

James Logan/Mission Valley

Decathlon/Heptathlon/Combined Events

James Logan High School

April 22,23, 2106

Friday April 22, 2016 4:00 Saturday April 23, 2016 9:00

Cost: \$25 For Decathlon/Heptathlon \$15 For all other

Divisions-High School-Friday and Saturday

Divisions-Group 1, 2, 3, 4 Saturday

Questions: Lee Webb-510-304-7172

lwebb@nhusd.k12.ca.us

Entries: Athletic.net Walk-ups are welcome.

Registering **before** the event is recommended.

Implements will be provided.

Scoring-IAAF Scoring

Day 1

Friday April 22 4:00 PM

Decathlon/Heptathlon

Heptathlon-100 Hurdles, Shot, High Jump, 200 Meters

Decathlon-100, Long Jump, shot, High Jump, 400 Meters

Heptathlon 100 Hurdles will start first event followed by the Decathlon 100 Meters

Day 2

Saturday April 23 9:00 AM

Group 1-Girls- Shot,High Jump 200 Meters

Group 1-Boys-Shot High Jump, 400 Meters

10:00 AM

Group 2-Girls-Shot ,High Jump 200 Meters

Group 2 Boys-Shot, High Jump 400 Meters

Group 3-Girls 80 Hurdles, Shot Put, High Jump, Long Jump,
800 Meters

Group 3-Boys-80 Hurdles, Shot Put, High Jump, Long Jump,
1500 Meters

10:30 AM

Group 4 Girls-100 Hurdles, Shot Put, High Jump, Long
Jump, 800 Meters

Group 4 Boys-100 Hurdles, Shot Put, High Jump, Long
Jump, 800 Meters

Saturday April 23 11:00 AM

Decathlon/Heptathlon

Heptathlon-Long Jump, Javelin, 800 Meters

Decathlon-110 Hurdles, Discus, Pole Vault, Javelin, 1500
Meters