**10:45 am - 12:30 pmMB** - W-Pit 1, **BG** - E-Pit 2**12:45 pm - 2:00 pmYB** - W - Pit 1, **YG** - E - Pit 2**2:15 pm - 3:00 pmIB/YM** - W - Pit 1, **IG/YW** - E - Pit 2

 Shot Put
 Timed Open Pit Format (Athletes are to start and finish between hours indicated)

 8:30 am - 10:15 am - YG, YB, IG/YW, IB/YM
 11:30 Noon - 1:00 pm - BB

 10:30 am - 11:15 pm - BG
 11:30 Noon - 1:00 pm - BB

 1:15 pm - 2:00 pm - MG
 2:15 - 3:30 pm - MB

High Jump: Concurrently by age groups.

8:30 am- 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)