



Metea Valley Boys Invite

Saturday April 19, 2025

Metea Valley High School

Weather: Cool, Low-50's (Colder in the morning)

Time Schedule/Order of Events (Always Approximate)

8:20 a.m. Bus Time

10:00 a.m. Meet Begins/Field Events

- Long Jump - Both levels simultaneously - 4 Jumps/No Finals (Varsity on wood jump board runway)
 - 2 flights, called in flight order (10 min. warm-up for each)
- Triple Jump - After conclusion of long jump (all the same details for Long Jump apply for Triple Jump)
- Shot Put -2 Flights/Varsity First - 3 Throws/Top 8 to Finals (10 min. warm-up)
- Discus - 2 Flights/Frosh-Soph First - 3 Throws/Top 8 to Finals (10 min. warm-up)
- High Jump (F/S First)

10:45 a.m. Open 100m Dash (4 Heats/4 Entries per team)

11:00 a.m. Open 1600m Run (2 Heats/4 Entries per team)

11:15 a.m. Frosh-Soph 32200m Run

11:55 a.m. National Anthem/Team Introductions

12:00 p.m. Finals Begin (*Varsity Heats Firsts, Fast to Slow*)

- 12:00 p.m. - 3200m Relay (1 heat per level)
- 12:25 p.m. - 400m Relay (1 heats per level)
- 12:35 p.m.. - Varsity 3200m Run (1 heat)
- 12:50 p.m. - 110m High Hurdles (3 heats per level)
- 1:00 p.m. - 100m Dash (3 heats per level)
- 1:10 p.m. - 800m Run (2 heats per level)
- 1:25 p.m. - 800m Relay (1 heats per level)
- 1:35 p.m. - 400m Dash (3 heats per level)
- 1:55 p.m. - 300m Hurdles (3 heats per level)
- 2:10 p.m. - 1600m Run (2 heats per level)
- 2:40 p.m. - 200m Dash (3 heats per level)
- 2:50 p.m. - 1600m Relay (1 heat per level)

General Information

- **Admission Fee:** Adults - \$5 / Children - \$3
- **Check-in:** 50 yard line
- Team Camps: east/visitor bleachers or grass area south of jumps runways (no teams on infield)
- **No athletes on the southern end of the field (within the 20 yard line)**
- **Throwing implement weigh-in between 9:00-9:30 a.m. at south stadium gates**
- A reminder now that we are outside: your **team warm-up jackets should be on top of any other layers** and you are ***not allowed to take off your jersey on the infield (you can be disqualified for this)!***

“You learn so much from competition you gain confidence every time you have to step up and perform.” - Natalie Gulbis

“The only difference between a ‘good’ player and a ‘great’ player is decisions.” - Charles Barkley during this year’s Final Four

TROJAN LINE-UP



IN THE FIELD



LONG JUMP	Var.	Weisz, Macaskill
	Frosh	Jostes, Cutler, Neustadt
TRIPLE JUMP	Var.	Potter
	Frosh	Whitelock, Caulk, Principe
HIGH JUMP	Var.	Curtis, Ahmad
	Frosh	Shlok, Pellhank
SHOT PUT	Var.	LaForge, Swanson, Toth
	Frosh	R. Kanthack, Adelman
DISCUS	Var.	LaForge, Rodriguez
	Frosh	Deaton, Dean



ON THE TRACK



4 X 8 RELAY	Var.	Adams - Hardy - Farrero - Kelly (Alternate: Finn)
	Frosh	N. Chavez - Eide - Curran - Anfuso (Alternate: Turner)
4 X 1 RELAY	Var.	Economou - Grucella - Toth - Cunningham
	Frosh	Glomb - McInnis - Daughtry - Whitelock
3200 RUN	Var.	K. Krishnan, Moawad, Morton
	Frosh	M. Krishnan, Lynch, Newell
110M HURDLES	Var.	Burton, Gibbons
	Frosh	Noonan
100M DASH	Var.	Em. Murphy, Cunningham, Grucella
	Frosh	Glomb, McInnis, Chavez-Jiminez
	Exh	Economou, Toth, Swansen, Adams
800M RUN	Var.	Finn, Kelly, Wood
	Frosh	Enright, Novotny, Stein
4 X 2 RELAY	Var.	C. Jackson - Curtis - Novak - Kist
	Frosh	Jay - Johnson - Rys - Sandy
400 DASH	Var.	Adams, Toth, Wiggins

	Frosh	Daughtry, Caulk, Chavez
300 HURDLES	Var.	Burton, Lumpkin, Gibbons
	Frosh	Noonan, Dawaidar
1600 RUN	Var.	Loftus, Lynch-Goff, M. Novak
	Frosh	Cox, Figliomeni, Gowen
	Exh.	Ahmed, Brockway, Kraus, Vasilakopoulos
200 DASH	Var.	Em. Murphy, C. Jackson, Weisz
	Frosh	McInnis, Glomb, Chavez-Jiminez
4 X 4 RELAY	Var.	Kist - Grucella - Novak - Cunningham
	Frosh	Cutler, Mehta, Graney, Slooby (Alt: Gabe Chavez)