

**Pelham High School  
Speed Meet  
Thursday March 13, 2008**

On Thursday March 13 we will host the Pelham Speed Meet. This is a unique competition where all athletes will be allowed to enter only one open event and run in one relay. This type of meet allows for top times from the participants and shows which schools have truly developed depth in their teams. This meet will be open to Varsity level competition only. B-Teams are allowed for an additional entry fee We hope to have about 18 teams compete in this competition so please let me know as soon as possible if your team will be attending this meet. Contact: Randy Bunn (205) 454-6877.

**Entry Fee: \$50.00 per team (Boys Varsity, GirlsVarsity are separate teams)**  
**Awards: Medals to the top three in each division. Trophies to the top 2 teams.**  
**Entries: Done at [www.coacho.com](http://www.coacho.com)**

**Meet Schedule:** (Rolling Schedule –Report while the previous division is running)

<b>5:00 p.m. start</b>	4 X 800 Meter Relay Final	VG	VB
	100H/110 Meter Hurdle Trials	VG	VB
	100 Meter Trials	VG	VB
	1600 Meter Run Finals	VG	VB
	4 X 100 Meter Relay Finals	VG	VB
	400 Meter Dash Finals	VG	VB
	100 Meter Dash Finals	VG	VB
	100H/110H Finals	VG	VB
	800 Meter Run Finals	VG	VB
	300 Meter Hurdle Finals	VG	VB
	200 Meter Dash Finals	VG	VB
	3200 Meter Run Finals	VG	VB
	4X400 Meter Run Finals	VG	VB

**Field Events:**

	<b>Pole Vault</b>	<b>Long Jump</b>	<b>Triple Jump</b>
<b>4:00</b>	VG then VB	VB then VG	
<b>5:30</b>			VG then VB
	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>
<b>4:00</b>	VG then VB		3:30 VG then VB
<b>5:30</b>		VG then VB	VG then VB

**High Jump and Discus will start as soon as the Javelin is finished.  
 Javelin will start promptly at 4:00 please plan ahead.**