

2011 FLYING JAGUARS ALL-COMERS

Located @ Deer Valley HS

4700 Lone Tree Way, Antioch, CA 94531

Dates: Saturday, Jan 8th and 22nd
Divisions: Open to any and all ages
Track: 8 Lane All-Weather Track
Fee: \$5 for athletes (unlimited events), \$2 for spectators

Note: USATF rules are in effect. Free parking is available on campus. Gates open at 8:30 AM. Rolling schedule. Official Finish Lynx Timing system as well as a wind gauge will be used.

Running Events Order

(starts @ 10:00am)

4X200M RELAY
800M RUN
60M
60M HURDLES
100M
400M
200M
1500M
4X400M RELAY

Field Events Order

(starts @ 10:00am)

LONG JUMP
(Open Pit)
SHOT PUT
(Open Pit)
DISCUS
(Open Pit)
TRIPLE JUMP
(Open Pit)
HIGH JUMP
(Open Pit)

Co-Sponsors:

Deer Valley High School
Antioch High School

For more info contact Meia Tezeno at
925-300-5709 or meia157dj@yahoo.com

DIRECTIONS TO TRACK: From OAKLAND

- CA-24 E toward Berkeley/Walnut Creek
- Merge onto I-680 N toward Sacramento/Concord
- Merge onto CA-242 N toward Pittsburg
- Merge onto CA-4 E toward Stockton/Pittsburg
- Take the Hillcrest Ave Exit
- Turn Right On Hillcrest Ave
- Hillcrest Ave becomes Deer Valley Rd.
- Turn Left onto Lone Tree Way

DIRECTIONS TO TRACK: From VALLEJO

- Merge onto I-680 S toward Martinez/San Jose
- Merge onto CA-4 E toward Antioch/Pittsburg
- Take the Hillcrest Ave Exit
- Turn Right On Hillcrest Ave
- Hillcrest Ave becomes Deer Valley Rd.
- Turn Left onto Lone Tree Way

DIRECTIONS TO TRACK: From RICHMOND

- Merge onto I-80 E toward Sacramento
- Merge onto CA-4 E toward Martinez/Stockton
- Take the Hillcrest Ave Exit
- Turn Right On Hillcrest Ave
- Hillcrest Ave becomes Deer Valley Rd.
- Turn Left onto Lone Tree Way

DIRECTIONS TO TRACK: From STOCKTON

- Merge onto I-5 S toward San Francisco/Los Angeles
- Merge onto CA-4 E toward Antioch
- Turn Left on Marsh Creek Rd.
- Turn Right CA-4 BYP
- Turn Left onto Balfour Rd.
- Turn Right onto Deer Valley Rd.
- Turn Right onto Lone Tree Way