

19th Annual Northern Virginia Invitational 2018

Hosted by Robinson Secondary School

Sponsored by Potomac River Running

When: Friday, April 13, 5:00 PM, Saturday, April 14, 9:00 AM.

Where: Robinson Secondary School, 5035 Sideburn Road, Fairfax VA 22032

The Robinson Track was resurfaced in 2011 and is now an 8 lane track! This is the site of the Northern Region Outdoor Track Championship

Who: 30 invited teams (per gender) from Virginia, Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, and Washington DC. Only the first 30 invited teams (per gender) committing to the meet will be accepted. To commit to the meet, please send Mike Kiernan (mjkiernan@fcps.edu) an email.

Entries: 1 relay per team in each event, 3 individuals per team in each event. Entries due: Tuesday, April 10th, 2018 at 9:00 PM. All entries must be done via Milestat at www.milestat.com. Please enter your athletes with realistic seed times to insure the best competition.

Entry Fee: \$300 per team. \$150 for single gender teams. Please make checks payable to Robinson Secondary School.

Scratches: There will be changes allowed on the day of the meet (Saturday) from 8:00 AM-10:00 AM. The only changes allowed will be substitutions and scratches. There will be no additional entries accepted at this time.

Field events: There will be three attempts given to athletes in the long jump, triple jump, shot put, and the discus throw. The seven athletes with the best marks will advance to the finals. Flight order in these events will be best-seeded flight last. Opening heights: BHJ: 56; GHJ: 46; BPV: 90; GPV: 70. There will also be mark minimums in the horizontal events. All athletes will have their 1st throw/jump marked, but must exceed the minimum mark line to receive additional marks. LJ is 14'/18', TJ is 28'/36', SP is 27'/35' and Discus is 70'/90'.

Track events: Section order will be fastest seeded section first.

Lunch: There will be lunch provided to coaches and officials at 12:30 PM on Saturday.

Awards: Custom medals to top six placers in each event, no team scoring.

Results: Results and pictures will be posted at milestat.com

T-shirts: Commemorative Invitational T-shirts and other meet souvenirs will be sold at the meet.

Concessions: A variety of hot and cold concessions will be sold throughout the meet.

Admission: \$ 5 for Friday, \$5 for Saturday. Programs will be sold.

Meet Information: Contact Mike Kiernan, mjkiernan@fcps.edu

=PR= Northern Virginia Invitational
James W Robinson Secondary School

April 13- April 14, 2018

Friday, April 13** - Coaches will be sent a tentative time schedule once entries have closed**

5:00 PM: Girls Shot Put
Boys Discus Throw
Boys Long Jump
Girls Long Jump
Girls High Jump
Girls Pole Vault

Girls Distance Medley Relay (1200-400-800-1600)
Boys Distance Medley Relay (1200-400-800-1600)
Girls 100 Meter Hurdles
Boys 110 Meter Hurdles
Girls 400 Meter Dash
Boys 400 Meter Dash
Girls 3200 Meter Run
Boys 3200 Meter Run

Saturday, April 14

9:00 AM: Girls Discus Throw
Boys Shot Put
Boys High Jump
Boys Triple Jump
Girls Triple Jump
Boys Pole Vault

10:00 AM: Girls 4 x 800 Meter Relay
Boys 4 x 800 Meter Relay
Girls 100 Meter Dash
Boys 100 Meter Dash
Girls 1600 Meter Run
Boys 1600 Meter Run
Girls 400 Meter Relay
Boys 400 Meter Relay
Girls 300 Meter Intermediate Hurdles
Boys 300 Meter Intermediate Hurdles
Girls 800 Meter Run
Boys 800 Meter Run
Girls 200 Meter Dash
Boys 200 Meter Dash
Girls 9th Grade 1600 Meter Run
Boys 9th Grade 1600 Meter Run
Girls 1600 Meter Relay
Boys 1600 Meter Relay