

# 6th Annual Metro Run & Walk Northern Virginia Invitational 2005

Hosted by Oakton High School  
Sponsored by Metro Run & Walk and Nike

- When:** Friday, April 1, 2005, 4:15 PM; Saturday, April 2, 2005, 9:00 AM.
- Where:** Oakton High School, 2900 Sutton Road, Vienna, VA.
- Who:** 30 teams (per gender) from Virginia, Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, and Washington DC. **Only the first 30 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 the meet directors an email.**
- Entries:** 1 relay per team in each event, 4 individuals per team in each event. Entries are due by Tuesday, March 29 at 10:00 p.m. on [www.directathletics.com](http://www.directathletics.com).
- Entry Fee:** \$95 per team (\$190 for a boys and a girls team). Please make checks payable to **Oakton High School Boosters**.
- Scratches:** Scratches and substitutions may be emailed to [scottraczko@yahoo.com](mailto:scottraczko@yahoo.com) or faxed to (703) 790-8570 by Thursday, March 31 at 9:00 AM for correct entry listing in meet program. 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 four attempts given to athletes in the long jump, triple jump, shot put, and the discus throw. A fourth attempt will only be granted if a fair jump/throw has been recorded for at least one of first three attempts. There will be no finals. Flight order in these events will be best-seeded flight first. Opening heights: BHJ: 5'6"; GHJ: 4'6"; BPV: 8'6"; GPV: 7'0".
- Track events:** Heat order will be fastest seeded section first. The 400 meter dash and 1600 meter run sections will be posted on [milestat.com](http://milestat.com) by Thursday, March 31.
- Lunch:** There will be lunch provided to coaches and officials at 12:30 p.m. on Saturday.
- Awards:** Custom medals to top six in each event, no team scoring. In addition, a Commemorative Invitational Duffel Bag will be awarded to the winner of each event.
- Results:** Results and pictures will be posted at [www.milestat.com](http://www.milestat.com) and [www.runwalklive.com](http://www.runwalklive.com)
- T-shirts:** Nike T-shirts, bags, and spikes will be sold throughout 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:** Scott Raczko, (703) 264-7444, [scottraczko@yahoo.com](mailto:scottraczko@yahoo.com).  
Mike Kiernan, (703) 323-6447, [michael.kiernan@fcps.edu](mailto:michael.kiernan@fcps.edu).

# MRW Northern Virginia Invitational

Oakton High School

April 1-2, 2005

## Friday, April 1

**4:15 PM:** Boys Shot Put  
Girls Discus Throw  
Boys Long Jump  
Girls Long Jump  
Girls High Jump

**4:15 PM** Girls 100 Meter High Hurdles

**4:45 PM** Boys 110 Meter High Hurdles

**5:15 PM:** Girls 3200 Meter Run

**6:00 PM:** Boys 3200 Meter Run

## Saturday, April 2

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

**9:00 AM:** Girls 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> sections of 1600 Meter Run

**9:30 AM:** Boys 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> sections of 1600 Meter Run

**10:00 AM:** Girls 400 Meter Dash (sections 4-12+)

**10:30 AM:** Boys 400 Meter Dash (sections 4-12+)

**11:00 AM:** Girls Distance Medley Relay (1200-400-800-1600)

Boys Distance Medley Relay (1200-400-800-1600)

**11:30 AM:** Girls 100 Meter Dash  
Boys 100 Meter Dash  
Girls 4 x 800 Meter Relay  
Boys 4 x 800 Meter Relay  
Girls 1600 Meter Run (top 10 entries, usually sub 5:15)  
Boys 1600 Meter Run (top 10 entries, usually sub 4:25)  
Girls 400 Meter Relay  
Boys 400 Meter Relay  
Girls 400 Meter Dash (top 3 sections)  
Boys 400 Meter Dash (top 3 sections)  
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 9<sup>th</sup> Grade 1600 Meter Run  
Boys 9<sup>th</sup> Grade 1600 Meter Run  
Girls 1600 Meter Relay  
Boys 1600 Meter Relay