

ALL COMERS TRACK MEETS AT SANTA MONICA HIGH SCHOOL

601 Pico Blvd., Santa Monica, Calif. 90405

ON SANTA MONICA HIGH SCHOOL'S ALL WEATHER TRACK

⇒⇒⇒⇒⇒ 3/16" NEEDLE SPIKES OR LESS REQUIRED ⇐⇐⇐⇐⇐

DATES: SATURDAY: DECEMBER 17, 2011

SATURDAY: JANUARY 21, 2012

SATURDAY: FEBRUARY 18, 2012

COST: \$5.00 UNLIMITED ENTRY FOR ATHLETES AND FOR SPECTATORS

SCHEDULE OF EVENTS: TIME SCHEDULE IS TENTATIVE; DETERMINED BY NUMBER OF INDIVIDUALS IN EACH EVENT.

ALL EVENTS BEGIN AT 10:00 AM

RUNNING EVENTS:

- | | | |
|-----------|-----|---------------|
| 10:00 AM | 1) | 4 X 100 RELAY |
| ~10:15 AM | 2) | 1600 METERS |
| ~10:35 AM | 3) | 60m HURDLES |
| ~11:00 AM | 4) | 400 METERS |
| ~11:20 AM | 5) | 100 METERS |
| ~11:50 AM | 6) | 800 METERS |
| ~12:15 PM | 7) | 300M HURDLES |
| ~12:35 PM | 8) | 200 METERS |
| ~12:55 PM | 9) | 3200 METERS |
| ~1:30 PM | 10) | 4 X 400 RELAY |

FIELD EVENTS:

STARTING TIME IS 10:00 AM FOR ALL THE FIELD EVENTS, EXCEPT FOR THE TRIPLE JUMP WHICH WILL FOLLOW THE CONCLUSION OF THE LONG JUMP THE DISCUS WHICH WILL FOLLOW THE CONCLUSION OF THE SHOT PUT

LONG JUMP [3 Jumps]

HIGH JUMP [Start 3'6", raised in 2" increments]

SHOT PUT [4 Throws Men, followed by Women]

POLE VAULT [Start at 6', raised in 6" increments]

DISCUS [4 Throws, Men followed by Women]

TRIPLE JUMP [3 Jumps]

FOR INFORMATION: CONTACT: PATRICK CADY: pcady@smmusd.org

DIRECTIONS: SANTA MONICA HIGH SCHOOL IS LOCATED AT THE CORNER OF PICO BLVD. AND 4TH STREET IN THE CITY OF SANTA MONICA. FROM THE 10 FREEWAY USE THE 4TH STREET EXIT, TURN LEFT ON 4TH, LEFT ON OLYMPIC, STAY TO THE RIGHT AND ENTER THE CAMPUS BY THE TENNIS COURTS.

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