

## Brandon Valley Invitational Track and Field Meet

### Information:

3/16 inch pyramid spikes only.

Concrete Throwing Pads

All weather runways and high jump area.

### **ALL TRACK EVENTS ARE FINAL EVENTS – NO PRELIMS IN ANY RACE**

10:30..... G .....4 x 800 relay (One Heat Only)  
10:45..... B .....4 x 800 relay (One Heat Only)  
11:00..... G .....100 meter hurdles  
11:15..... B .....110 meter hurdles  
11:30..... G .....100 meter dash  
11:45..... B .....100 meter dash  
12:00..... G .....4 x 200 relay  
12:10..... B .....4 x 200 relay  
12:15..... G .....1600 meter run (One Heat Only)  
12:30..... B .....1600 meter run (One Heat Only)  
12:45..... G .....4 x 100 relay  
12:50..... B .....4 x 100 relay  
12:55..... G .....400 meter dash  
1:05..... B .....400 meter dash  
1:15..... G .....300 meter low hurdles  
1:30..... B .....300 meter intermediate hurdles  
1:45..... G .....Sprint Medley Relay (200-200-400-800)  
1:55..... B .....Sprint Medley Relay (200-200-400-800)  
2:15..... G .....800 meter dash  
2:20..... B .....800 meter dash  
2:30..... G .....200 meter dash  
2:40..... B .....200 meter dash  
2:50..... G .....3200 meter run  
3:10..... B .....3200 meter run (**This race may be combined with girls. Dependent upon #, weather, and coaches**)  
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3:25..... G .....4 x 400 meter relay  
3:35..... B .....4 x 400 meter relay

### (FIELD EVENTS START AT 10:00 AM)

Field events:	10:00 - Boys Long Jump	- to follow – Boys Triple Jump
	10:00 - Boys High Jump	- to follow - Girls High Jump
	10:00 - Girls Shot Put	- to follow - Boys Shot Put
	10:00 - Boys Discus	- to follow - Girls Discus
	10:00 - Girls Triple Jump	- to follow – Girls Long Jump
	10:00 – Girls Pole Vault	- to follow – Boys Pole Vault

**Three Preliminary attempts in all field events. Top EIGHT to Finals in SP, DT ,LJ, TJ.**

Athletes should stay informed of competition progress – **we will use a rolling schedule.**