

# Gahr High All-comers Meets 2010

## January 8 & February 5

### Start Time:

10:00am

### Location:

Hanford Rants stadium (Gahr High School)  
11111 Artesia Bd, Cerritos, 90703  
Where the 605 & 91 fwys intersect.

### Facility:

9 lane Rikortan track / runways.  
¼" spikes (any kind) or shorter please !!

### Results:

All times, marks posted on fence near finish line within minutes of completion.  
On-line by next day.

### Entry Fee:

\$5 Unlimited entries.

### Questions:

Bryan Leighliter (714) 595-0995  
Greg Marshall (562) 926-5566 X 22161

### Events:

Running / Field events begin at **10:00am**

Female => Male

400m Relay

1600m\*

55m Hurdles

400m\*

100m\*

800m\*

300m Hurdles

200m\*

3200m

1600m Relay

**\*Note: 'Workout heat' BEFORE each of these events for training runs.**

Shot Put

High Jump

Long Jump

(Triple Jump, Discus, Pole Vault - call)