

**Garden Valley Collegiate
Zodiac Track & Field Meet
May 8, 2009**

11:00 a.m.

Track Events

- Medley Relay 800 –200 –200 –400
- 100 meters
- 800 meters
- 200 meters
- 1500 meters
- 80 meter Hurdles – Girls
- 100 meter Hurdles – Boys
- 400 meters
- 3000 meters
- 4 x 100 meter relay

- Track events will run in order: Junior Girls, Senior Girls, Junior Boys, Senior Boys

Field Events

11:00 a.m.

- Shot Put (Boys then girls)
- High Jump (**Girls 11:00 followed by the boys at 12:00**)

12:30 p.m.

- Javelin (Boys then girls)
- Long Jump (Girls then boys)

2:00 p.m.

- Discus (Boys then girls)
- Triple Jump (Girls then boys)

- “No Spikes”: All running, jumping, and throwing events are on asphalt.
(8 lane straight with 6 lane track)

- All field events except High Jump will be run as follows: Each athlete will have 3 throws/jumps and 1.5 hrs to complete them – No finals.

- Track events timing: Eagle Eye Electronic Timing System (Hip lane numbers will be available from the marshal)

- Awards: Ribbons 1st-3rd

- Entry fee is \$5.00 per athlete to maximum of \$50.00 per school, payable to GVC.

- All relay teams must use batons provided.

- Schools will be assigned to help run field events.

- A canteen will be open at the track shed

- Entries are done electronically with Direct Athletics Inc. Schools need to contact GVC to get your school code to enter events online. Entry deadline is May 6th at midnight.

- To enter please call Lorne Warkentine at 325-8008(w) lorne.warkentine@gvsd.ca