

**STOCKING “SUPER SEVEN”
TRACK AND FIELD INVITATIONAL
SATURDAY, FEBRUARY 27, 2010
AT DIABLO VALLEY COLLEGE**

Order of Events

Field Events: 8:30 AM

Pole Vault	FSG-VG-FSB-VB
Shot Put	FSB-VB-VG-FSG
Discus	VG-FSG-FSB-VB <i>“Super Seven Discus Championship” The top seven will advance to a final round. A special award will be given to winning throwers.</i>
Long Jump	VB-VG-FSB-FSG
Triple Jump	VB-VG-FSB-FSG Following the completion of the Long Jump. Estimated time: 1:00 PM
High Jump	FSG-VG-FSB-VB

*All athletes should check in when field event is called. They will be given their flight assignment after all athletes have checked in.

Running Events: 9:00 AM

1	3000 Meters	FSG-FSB
2	4 X 100 Meter Relay	FSG-FSB-VG-VB
3	Distance Medley Relay	FSG-FSB-VG-VB
4	300 IM Hurdles	FSB-VB-FSG-VG
5	100 Meter Dash	FSG-FSB-VG-VB
6	4 X 800 Meter Relay	FSG-FSB-VG-VB
7	4 X 200 Meter Relay	FSG-FSB-VG-VB
8	3000 Meters	VG-VB
9	4 x 400 Meter Relay	FSG-FSB-VG-VB

*Please have your athletes ready and checked in by the first call! Heats and final lane assignments will be given on race day at check in times. Heats may be combined.