Inland Empire/ Inland Valley All-comers Series Meet

Tentative Schedule @ Los Osos HS

Newly remodel stadium/Track (2 jump pits, 2 high jumps, 2 throw areas and newly resurfaced fast track)

Fully Automatic Timing and Wind reading for legitimate times to submit to invitational’s meets!!

Los Osos High School 6001 Milliken Ave. Rancho Cucamonga, Ca

Participation/Spectator Cost: $5.00 Concession Stand will be available All marks will be posted!

For Questions: Coach Jack Robinson (909) 251 – 3172 e-mail: fluidmotions42@yahoo.com

Dates: Dec. 18, Jan. 8, 22 Feb. 5

(Times are approximately based on number of athletes per event)

8:30a.m-
Men’s 400 /300Hurdles
Women’s 400/300 Hurdles
Men’s 600m run
Women’s 600m run
Men’s 1600m run
Women’s 1600m run
Men’s 4 x 100m relay
Women’s 4 x 100m relay
Men’s 55m HH run
Women’s 55mHH run
Men’s 60m run
Women’s 60m run
Men’s 300m run
Women’s 300m run
Men’s 4 x 800m Relay

Women’s 4 x 800m relay
Men’s 400m run
Women’s 400m run
Men’s 100m run
Women’s 100m run
Men’s 800m run
Women’s 800m run
Men’s 110mHH run
Women’s 100mHH run
Men’s 200m run
Women’s 200m run
Men’s 3200m run
Women’s 3200m run
Men’s 4x400m relay

FIELD EVENTS 9:00- Women Discus 9:00-Womens Pole Vault 9:00- Long Jump (Men @ north pit and Women @ south pit) 9:00-Womens High Jump @ west pit 9:00-Mens Shot Put 9:00-Mens High Jump @ west pit 11:30- Triple Jump (Men @ north pit and Women south pit) 11:00-Mens Pole Vault 11:00-Mens Disc 11:00-Girls Shot

* Starting times are tentative depending on number of entries which will cause meet to run ahead or be delayed.

• Distance Medley Relay will be included in January series.