

Velocity @ RHS Championship

Basic Schedule

Meet Order of Events	
Standing Long Jump Birth Year: 2013-2017 Open mats	4x100 meter relay Birth Year: ALL
Long Jump Birth Year: 2008-2012 2008-2010: 12:30-2 2011-2012: 2-Noon	1600 Meter Run Birth Year: ALL
Turbo Javelin Birth Year: ALL Open Pit 9 am-Noon	50 Meter Dash (North side of track, North bull pen) Birth Year: 2015-2017
Shot Put Birth Year: 2008-2012 Open Pit: 9 am-11:30 am	100 Meter Dash (Hummingbirds, Swallows and Boy Swifts will meet at the North Bull Pen) Birth Year: ALL
	400 meter Dash Birth Year: ALL
	800 meter run Birth Year: ALL
	4x400 Birth Year: 2008-2012

Velocity @CHS Meet Schedule

This will be a “rolling” time schedule. **We will move ahead as possible (and fall behind with Murphy’s Law). Report to the bull pen (hurdles marked with signs) on first call.** We are providing time estimates for your convenience; these are not promises :). Field events are to be done in between running events. Standing Long Jump, Long Jump and Turbo Javelin are open from Noon-3:30. Get your field events done early, especially long jump. Shot Put will be open Noon-2:00. Arrive at least 30 min before your events.

12:30 p.m. —4x100 Bull Pen Call, all ages. 12:45 start. Relays will be formed in the bull pen and will be just for fun and learning! (No time, no ribbons) Pre-formed teams are allowed, but must report to the bull pen together.

1:00 p.m.—1600 Meter; Check in at the Bull Pen

1:00 p.m.	1600 M	Hummingbirds/Swallows/ Swifts	2013-17	Girls and Boys
1:15ish	1600 M	Eagles	2011-12	Girls and Boys
1:30ish	1600 M	Falcons	2008-10	Girls and Boys

1:45ish— 50 M/100 Meter; Check in at the Bull Pen. The 50 m will be run on the South straightaway. The 100 will be run on both sides of the track. Hummingbirds, Swallows and Boy Swifts will be on the North straightaway of the track and check in at the North Bull Pen. Girl Swifts, Eagles and Falcons will be on the South straightaway and check in at the regular, South Bull Pen near the finish line.

1:45 ish	50 M	Hummingbirds/Swallows (North bull pen)	2015-2017	Girls and Boys
2:05ish	100 M	Hummingbirds/Swallows/ Boy Swifts (North bull	2015-17	Girls and Boys
1:45 ish	100 M	Girl Swifts (South)	2013-14	Girls and Boys
	100 M	Eagles (South)	2011-12	Girls and Boys
	100 M	Falcons (South)	2008-10	Girls and Boys

2:45ish — 400 Meter; Check in at the Bull Pen. Boys and Girls and age groups may be combined into heats, but will be separated in the results

2:45 ish	400 M	Hummingbirds	2017	Girls and Boys
2:50 ish	400 M	Swallows	2015-16	Girls and Boys
3:00 ish	400 M	Swifts	2013-14	Girls and Boys
3:20 ish	400 M	Eagles	2011-12	Girls and Boys
3:30 ish	400 M	Falcons	2008-10	Girls and Boys

3:45ish—800 Meter Check in at the bull pen. Boys and Girls and age groups may be combined into heats, but will be separated in the results

3:45 ish	800 M	Hummingbirds/Swallows	2015-17	Girls and Boys
	800 M	Swifts	2013-14	Girls and Boys
	800 M	Eagles and Falcons	2011-12	Girls
	800 M	Eagles and Falcons	2008-10	Boys

4:15ish— 4x400 Birth Years 2008-2012. Check in at the bull pen Relays will be formed in the bull pen and will be just for fun and learning! (No time, no ribbons) Pre-formed teams are allowed, but must report to the bull pen together.

Parents, Volunteers and Coaches are invited to join us for the 4x400

