



# 2009 VYC T&F Valley United Annual Invitational



**Date:** April 25 & 26, 2009

**Event limits:** Bantam, Midget, & Youth may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays; Intermediates: up to 3 individual events. Strictly enforced (sanction for over-eventing is DQ for all events participated in).

## Running Event Schedule

### SATURDAY, April 25, first event starts 8:30 am

**3000m Final** (MG, MB, YG, YB, IG, IB)

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

**Presentation to the 2008 Valley United Striders national medalists**

**100m Semi-Finals** (BG, BB, MG, MB, YG, YB, IG, IB)\* *Semi-finals run on front and back side*

**800m Finals** (BG, BB, MG, MB, YG, YB, IG, IB)

**4x100m Semi-Finals** (BG, BB, MG, MB, YG, YB, IG, IB)\*

**200m Timed Finals** (BG, BB, MG, MB, YG, YB, IG, IB)

\*Any Saturday Semi-Final event which have 8 or fewer participants will be run as Finals on Saturday

### SUNDAY, April 26, first event starts 8:30 am

**1500m Final** (BG, BB, MG, MB, YG, YB, IG, IB)

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

**4x100m Finals** (BG, BB, MG, MB, YG, YB, IG, IB)

**400m Timed Finals** (BG, BB, MG, MB, YG, YB, IG, IB)

**100m Finals** (BG, BB, MG, MB, YG, YB, IG, IB)

**4x400m Relay Final** (BG, BB, MG, MB, YG, YB, IG, IB)

## 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

12:45 pm – 2:00 pm

**BB** – SW-Pit 1, **MG** – NW-Pit 2

**YB** – SW - Pit 1, **YG** – NW - Pit 2

10:45 am – 12:30 pm

2:15 pm – 3:00 pm

**MB** – SW-Pit 1, **BG** – NW-Pit 2

**IB** – SW – Pit 1, **IG** – NW - Pit 2

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

8:45 am – 10:00 am

10:15 am – 1:15 pm

1:30 pm – 3:00 pm

**YG, YB, IG, IB**

**BG & BB**

**MG & MB**

Concurrently

Concurrently

Concurrently

**High Jump:**

8:45 am Start **Two Pits running concurrently**

**BG & BB**, and after those age groups then **MG & MB**, respectively

### SUNDAY

**High Jump**

8:45 am Start

**(IG, IB, YG, YB: age groups may be combined at the discretion of meet officials)**

(For more information visit web-site [www.valleyunitedstriders.com](http://www.valleyunitedstriders.com))