



2010 VYC Track & Field Valley United 12th Annual Invitational College of the Canyons



Date: April 24 & 25, 2010

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 24, first event starts 8:30 am

3000m Final (MG, MB, YG, YB, IG/YW, IB/YM)

80/100m Hurdles Semi-Finals (MG, MB, YG, YB, IG/YW, IB/YM)*

Presentation to the 2009 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 25, first event starts 8:30 am

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

80/100m Hurdles Finals (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 – Pit 1, MG –Pit 2**

10:45 am – 12:30 pm **MB –Pit 1, BG –Pit 2**

12:45 pm – 2:00 pm **YB –Pit 1, YG –Pit 2**

2:15 pm – 3:00 pm **IB/YM –Pit 1, IG/YW –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** Concurrently

10:15 am – 1:15 pm **BG & BB** Concurrently

1:30 pm – 3:00 pm **MG & MB** Concurrently

High Jump: Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:45 am – 10:15 am **BG**

10:15 am – 11:45 am **BB**

12:00 pm – 1:30 pm **MG**

1:30 pm – 3:00 pm **MB**

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 web-site www.valleyconference.org)