

Arcadia High School All-Comers Meets

Dates: 1/15, 1/22, 1/29, 2/19

Time: Events begin at 9:00 AM, stadium to open at 8:00 AM

Entry Fee: \$5.00 (This includes unlimited entries for participants or spectator admission)

Spikes: Please bring only 3/16" needle spikes (we will sell them to you for \$4.00 per 14)

Events: We will run the events in this order, but will not publish a time schedule as the number of entrants may vary from week to week. If there are any requests for running a 4 x 200 Relay, let Coach Schultz know in advance and we could add that to the schedule (most likely between the 800 Meters and 300 Meter Hurdles)

Running Events

400 Meter Relay
1600 Meter Run
110 Meter Hurdles
100 Meter Hurdles
400 Meters
100 Meters
800 Meters
300 Meter Hurdles
200 Meters
3200 Meters
1600 Meter Relay

Field Events (all of these will begin at 9:00 AM)

Long Jump (open pit)
Triple Jump (open pit)
High Jump (opening height 3'6")
Pole Vault (opening height 6'0")
Shot Put (men and women mixed flights)

Note: There will be NO discus as our discus area is being moved.

Field Event Reminders: Because the long and triple jump pits are open, you may take your jumps at your convenience, but please try to have all run-throughs done by 9:00 AM so that at that time we will only be worrying about measuring. Look at the opening heights for the pole vault and high jump. If your opening height is substantially higher than those posted, we will allow an extra run-through for each competitor at regular rises through the event (i.e. at 8'0", 10'0", 12'0", and 13'0" in the pole vault and 4'6", 5'0", 5'6", and 6'0" in the high jump).

Running Event Notes: You will be given stickers at check-in for the events you plan on running for the day. Bring those to the starting line and you will be assigned a lane. We will try to place you into heats with people that are at a similar level, but this does require some level of honesty. Please help us run the meet smoothly by being at the starting line when your event is called and paying attention to instructions.

We hope that we can provide a great opportunity to begin your preparation for the 2011 season.

If you have any questions please contact Coach Schultz at cschultz@ausd.net

