



# 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 2007 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 in discretion of meet officials)**

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