

**KNIGHTS OF COLUMBUS
VERMONT STATE HEPTATHLON
SCHEDULE - 2008**

THURSDAY 10:15 A.M. 100 Meter Low Hurdles (Groups of 6)

10:30 A.M. 2 groups of approximately 14 girls each will be placed into the long jump and shot put. Upon completion of each event, each group will rotate into the other event(s).

When all 3 of these events are completed, everyone will then run the 200 meter dash in unseeded groups of 6.

FRIDAY 10:00 A.M. 2 groups of approximately 14 girls each will be placed into the high jump and javelin. Upon completion of each event, each group will rotate into the other event(s).

When both of these events are completed, everyone will then run the 800 meter dash in groups of 8.

At the conclusion of the last event, all awards will be presented on the field after refreshments are served to all contestants, coaches and officials.

The following sponsors should be thanked for their continued support in this regard:

**GREEN MT UNION HIGH SCHOOL
KNIGHTS OF COLUMBUS (#2628, Springfield, Vt.)
KNIGHTS OF COLUMBUS (#753, Bellows Falls, Vt.)**