

**BLUE RIDGE EXPRESS
PVYA
31ST ANNUAL TRACK & FIELD MEET**

SUNDAY APRIL 10TH, 2011

COACHES ARE ASKED TO E-MAIL CLUB SIZE BY APRIL 5TH

LOCATION: BRUNSWICK HIGH SCHOOL

MEET DIRECTORS: LEE & ANNE ZUMBACH 301-834-8045

CLUBS INVITED: Catoctin, Middletown, Fredrick Striders, Howard County Striders, Mt. Express, Randallstown, Ribbon Breakers, Excel, Smithsburg, FAA

AWARDS: RIBBONS TO TOP 6 FINISHERS IN EACH AGE GROUP EVENT
RIBBONS TO TOP 3 RELAY TEAMS IN EACH AGE GROUP

ENTRANCE FEE: \$5 PER ATHLETE (PLEASE BRING EXACT CHANGE)

AGE GROUPS: AGE AS OF DEC. 31ST, 2011

SCHEDULE OF EVENTS:

Registration will open at 11:30 am

Long Jump will start at 12:45 pm

Running Events: Girls then Boys

55 meter dash: 1:00 pm 6 & u Only

1500 meter run: **10 & U**, 11,12 13,14 (may combine age groups or gender)

100 meter dash: 7,8 9,10 11,12 13,14

400 meter run: 7,8 9,10 11,12 13,14

4 x 100 Relay: 7,8 9,10 11,12 13,14

800 meter run: 7,8 9,10 11,12 13,14

Field Events:

Long Jump: 7,8 6 & U 9,10 11,12 13,14 (2 jump attempts 1 pit)

High Jump: 9,10 11, 12 13,14

Shot Put: 13,14 11,12 9,10

NOTES: Restrooms available, limited concession stand, awards given to coaches at next track meet, result sheets available at finish line for coaches, meet will be held rain or shine unless weather is sever. Call by 9 am if you have concern

WE WILL USE JUST 2 CALLS WHEN CALLING EVENTS 1ST AND FINAL. BULL PEN WILL CLOSE 5 MIN. AFTER THE LAST CALL.