

Holly 9 & 10 Invitational
Saturday, May 1, 2010

*Bus departs – 7:00

*Field events – 9:15

*Running events – 11:00

*Return – approx. 5:00

*Schedule of Events

9:15 – all field events

11:00 – 8 mile relay

12:00 – Shuttle Hurdles

4 x 200

DMR (8-4-12-16)

4-2-2-8

4 x 800

4 x 100

Field Event 4 x 1

4 x 400

*Additional Information

--There are normally around 10-12 teams at this meet.

--There are 2 entries allowed in each field event. The 2 athletes' performances are added to determine each team's overall mark.

--The PV starts at 6' and the HJ starts at 4' 2".

--The 8 mile relay consists of a 4 person team with each person running 2 miles.

Everyone runs together, and the race is not on the track but around the campus area.

The race is scored as a cross country race: add up the places of each team's 4 runners and the low score wins.

*Mapquest directions: use Holly High School as the end point - 6161 E. Holly Rd, Holly 48442.

*Approx. drive time is about 70 minutes.