

# KNIGHTS OF COLUMBUS

## 33<sup>rd</sup> ANNUAL VERMONT STATE HEPTATHLON CHAMPIONSHIPS

[The test of a true athlete]

**DATE:** Thursday & Friday, June 19 & 20, 2008; 10:30 A.M.

ENTRIES MUST BE POSTMARKED NO LATER THAN MONDAY, JUNE 9th, 2008  
ALL CONTESTANTS WILL REPORT ONE-HALF HOUR BEFORE STARTING TIME: 10:00 A.M.

**LOCATION:** Track, Green Mt. Union High School, Chester, Vermont.

**ENTRY FEE:** An \$20 PER COMPETITOR FEE MUST ACCOMPANY ALL ENTRIES.  
(This will include a T-Shirt plus the normal entry fee for each entrant.)

**ELIGIBILITY:** A Maximum of four (4) girls from each school may compete.

**APPROVED:** Vermont Principals Association.

**SPONSOR:** Springfield, Vt., Sullivan Council (#2628) & Bellows Falls, Vt., Charles Council (#753) of the Knights of Columbus.

**SHOES:** All weather Track and Runways (1/8" spikes); Cement circles (Flats).

**AWARDS:** Individual trophies will be given to the first five finishers; plaques to the next fifteen finishers. In addition, again this year, medals will be given to the lowest team place total (3 heptathletes per team) in a TEAM HEPTATHLON competition. All awards will be given out at Hadley Field, following the events and refreshments for all competitors and accompanying coaches on the second day.

<b>EVENTS:</b>	FIRST DAY (Thursday, June 19th) [100 Meter Hurdles, Long Jump, Shot Put, 200 meter Run]	SECOND DAY (Friday, June 20th) [High Jump, Javelin, 800 Meter Run]
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**SCORING:** IAAF Scoring Tables (Hy-Tek Scoring System)

<b>ENTRY:</b>	Send to: Dr. Jerry P. Jasinski, 12 Orchard Lane Springfield, Vt. 05156,	Home Telephone: (802) 885-9297. Work Telephone (603)358-2563
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by MONDAY, JUNE 8, 2008.

**ENTRY FEE MUST ACCOMPANY FORM.**

**MISC:** All coaches accompanying competitors may be asked to help with either timing and/or measuring. Your cooperation is needed and appreciated. Shot's and Javelins will be weighed and/or measured.

**NOTES:** The Girls Heptathlon will be run concurrently with the Boys Decathlon on both days.

**THERE WILL BE NO POST ENTRIES. ALSO, THERE WILL BE NO OVERNIGHT CAMPING ON THE GREEN MT. FIELDS BY ANY OF THE CONTESTANTS AND/OR GUESTS.**

All contestants must enter seven (7) events for a record to be made and all points scored. If a contestant fails to enter 7 events, she shall sacrifice all points scored and distances and times made. All running events will be conducted in unseeded heats. In the field events a maximum of 3 throws and 3 jumps will be given. [Exception: In the high jump 3 attempts at each height will be allowed.] With your help we hope to make this meet one of the outstanding sports events in the State of Vermont.