

**3rd Annual River Valley High School
FALCON Invitational**

Saturday, April 17, 2010

8:30am	Coaches Meeting
9:00am	Field Events
10:00am	Prelims
12:00pm	Finals

Three Divisions: Varsity Boys, Varsity Girls and Frosh-Soph Boys

Cost: \$150.00 per team or \$10.00 per athlete

**Awards: Plaques to Top Two Teams in Each Division
Medals to Top 5 in Each Open Event
and Top 3 Relay Teams (including exhibition events)**

**Reply by Friday, April 9, 2009 to:
Paul Odegard, Head Track Coach at
podegard@ycusd.k12.ca.us
or call (530) 822-2656 or 751-7441**

**River Valley High School
801 El Margarita Road
Yuba City, CA 95991**

RVHS “Falcon” Invitational Schedule

Field Events

Event	Var. Boys			Var. Girls			Frosh/Soph Boys		
	<u>Evt. No.</u>	<u>Time</u>	<u>Location</u>	<u>Evt. No.</u>	<u>Time</u>	<u>Location</u>	<u>Evt. No.</u>	<u>Time</u>	<u>Location</u>
Long Jump	1	9:00	LJP	8	11:30	LJP	17	2:00	LJP
Triple Jump	7	11:30	TJP	15	2:00	TJP	5	9:00	TJP
High Jump	13	2:00	HJA	3	9:00	HJA	10	11:30	HJA
Pole Vault	12	12:00	PVA	16	2:00	PVA	6	10:00	PVA
Shot Put	2	9:00	SPA	9	11:30	SPA	18	2:00	SPA
Discus	14	2:00	DA	4	9:00	DA	11	11:30	DA

LJP – North Pit TJP – South Pit HJA – High Jump Area PVA – Pole Vault Area
 SPA – Shot Put Area DA – Discus Area

Starting Heights: High Jump: Varsity Boys 5’0” Varsity Girls 4’6” Junior Varsity Boys 4’8”

Pole Vault: Varsity Boys 9’0” Varsity Girls 6’0” Junior Varsity Boys 6’0”

1. Prior to “First Call” sign in for your event with the clerk of course near the starting area.
2. Report to your event area when you hear “First Call” for your event. If you haven’t signed in yet, sign in with the event official at the designated event area.
3. Complete any run through/practice throws prior to the event’s start. Once competition has started, no run throughs or practice throws are allowed or they may count as an attempt.