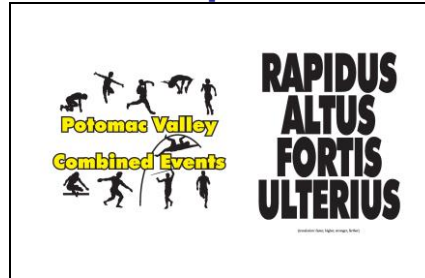




# POTOMAC VALLEY TRACK CLUB

## 20<sup>th</sup> Annual

### 2018 Decathlon and Heptathlon Championships



#### DETAILS:

This will be USATF Certified Competition run in conjunction with the PVTc All-Comer's Meet. Women can elect to run in an Experimental Decathlon if they so choose. Please confirm attendance with the meet director at contact information below. Please register on-line at Active.Com at <http://www.active.com/alexandria-va/running/pvtc-decathlon-heptathlon-championships-2018>. You can also go to <http://www.pvtc.org/decathlon> for additional information. There must be at least 3 competitors each in the Decathlon and Heptathlon for the competition to be held.

#### STARTING TIMES:

##### Saturday, June 9

10:00 am Check In and Implement weigh in  
11:00 am Heptathlon Hurdles / 11:00 100m (Follows Hurdles)

*\*(stay posted for schedule adjustments +/-30min depending on open meet schedule)*

##### Sunday, June 10

~1:30 pm Hurdles  
~1:00 pm Long Jump (Hep-W only)

#### WHERE:

DAY 1: T.C. Williams H.S., 3330 King St. Alexandria, VA 22302 // DAY 2: TBD

#### EVENTS:

**DECATHLON:** M/W – DAY 1: 100M / LONG JUMP / SHOT PUT / HIGH JUMP / 400M  
DAY 2: 110M H / DISCUS / POLE VAULT / JAVELIN / 1500M  
**HEPTATHLON:** W – DAY 1: 100M H / HIGH JUMP / SHOT PUT / 200M  
DAY 2: LONG JUMP / JAVELIN / 800M

#### TRACK:

400M Mondo Surface, Textured Cement Shot Put/Discus Circles, Grass Javelin Runway

#### ENTRY FEE:

\$55/open athletes; \$35/H.S. student athletes; \$40 Veterans/Military; PVTc Members- \$10 off registration; Late Fee: \$10 starting June 3<sup>rd</sup>.

#### T-SHIRTS:

\$20/CoolMax t-shirts and singlets (S,M,L,XL)

#### ENTRY DEADLINE:

June 4, 2016 at 12:00 am

**LATE ENTRY:** Only On-line until June 6, 2016 at 11:00 pm

#### REGISTRATION:

<http://www.active.com/alexandria-va/running/pvtc-decathlon-heptathlon-championships-2018>

#### AWARDS:

Awards to 13-14,15-16, 17-18, Open (19-29), 30-34, 35-39, etc.  
Minimum age 13. All events must be attempted.

#### CERTIFICATION:

PVTc Decathlon and Heptathlon Championships

#### EQUIPMENT:

Starting blocks available- Track spikes may not exceed 3/8" in length  
Most implements will be available; throwers will be responsible for their own implements.  
Pole Vaulters will be responsible for their own pole (storage may be available).  
Please ask if you will need anything implement that may not normally be provided.

#### CONTACT:

Director, Combined-Events - James Barr: (M) 703.599.7250; (e-mail) [barr.je@gmail.com](mailto:barr.je@gmail.com)