



2nd Annual Vermont Women's Decathlon



The second annual Vermont Women's Decathlon will be held at Essex High School On Friday, May 22nd and Saturday, May 23rd.

The first day of the Decathlon will coincide with the Metro Freshman meet. The start time of both meets is 2:50.

Please send entries to pdvorak@bsdvt.org by Monday, May 18th.

Cost for the event is \$15 per athlete with up to 6 athletes allowed per school.

Schedule:

Day 1

100 meter dash
Discus Throw
Pole Vault
Javelin
400 meter dash

Day 2

100 meter hurdles
Long Jump
High Jump
Shot Put
1500 meter run

*A 30 minute break will be observed after the completion of each event.

Awards will be given to the top 3 places

T-shirts will be available for purchase

Any Questions can be sent to Joe Gonillo at jgonillo@ccsuvt.org or Jeremy Hammond at hammondj@csdct.org