

**BLUE RIDGE INVITATIONAL TRACK MEET**  
**FRIDAY, APRIL 16, 2010**

To: Athletic Directors and Track Coaches  
From: Bob London, Meet Director  
Date: January 27, 2010  
Subject: Blue Ridge Invitational Track Meet

Here is the preliminary information on the 2010 version of the Blue Ridge Track and Field Invitational, which for this year is **Friday, April 16, 2010. The coaches meeting will begin promptly at 10:00a.m. in the foyer of the gymnasium.** We currently allow each school four (4) participants in the open events. Lights will be available if necessary, although we are moving everything one hour earlier to enable us 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 1st through 4th place in each event. Medals will also be awarded to each athlete on the winning and runner-up boys and girl's teams. Each athlete is limited to four (4) events. The discus and shot put will utilize 34.92 degree throwing sectors. Finally, we ask that your athletes use ¼" or smaller spikes. This will be a state-qualifying meet and we look forward to your participation.

**\*\*\* Please contact me at 928-368-6328 Ext.774, or our Athletic Director, Dave Clark, 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.**

**Bob** E-mail: [blondon@brusd.k12.az.us](mailto:blondon@brusd.k12.az.us)

Cell #: 928-369-8375 (Verizon- text or call)

**BLUE RIDGE INVITATIONAL TRACK MEET**  
**FRIDAY, APRIL 16, 2010**

**11:00 Field Events**

Boys Shot Put (followed by girls)  
Girls Discus (followed by boys)  
Girls triple Jump (11:30-1:00) Boys Triple Jump (1:30-3:00)  
Boys long Jump (11:30-1:00) Girls Long Jump (1:30-3:00)  
High Jump (two pits)  
Pole Vault (girls first)

**12:00 3200m. Run (girl's final, followed by boys final)**

**Preliminaries** (girls first)

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

**Finals** (girls first)

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