

**KNIGHTS OF COLUMBUS**  
**33<sup>rd</sup> ANNUAL VERMONT STATE DECATHLON CHAMPIONSHIPS**  
[The test of a true athlete]

DATE: Thursday & Friday, June 19 & 20, 2008; 10:00 A.M.

ENTRIES MUST BE POSTMARKED NO LATER THAN MONDAY, JUNE 9<sup>th</sup>, 2008  
ALL CONTESTANTS WILL REPORT ONE-HALF HOUR BEFORE STARTING TIME; 9:30 A.M.

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

ENTRY FEE: **A \$20:00 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) boys from each school may compete.

APPROVED: Vermont Principals Association.

SPONSOR: Springfield, Vt., Sullivan Council (#2628) & Bellows Falls, Vt., Charles Council (#753) of the K of C.

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 decathletes per team) in a TEAM DECATHLON competition. All awards will be given out at the track, following the events and refreshments for all competitors and accompanying coaches on the 2nd day.

EVENTS:	FIRST DAY (Thursday, June 19 <sup>th</sup> ) [100 Meter Dash, Long Jump, Shot Put, High Jump, 400 meter Run]	SECOND DAY (Friday, June 20 <sup>th</sup> ) [110 Meter Hurdles, Pole Vault, Discus, Javelin, 1500 Meter Run]
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SCORING: IAAF Scoring Tables (Hy-Tek Scoring System)

ENTRY: Send to: Dr. Jerry P. Jasinski, 12 Orchard Lane, Springfield, Vt. 05156, by MONDAY, JUNE 9, 2008. Home Telephone: (802) 885-9297. Work Telephone: (603) 358-2563

**ENTRY FEE MUST ACCOMPANY ENTRY 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, Disci and Javelins will be weighed and/or measured.

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

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

**Boy's Weights must be verified for the pole used in the Pole Vault.**

All contestants must enter ten (10) events for a record to be made and all points scored. If a contestant fails to enter 10 events, he 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 and pole vault, 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.