

BLUE RIDGE INVITATIONAL TRACK MEET
FRIDAY, APRIL 17, 2009

To: Athletic Directors and Track Coaches
From: Bob London, Meet Director
Date: January 15, 2009
Subject: Blue Ridge Invitational Track Meet

Here is the preliminary information on the 2009 version of the Blue Ridge Track and Field Invitational, which for this year is **Friday, April 17, 2009. The coaches meeting will begin promptly at 11:00a.m. in the foyer of the gymnasium.** We have been limiting the number of schools in this meet in order to allow each school four (4) participants in the open events. Lights will be available if necessary, although we expect to finish before dark. Remember to bring your \$200.00 entry fee, if it has not already been sent.

We will proceed according to the attached schedule of events. **Please note the position of the 3200 meter runs and the 4 x 800 meter relays, which will be run as finals.** In the Long Jump and Triple Jump all participants will have four (4) attempts, with no finals. We will be using separate pits for the Long and Triple Jumps and will try to run both boys and girls High Jump simultaneously on separate pits. Shot Put and Discus participants will get three (3) preliminary throws with the top nine (9) coming back for the finals. All pole vaulters will be weighed and poles verified. **All entries will be made through Direct Athletics.**

Medals will be awarded to 1st through 4th place. Medals will be awarded to the top two boys and top two girls teams. Each athlete is limited to four (4) events. This will be a state-qualifying meet and we look forward to your participation. The discus and shot put will utilize 34.92 degree throwing sectors. Finally, we ask that your athletes use ¼" or smaller spikes.

***** Please contact me by email or at 928-368-6328 Ext.774, or our Athletic Director, Eric Harmon, 928-368-6328 Ext. 800, as soon as possible concerning this meet. We need to finalize who will be attending, as there are several schools that want to get in to compete. Thanks, Bob London.**

E-mail: HM:blondon@frontiernet.net

WK: blondon@brusd.k12.az.us

BLUE RIDGE INVITATIONAL TRACK MEET
FRIDAY, APRIL 17, 2009

12:00 Field Events

Girls Shot Put (followed by Boys)
Boys Discus (followed by Girls)
Boys triple Jump (12:30-2:00) Girls Triple Jump (2:30-4:00)
Girls long Jump (12:30-2:00) Boys Long Jump (2:30-4:00)
High Jump (two pits)
Pole Vault (Girls first)

12:30 3200m. Run (Boys final, followed by Girls final)

1:00 Preliminaries (Boys first)

Boys 110m. H.H.
Girls 100m. H.H.
100m. Dash
400m. Dash
300m.I.H.
4x800m. Relay (Boys final, followed by Girls final)
200m. Dash

Finals (Boys first)

Boys 110m. H.H.
Girls 100m. H.H.
100m. Dash
1600m. Run (Boys final, followed by Girls final)
4x100m. Relay
400m. Dash
300m. I.H.
800m. Run (Boys final, followed by Girls final)
200m. Run
4x400m. Relay (Boys final, followed by Girls final)