

**Pelham High School
Speed Meet
Thursday March 15, 2007**

On Thursday March 15 we will host the Pelham Speed Meet. This is a unique competition where all athletes will be allowed to enter only one open event and run in one relay. This type of meet allows for top times from the participants and shows which schools have truly developed depth in their teams. This meet will be open to Varsity level competition only. We hope to have 6-18 teams compete in this competition so please let me know as soon as possible if your team will be attending this meet. Contact: Randy Bunn (205) 454-6877.

Entry Fee: \$50.00 per team (boys, girls, Varsity are separate teams)
Awards: Medals to the top three in each division. Trophies to the top 2 teams.
Entries: Done by www.coacho.com entry system due on Sunday March 11, 2007.

Meet Schedule: (Rolling Schedule –Report while the previous division is running)

5:00 p.m. start	4 X 800 Meter Relay Final	VG	VB
	100/110 Meter Hurdle Finals	VG	VB
	1600 Meter Run Finals	VG	VB
	4 X 100 Meter Relay Finals	VG	VB
	400 Meter Dash Finals	VG	VB
	100 Meter Dash Finals	VG	VB
	800 Meter Run Finals	VG	VB
	200 Meter Dash Finals	VG	VB
	300 Meter Hurdle Finals	VG	VB
	3200 Meter Run Finals	VG	VB
	4X400 Meter Run Finals	VG	VB

Field Events:

	High Jump	Long Jump	Triple Jump	
4:30	VG	VB	VG	
5:30	VB	VG	VB	
	Shot Put	Discus	Javelin	Pole Vault
4:30	VB	VG	VB	VB
5:30	VG	VB	VG	VG