

**Pelham High School  
Speed Meet  
Thursday March 12, 2009**

On Thursday March 12 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 . We hope to have 15-25 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 or [rbunn@shelbyed.k12.al.us](mailto:rbunn@shelbyed.k12.al.us) . You can enter your team by going to the [www.coacho.com](http://www.coacho.com) website and following the directions.

**Entry Fee:** \$60.00 per team ( Boys, Girls, Varsity are separate teams)  
**Awards:** Medals to the top three in each division. Trophies to the top 2 teams.  
**Entries:** Done on [www.coacho.com](http://www.coacho.com) on-line meet entry system. Entries will open on 2/14/09 and the deadline for entries will be 3/6/09.

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

<b>4:30 p.m. start</b>	4 X 800 Meter Relay Final	VG	VB
	110 Meter Hurdle Finals	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
	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>Javelin</b>	<b>Long Jump</b>	<b>Pole Vault</b>	<b>Shot Put</b>	
<b>3:15</b>	VB	VG			
<b>4:15</b>	VG	VB	VG	VB	
	<b>High Jump</b>	<b>Triple Jump</b>			<b>Discus</b>
<b>5:15</b>	VB	VG	VB	VG	VB
	VB	VB			VG

**We do not have lights on the field event field. The time schedule for each event may be moved up 30 minutes if the previous division finishes early.**

