

**Ventura Invitational: Meet at VHS Distance @ 7:30 am, Sprints, Jumps, Throws @ 8:00 am**

Admission: Adults \$5.00 Students and Seniors \$3.00 with ID. Children under 10 are free.

Awards: Medals to top 5 in each event and level

<u>Track Events</u>	(Approximate)	<u>Field Events</u>	(Approximate)
Girls F/S 4X1600 (XC Style)	8:45	<b><u>Long Jump</u></b>	
Boys F/S 4X1600 (XC Style)	8:55	Girls F/S Flight 1	9:00
Girls F/S 4X100	9:05	Boys F/S Flight 1	9:00
Boys F/S 4X100	9:10	Girls Varsity Flight 1	11:00
Girls Varsity 4X100	9:15	Boys Varsity Flight 1	11:00
Boys Varsity 4X100	9:20		
Girls Varsity 4X1600	9:25	<b><u>Triple Jump</u></b>	
Boys Varsity 4X1600	9:45	Girls F/S Flight 1	1:00
Girls F/S 100H	10:05	Boys F/S Flight 1	1:00
Girls Varsity 100H	10:10	Girls Varsity Flight 1	3:00
Boys F/S 110H	10:15	Boys Varsity Flight 1	3:00
Boys Varsity 110H	10:20		
Girls F/S 4X800	10:30	<b><u>High Jump</u></b>	
Boys F/S 4X800	10:40	Girls F/S	9:00
Girls Varsity 4X800	10:50	Boys F/S	9:00
Boys Varsity 4X800	11:00	Girls Varsity	11:30
Girls F/S 400	11:10	Boys Varsity	11:30
Boys F/S 400	11:20		
Girls Varsity 400	11:30	<b><u>Pole Vault</u></b>	
Boys Varsity 400	11:40	Girls F/S	9:00
Girls F/S 100	11:50	Boys F/S	11:00
Boys F/S 100	12:10	Girls Varsity	1:00
Girls Varsity 100	12:20	Boys Varsity	3:00
Boys Varsity 100	1:00		
Girls Varsity DMR	1:45	Boys Varsity	10:30
Boys Varsity DMR	2:00	Girls F/S	12:00
Girls F/S 300H	2:15	Girls Varsity	1:30
Boys F/S 300H	2:25		
Girls Varsity 300H	2:35	<b><u>Discus</u></b>	
Boys Varsity 300H	2:45	Girls F/S Flight 1	9:00
Girls F/S 200	3:00	Girls Varsity	10:30
Boys F/S 200	3:15	Boys F/S	12:00
Girls Varsity 200	3:30	Boys Varsity	2:00
Boys Varsity 200	3:45		
Girls Throwers 4X100	4:00		
Boys Throwers 4X100	4:05		
Girls F/S 4X400	4:10		
Boys F/S 4X400	4:25		
Girls Varsity 4X400	4:35		
Boys Varsity 4X400	4:45		