

9th Annual Metro Run and Walk Northern Virginia Invitational 2008

Hosted by Edison and Westfield High Schools

Sponsored by Metro Run & Walk and Asics

- When:** Friday, April 11, 4:30 PM, Saturday, April 12, 9:00 AM.
- Where:** Thomas A Edison High School, 5801 Franconia Rd., Alexandria, VA 22310
- 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. Please commit early as we expect to fill the field by February. To commit to the meet, please send Mike Kiernan (michael.kiernan@fcps.edu) an email.**
- Entries:** 1 relay per team in each event, 3 individuals per team in each event. Entries due: Tuesday, April 8, 2008 at 11:00 PM. All entries must be done via Direct Athletics at www.directathletics.com. Please enter your athletes with realistic seed times to insure the best competition.
- Entry Fee:** \$200 per team. \$100 for single gender teams. Please make checks payable to **Westfield High 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.
- Coaches Gifts:** Gifts will be provided to each Head Coach, courtesy of Asics and Metro Run and Walk
- 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: 5'6"; GHJ: 4'6"; BPV: 8'6"; GPV: 7'0".
- 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. Additional awards from Asics will be presented to the top three in each event.
- Results:** Results and pictures will be posted at milestat.com and nvcctfa.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:** \$ 3 for Friday, \$5 for Saturday; free for children 12 & under. Programs will be sold.
- Meet Directors:** Mike Kiernan, 703-209-3585, michael.kiernan@fcps.edu, Ivan Chirinos, Arturo.chirinos@fcps.edu, Scott Raczko, scottraczko@yahoo.com

Metro Run & Walk Northern Virginia Invitational

Thomas A Edison High School

April 11 – April 12, 2008

Friday, April 11

4:30 PM: Girls Shot Put
Boys Discus Throw
Boys Long Jump
Girls Long Jump
Girls High Jump

4:30 PM: Girls Distance Medley Relay (1200-400-800-1600)

4:45 PM: Boys Distance Medley Relay (1200-400-800-1600)

5:00 PM Girls 100 Meter Hurdles

5:25 PM Boys 110 Meter Hurdles

5:45 PM: Girls 400 Meter Dash

6:30 PM: Boys 400 Meter Dash

7:15 PM Girls 3200 Meter Run

8:00 PM: Boys 3200 Meter Run

Saturday, April 12

9 AM: Girls Discus Throw
Boys Shot Put
Boys High Jump
Girls Pole Vault, followed by Boys Pole Vault
Boys Triple Jump
Girls Triple Jump

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

Metro Run & Walk Northern Virginia Invitational Meet Records 2000-2007

1	Girls High Jump	5-07.00	4/7/2001	Bonnie Meekins - Oakton
2	Boys High Jump	6-08.00	4/7/2001	Garrett Brickner - Lake Braddock
3	Girls Pole Vault	10-07.00	4/1/2006	Nicole Kazuba - Chantilly HS
4	Boys Pole Vault	14-00.00	4/3/2004	David Lewis - Westfield
5	Girls Long Jump	17-10.75	4/13/2007	Brittany Hyter - Osbourn Park
6	Boys Long Jump	22-11.25	3/31/2006	Ed Baldwin - Edison
7	Girls Triple Jump	38-07.00	4/1/2006	Nakeisha Wineglass - Hayfield
8	Boys Triple Jump	46-09.25	4/1/2006	Warren Gray - Oxon Hill
9	Girls Discus Throw	136-03	3/31/2006	Natalie Baird - Park View
10	Boys Discus Throw	162-05	4/6/2002	Steve Huntzinger - Robinson
11	Girls Shot Put	39-10.50	4/7/2001	Ashley Horn
12	Boys Shot Put	56-03.50	4/6/2002	Steve Huntzinger - Robinson Secondary
13	Girls 4x800 Meter Relay	9:47.87	4/1/2006	West Potomac - West Potomac A Lewis D Burk K Jemison K Dahmann
14	Boys 4x800 Meter Relay	8:04.0h	4/7/2001	Robinson Secondary
15	Girls 100 Meter Hurdles	14.74	4/1/2005	Ashley Duckett - Mount De Sales
16	Boys 110 Meter Hurdles	14.38	4/3/2004	Dominic Berger - DeMatha
17	Girls 100 Meter Dash	12.2h	4/7/2001	Tiffany Nestfield
18	Boys 100 Meter Dash	10.6h	4/7/2001	Jerry Rose
19	Girls 1600 Meter Run Varsity	4:59.86	4/1/2006	Christy Johnson - Bryn Mawr School
20	Boys 1600 Meter Run Varsity	4:16.7h	4/7/2001	Bobby Lockhart - Handley
21	Girls 4x100 Meter Relay	49.61	4/5/2003	Westlake HS
22	Boys 4x100 Meter Relay	42.40	4/5/2003	DeMatha Catholic
23	Girls 400 Meter Dash	55.99	4/2/2005	Devon Williams - Towson Catholic
24	Boys 400 Meter Dash	48.26	4/1/2006	Jeremy Samuels - Dematha
25	Girls 300 Meter Hurdles	44.41	4/1/2006	Tameka Jameson - Eleanor Roosevelt
26	Boys 300 Meter Hurdles	38.11	4/3/2004	Dominic Berger - DeMatha
27	Girls 800 Meter Run	2:13.2h	4/7/2001	Kelly Otsott - Thomas Jefferson
28	Boys 800 Meter Run	1:55.22	4/6/2002	Richard Smith - South Lakes
29	Girls 200 Meter Dash	25.31	4/1/2006	Courtney Conley - Edison
30	Boys 200 Meter Dash	21.83	4/1/2006	Jared Simmons - Stonewall Jackson
31	Girls 3200 Meter Run	10:48.92	4/2/2004	Heather Iatauro - Tri-Valley
32	Boys 3200 Meter Run	9:25.69	4/6/2002	Ben Stern - Georgetown Day
33	Girls 4x400 Meter Relay	3:55.27	4/1/2006	Eleanor Roosevelt - Eleanor Roosevelt E Hilaire, T Milner, T Stephens, M Walker
34	Boys 4x400 Meter Relay	3:21.21	4/5/2003	DeMatha Catholic
35	Girls Distance Medley	12:36.85	4/3/2004	Oakton High School - Oakton High A Smith, A Young, D Pearl, D Light
36	Boys Distance Medley	10:25.4h	3/25/2000	South Lakes HS
37	Girls 1600 Meter Run Frosh	5:22.50	4/1/2006	Teshika Rivers - Eleanor Roosevelt
38	Boys 1600 Meter Run Frosh	4:41.04	4/2/2005	Brian Landry - Thomas Jefferson