

CENTREVILLE WINTER CHALLENGE

When: Saturday December 10, 2011

Where: Centreville High School

Join us for our winter track and field invitational on Saturday December 10. We have a very fast new track surface and one of the finest facilities in Northern Virginia. Enter up to 5 athletes per event. Entries should be submitted via Hy-Tek no later than December 4 at midnight. Substitutions will be allowed the day of the meet. Entries are limited to the first eight (8) teams to respond. Entry fees must be received by the start of the meet. Entry fee is \$100.00 per school (\$50 per gender). All results will be F.A.T. times. **We will not be doing Pole Vault.**

Contact: Givon Holmes
Head Track and Field Coach
Centreville High School
6001 Union Mill Road
Clifton, VA 20124
703-475-0742
Gh255020@hotmail.com

11:00 B Long Jump Open pit 1 hour
G Triple Jump Open pit 1 hour
G Shot Put
B High Jump

12:15 G Long Jump Open pit 1 hour
B Triple Jump Open pit 1 hour
B Shot Put
G High Jump



11:00 G 4x800 Relay *Rolling Schedule*
B 4x800 Relay
G 55 Hurdles
B 55 Hurdles
G 55 Dash
B 55 Dash
G 4x200 Relay
B 4x200 Relay
G 1600 Run
B 1600 Run
G 500 Dash
B 500 Dash
G 1000 Run
B 1000 Run
G 300 Dash
B 300 Dash
G 3200 Run
B 3200 Run
G 4x400 Relay
B 4x400 Relay