8th ANNYAL SOUTHERN SALIEORNIA XONTH INXITATIO

VENTURA HIGH SCHOOL April 8th & 9th 2017

Entries due midnight April 5th!

All athletes must be entered into meet @ Athletic.net https://www.athletic.net/Help/Track.aspx?Meet=300955

Event Limits: Bantam, Midget, and Youth may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays. Intermediates / Young Women & Men: up to 3 individual events. STRICTLY ENFORCED (sanction for over-eventing, is DQ for all events participated in).

Running Event Schedule

Saturday April 8th (first event @ 8:30am)	Sunday April 9th (first event @ 8:30am)
3000m Finals (MG, MB, YG, YM, IG, IB, YW, YM)	1500m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)
100 / 80m Hurdles Semi-Finals (YM, IB, YB, YW, IG, YG,	80/100m Hurdles Finals (YM, IB, YB, YW, IG, YG, MG,
MG, MB)*	MB)
100m Semi-Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) <u>* Semi-finals front & backside</u>	4x100m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)
800m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) 4x100m Semi-Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)*	400m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) 100m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)
200m Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM) ***Any Saturday Semi-Final event which has 8 or fewer participants will be run as Finals on Saturday***	4x400m Relay Finals (BG, BB, MG, MB, YG, YB, IG, IB, YW, YM)

Field Event Schedule Sunday: YB. YG. IG. IB. YW. YM

Saturday: BB. BG. MG. MB

LONG	JUMP
SATURDAY	SUNDAY
8:30 am – 11:00 am	8:30 am – 11:00 am
BB – Pit 1, MG – Pit 2	YB – Pit 1, YG – Pit 2
11:15 am – 1:45 pm	11:15 am – 1:45 am
MB – Pit 1, BG – Pit 2	IB / YM – Pit 1, IG / YW – Pit 2
Timed Open Pit Format (Athlates are t	o start & finish between hours indicated)

SHOT PUT

SATURDAY	SUNDAY
8:30 am – 11:00 am	8:30 am – 11:00 am
BG, BB	IB / YM / IG / YW
11:15 am – 1:45 pm	11:15 am – 1:45 am
MG, MB	YB , YG
Timed Open Pit Format (Athletes are to	o start & finish between hours indicated)

HIGH JUMP

SUNDAY
8:30 am – 11:00 am
IB / YM / IG / YW
11:15 am – 1:45 am
YB , YG