

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

Women's 4x400 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.