



# 25<sup>th</sup> Annual Valley United Invitational Meet Birmingham Charter High School



**Date:** April 12 & 13 2025

**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 12, 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 13 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:** 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,**  
 11:45 am – 1:00 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** Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30-10:00 – **JG, JB,** 10:00 -11:00 – **BG, BB, YG, YB, 15-18 G and B,**  
 11:00 – 12:00 – **GG, GB** 12:00 – 1:00 – **YG, YB & 15-18G, 15-18B**

**SUNDAY APRIL 13**

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