

Pelham Invitational April 11, 2009

❖ Varsity Division Only

- ❖ 3 Entries per event per team
- ❖ Entry Fee \$75.00 per team boys and girls are separate teams
- ❖ B-teams may be entered for an additional entry fee
- ❖ ¼ pyramid spikes only
- ❖ Javelin will be thrown off of a rubber runway
- ❖ Entries to be done at www.coacho.com
- ❖ In the 100, 100H, and 110H, 8 athletes will be in the final
- ❖ In the 200, 300H, and 400, 12 athletes will be in a 2 section final

Schedule

Advancement to the finals will be on place then time using USATF Rules based on the number of preliminary heats. Example: first two finishers in each heat and the next best times for a total of 8.

Schedule will be Women followed by Men

9:00	4 X 800 Meter Relay Finals (Sections on time)
9:30	100/110 Meter Hurdle Prelims
10:00	100 Meter Dash Prelims
10:30	400 Meter Dash Prelims
11:00	1600 Meter Run Finals (Sections on time)
11:30	4 X 100 Meter Relay Prelims
12:00	300 Meter Hurdle Prelims
12:30	200 Meter Dash Prelims
1:00-2:00	Lunch Break
2:00	400 Meter Dash Final
2:20	100 Meter Hurdle Final
2:40	110 Meter Hurdle Final
2:50	100 Meter Dash Final
3:10	800 Meter Run Final (Sections on time)
4:10	4 X 100 Meter Relay Final
4:20	3200 Meter Run Final (Sections on time)
5:00	200 Meter Dash Final
5:15	300 Meter Hurdle Final
5:30	4 X 400 Meter Relay Final

Pelham Invitational
April 11, 2009
Field Events

❖ 3 Preliminary throws or jumps with the top 9 advancing to the finals.

9:00	Men's Javelin
9:00	Women's Shot Put
9:00	Men's Triple Jump
9:00	Women's Pole Vault
10:30	Men's Shot Put
10:30	Women's Triple Jump
2:00	Men's Discus
2:00	Women's Long Jump
2:00	Men's High Jump
2:00	Men's Pole Vault
3:30	Women's Discus
3:30	Men's Long Jump
3:30	Women's High Jump