2015 VYC Track & Field
17th Annual Valley United Invitational Meet
Palmdale High School

Date: April 11 & 12 2015

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 11, First event starts 8:30 am

Coaches meeting at 8:00 AM

3000m Final (MG, MB, YG, YB, IG, YW, IB, YM)
80/100m Hurdles Timed Finals (MG, MB, YG, YB, IG, YW, IB, YM)* **100m Semi-Finals Start at same time on Backside** (GG, GB, BG, BB)
100m Semi-Finals (MG, MB, YG, YB, IG, YW, IB, YM)* ***Semi-finals run on front and back side***
Presentation to the 2014 Valley United Striders National Medalists
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 12, First event starts 8:30 am

Coaches meeting at 8:00 AM

1500m Final (GG, GB, BG, BB, 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** – W-Pit 1, **MG** – E-Pit 2
10:45 am – 12:30 pm	**MB** – 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	**IB/YM** – W – Pit 1, **IG/YW** – E - Pit 2

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

8:30 am – 10:15 am - YG, YB, IG/YW, IB/YM
10:30 am – 11:15 pm - BG
1:15 pm – 2:00 pm - MG
11:30 Noon – 1:00 pm - BB
2:15 – 3:30 pm - MB

High Jump: Concurrently by age groups.

8:30 am- BG	Concurrently
BB	Concurrently
MG	Concurrently
MB	Concurrently

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 the website www.valleyconference.org)