



Women's Decathlon



Coaches,

We would like to invite you to be a part of the first high school decathlon for girls in the state of Vermont. First off, this in no way will affect the Vermont Decathlon/Heptathlon Championships that take place at the end of the season. This event has been talked about for several years and has finally been put together. Please read the following details and feel free to contact us with any questions you may have. Thanks,

-Essex T&F Coaching Staff

Schedule:

The first day of the decathlon will coincide with the Metro Freshman meet being held at Essex on Friday, May 23rd. The events for day one will be folded into the freshman meet. This should not have a negative affect on either meet. The order will follow the IAAF 2008 rule book (can be found at: <http://www.iaaf.org/mm/Document/imported/42192.pdf>). There will be the prescribed half hour in between events.

First day-5/23 (start time is 2:00 pm): 100m; Discus Throw; Pole Vault; Javelin Throw; 400m.

Second day-5/24 (start time is 10:00 am): 100m Hurdles; Long Jump; Shot Put; High Jump; 1500m.

Entry Fee:

Cost to participate will be \$10 per athlete. Please make checks out to: **Essex Student Activities**. Payment can be made on first day of meet.

Participation:

Obviously this event will be a first for high school girls in the state of Vermont. We would, however, like to make this as high level a meet as is possible. Please keep this in mind as you select your athletes and their experience level with the 10 events. Also, since this is the first time for this, we are looking to limit the number of athletes to **NO MORE THAN 16**. As a result, it would benefit you to contact us early to ensure your athletes get in.

Questions/Contact Info:

FOR FURTHER INFORMATION, PLEASE CONTACT US AT THE FOLLOWING:
GONILLOJ@CCSUVT.ORG OR HAMMONDJ@CSDVT.ORG

DEADLINE FOR ENTIRES IS TUESDAY, MAY 20TH EMAIL TO :

pdvorak@bsdvt.org