



Valley Youth Conference

Individual Event Championship Meet

May 13, 2023

Coaches Meeting: 7:45 A.M.

Start Time: 8:00 A.M. Playing of the National Anthem
(First Call Bantam Girls Jump Immediately Following)

Location: Santa Barbara City College

Parking: Lot 1b free, Stadium Lot must pay at Keos

Seating & Pop-ups: Each Club will be allowed 1 pop up in the top row of the bleachers.

Spikes: The track spike requirement is 3/16" Pyramid.

Staging: Athletes must check in at staging by the third call in a proper track uniform to compete. No bags, water bottles, or warmups, **Come to Staging RACE READY ONLY**

Awards: All athletes will receive medals at the awards podium in the center of the field.

Concessions: there may not be concessions, or Food Trucks

Commemorative Championship T-Shirts will be available for purchase.

Listen for announcements during meet enter at 3rd call

Web Result's Posted to www.livetrackresults.com



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Order of Events

Running Events

3000m Run: MG, MB, YG&15-18G, YB, 15-18G, 15-18B (5 - 3000 Meter Runs)

Hurdles: MG, MB, YG, YB, 15-18G, 15-18B

4x100m Relay: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

1500m Run: GG, GB, BG, BB, MG, MB, YG & 15-18G, YB, 15-18B

400m Dash: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B, YM

100m Dash: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

800m Run: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

200m Dash: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

4x400m Relay: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

Coaches Sprint Medley: 100m + 100 + 200m + 400m

Field Events

High Jump 8:00 am: BG, BB, MG, MB, YG, YB, 15-18G, 15-18B

Long Jump Girls: GG, 15-18G, MG, YG, BG

Long Jump Boys: GB, 15-18B & YM, MB, YB, BB

Shot Put: YB, YG, 15-18G, 15-18B & YM, BG, BB, MG, MB

Mini Javelin: GG, GB, BG, BB, MG, MB, YG, YB, 15-18G, 15-18B