



# 24<sup>th</sup> Annual Valley United Invitational Meet Canyon High School



**Date:** April 6 & 7 2024

**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 (JG, JB, YG, YB, 15-18 W, 15-18 M)

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 7 first event starts 10:00 am**

Coaches meeting at 9:30 AM

1500m Final (SGG/GG, SGB/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**

**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, JG – E-Pit 2

10:45 am – 12:30 pm JB – 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 – 9:30 - YG, YB,

9:45-10:15 - 15-18 W, 15-18 M

10:30 am – 11:30 pm – BG, BB,

12:00 pm – 1:15 pm - JG, JB,

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

8:30 am- BG Concurrently

BB Concurrently

JG Concurrently

JB Concurrently

YG/15-18W Concurrently

YB/15-18M Concurrently

**Javelin** – 8:30-10:00 – GG, GB, BG, BB,

10:30 -12:30 – JG, JB, YG, YB, 15-18 G and B,

**SUNDAY**

**Long Jump** 10:00 am Start SGG, SGB,

After Subs - GG, GB