23rd Annual Valley United Invitational Meet
Simi Valley High School

Date: April 1 & 2 2023

Event limits: Sub-Gremlin, Gremlin, Bantam, Midget, & Youth may participate in up to 2 individual events plus 1 relay, or 1 individual event plus 2 relays; Intermediates/Young: up to 3 individual events. Strictly enforced (sanction for over-eventing is DQ for all events participated in).

Running Event Schedule

SATURDAY, April 1, first event starts 8:30 am

Coaches meeting at 8:00 AM

3000m Final (MG, MB, YG, YB, 15-18 W, 15-18 M)
80/100m Hurdles Timed Finals (MG, MB, YG, YB, 15-18 W, 15-18 M)*
(100m Semi-Finals Start at same time on Backside (SGG, SGB, GG, GB, BG, BB))
100m Semi-Finals (MG, MB, YG, YB, 15-18 W, 15-18 M)* ***Semi-finals run on front and back side***
800m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
4x100m Semi-Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)*
200m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
**Any Saturday Semi-Final event which has 8 or fewer participants will be run as Finals on Saturday*

SUNDAY, April 2 first event starts 8:30 am

Coaches meeting at 8:00 AM

1500m Final (SGG/GG, SGB/GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
4x100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
4x800m Relay Final (BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M) ***Age groups and genders may run combined.***
400m Timed Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
100m Finals (SGG, SGB, GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)
4x400m Relay Final (GG, GB, BG, BB, MG, MB, YG, YB, 15-18 W, 15-18 M)

Field Event Schedule

SATURDAY

Long Jump: Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30 am – 10:30 am	**BB** – W-Pit 1, **MG** – E-Pit 2
10:45 am – 12:30 pm	**MB** – W-Pit 1, **BG** – E-Pit 2
12:45 pm – 2:00 pm	**YB** – W - Pit 1, **YG** – E - Pit 2
2:15 pm – 3:00 pm	**15-18 M** – W – Pit 1, **15-18 W** – E - Pit 2

Shot Put Timed Open Pit Format (Athletes are to start and finish between hours indicated)

8:30 am – 11:00 am - YG, YB, 15-18 W, 15-18 M
11:00 am – 12:30 pm - BG
12:30 Noon – 2:00 pm - BB
2:00 pm – 3:15 pm - MG
3:15 – 4:15 pm - MB

High Jump: Concurrently by age groups.

8:30 am- BG	Concurrently
BB	Concurrently
MG	Concurrently
MB	Concurrently
YG/15-18W	Concurrently
YB/15-18M	Concurrently

SUNDAY

Long Jump 8:30 am Start **SGG, SGB, GG, GB**

Javelin – 8:30-12:00 **all ages**

(For More information & Results visit the website www.valleyconference.org)