

# **James Logan/Mission Valley**

## **All Comers**

### **Arlevia Livingston**

## **Decathlon/Heptathlon/Combined Events**

James Logan High School

July 8,9, 2021

Thursday July 8, 2021 12:00 Friday July 9, 2021 12:00

All Ages Welcome including Open, Unattached, Masters

**Cost:** \$25 For Decathlon/Heptathlon \$15 For all other  
\$5.00 for each open Event

**Awards:** Top 3 Custom Medals Winner Trophy

**Divisions-**Decathlon/Heptathlon-Thursday and  
Friday

**Divisions-**6 and under, 7/8 Under, 9/10 Thursday

**Divisions-**11/12, 13/14 Friday

**Questions:** Lee Webb-510-304-7172

[lwebb@nhusd.k12.ca.us](mailto: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**

**Thursday July 9 12:00 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

### **Triathlon**

6,7, 8 and Under Girls Shot Put(4), Long Jump, 200  
Meters

6/7, 8 and Under Boys Shot Put(4), Long Jump, 400  
Meters

9/10 Girls Shot Put(6), High Jump, 200 Meters

9/10 Boys Shot Put(6), High Jump 400 Meters

## **Day 2**

### **Friday July 9 10:00 AM**

10:00 AM

11/12-Girls 80 Hurdles, Shot Put(6), High Jump, Long Jump,  
800 Meters

11/12-Boys-80 Hurdles, Shot Put(6), High Jump, Long  
Jump, 1500 Meters

10:30 AM

13/14 Girls-100 Hurdles, Shot Put, High Jump, Long Jump,  
800 Meters

13/14 Boys-100 Hurdles, Shot Put, High Jump, Long Jump,  
800 Meters

### **Friday July 9 11:00 AM**

#### **Decathlon/Heptathlon**

Heptathlon-Long Jump, Javelin, 800 Meters

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

**\*\*\*Dedicated to Arlevia Livingston-James Logan  
School record holder in the Heptathlon**

**Open Events**

**Medals Top 3**

**Thursday**

**100 Meters All Divisions-11:00 AM**

**1500 Meters All Divisions 1:00 PM**

**Pole Vault All Divisions-12:00**

**Javelin Age 6 and under, 7-8, 9-10, 11-12 1:00**

**Special Arlevia Livingston Ribbon to all participants**

**Spectators Free**