

**Valley Royals High School Track and Field Meet—May 3, 2008**  
**Amended Schedule as of May 1, 2008**

Event

**Track Events:**

7.	100m heats Gr. 11/12 Boys	12:30 pm
8.	1500m Gr. 9/10 Boys	12:40 pm
9.	1500m Gr. 8/9 Girls	12:50 pm
10.	1500m Gr. 10/11/12 Girls	1:00 pm
11.	1500m Gr. 11/12 Boys	1:10 pm
12.	400m Gr. 8 Boys	1:20 pm
13.	400m Gr. 8/9 Girls	1:27 pm
14.	400m Gr. 9/10 Boys	1:34 pm
16.	400m Gr 11/12 Boys	1:34 pm
15.	400m Gr. 10/11/12 Girls	1:40 pm
	100m Gr. 8 Boys Final	1:50 pm
	100m Gr. 8/9 Girls Final	1:55 pm
	100m Gr. 9/10 Boys Final	2:02 pm
	100m Gr. 10/11/12 Girls Final	2:10 pm
	100m Gr 11/12 Boys final	2:15 pm
17.	300mH Gr. 8 Boys	2:25 pm
19.	300mH Gr. 9/10 Boys	2:25 pm
18.	300mH Gr. 8/9 Girls	2:35 pm
22.	200m Gr. 8 Boys	2:45 pm
23.	200m Gr 8/9 Girls	2:55 pm
24.	200m Gr 9/10 Boys	3:05 pm
25.	200m Gr. 10/11/12 Girls	3:08 pm
26.	200m Gr. 11/12 Boys	3:15 pm
27.	800m Gr. 8 Boys	3:25 pm
29.	800m Gr. 9/10 Boys	3:25 pm
28.	800m Gr. 8/9 Girls	3:33 pm
30.	800m Gr. 10/11/12 Girls	3:40 pm
31.	800m Gr. 11/12 Boys	3:50 pm
32.	2000m SC—Girls	4:00 pm
33.	2000m SC—Boys	4:15 pm

**Field Events:**

34.	Javelin Gr. 11/12 Boys	11:45 am
35.	Javelin Girls	1:45 pm
36.	Pole Vault Girls	12:30 pm
37.	Pole Vault Boys	2:30 pm
38.	Long Jump Gr. 8 Boys	1:00 pm
39.	Long Jump Gr 9/10 Boys	1:00 pm
40.	Long Jump Gr. 11/12 Boys	2:00 pm
41.	Long Jump Gr. 8/9 Girls	3:00 pm
42.	Long Jump Gr. 10/11/12 Girls	3:00 pm
43.	Hammer Girls High School	1:00 pm
44.	Hammer Boys High School	1:00 pm
45.	Shot Put Gr 8 Boys	3:30 pm
49.	Shot Put Gr. 11/12 Boys	3:30 pm
47.	Shot Put Gr. 8/9 Girls	2:30 pm
48.	Shot Put Gr. 10/11/12 Girls	2:30 pm
50.	High Jump Gr. 8 boys	12:00 pm
51.	High Jump Gr. 9/10 Boys	1:00 pm
52.	High Jump Gr. 11/12 Boys	1:00 pm
53.	High Jump Gr. 8/9 Girls	2:00 pm
54.	High Jump Gr. 10/11/12 Girls	3:00 pm
55.	Discus Gr. 10.11.12 Girls	1:45 pm
56.	Discus Gr.9/10 Boys	3:00 pm
57.	Discus Gr. 11/12 Boys	3:00 pm

- **Note we have combined some age divisions to provide a reasonable competition. However, awards will be presented to individual age divisions.**

\* **Implement Weights**

<b>Shot Put Grade 8 Boys</b>	<b>4-k</b>	<b>Discus Grade 10/11/12 Girls</b>	<b>1-kg</b>
<b>Shot Put Grade 9/10 Boys</b>	<b>4-k</b>	<b>Discus Grade 9/10 Boys</b>	<b>1.5-kg</b>
<b>Shot Put Grade 11/12 Boys</b>	<b>5-k</b>	<b>Discus Grade 11/12 Boys</b>	<b>1.5-kg</b>
<b>Shot Put Grade 8/9 Girls</b>	<b>3-k</b>	<b>Hammer Girls</b>	<b>4-kg</b>
<b>Shot Put Grade 10/11/12 Girls</b>	<b>4-k</b>	<b>Hammer Boys</b>	<b>5-kg</b>

• **300m Hurdle Heights**

<b>Grade 8 Boys</b>	<b>30"</b>	<b>Grade 8/9 Girls</b>	<b>30"</b>
<b>Grade 9/10 Boys</b>	<b>30"</b>		