

# SCVAL Championship Meet

## Saturday, May 6<sup>th</sup>, 2023 Los Gatos H.S.

### Running Events\*:

11:00am VG 400 Meter Relay  
 11:07am VB 400 Meter Relay  
 11:14am VG 1600 Meter Run  
 11:23am VB 1600 Meter Run  
 11:32am VG 100 Meter Hurdles  
 11:38am VB 110 High Hurdles  
 11:44am VG 400 Meters  
 11:50am VB 400 Meters (3)\*\*\*  
 11:59am VG 100 Meters  
 12:04pm VB 100 Meters (3)\*\*\*  
 12:14pm VG 800 Meters  
 12:24pm VB 800 Meters  
 12:34pm VG 300M Hurdles  
 12:40pm VB 300M Hurdles  
 12:46pm VG 200 Meters  
 12:55pm VB 200 Meters (3)\*\*\*  
 1:04pm VG 4x800Meter Relay  
 1:19pm VB 4x800Meter Relay  
 1:34pm VG 3200 Meter Run  
 1:49pm VB 3200 Meter Run  
 2:04pm VG 1600 Meter Relay  
 2:20pm VB 1600 Meter Relay

### Field Events:

8:30am Check in/Warm ups  
 9:00am Girls Shot Put  
           Boys Discus  
 9:30am Check in/Warm ups  
 10:00am Girls Long Jump  
           Boys Long Jump  
           Boys High Jump  
           Co-ed Pole Vault  
  
 10:30am\*\*Check-in/Warm ups  
 11:00am Girls Discus  
           Boys Shot Put  
 11:30am\*\*Check-in/Warm ups  
 12:00pm Girls Triple Jump  
           Boys Triple Jump  
           Girls High Jump

\*Will run up to 10 minutes early

\*\*Or immediately following completion of previous event

\*\*\* Wheelchair competitor

Field Throws Officials Meeting

8:15am @ Clerks Tent

Field Jumps Officials Meeting

9:15am @ Clerks Tent

Coaches Scratch Meeting

9:00am @ Clerks Tent

Implement Weigh-ins for:

9:00am events ~ 8:00-8:30am

11:00am events ~ 10:00-10:30am