

2009 All-Comers Training Series  
Junipero Serra Gardena High School  
Track & Field All-Comers Meet  
January 10<sup>th</sup> & February 14<sup>th</sup> at Serra Gardena H.S.

**Junipero** Serra Gardena High School  
**14830 Van Ness Ave**  
Gardena, Ca 90249

**Dates:** January 10, & Feb 14<sup>th</sup>, 2009 (Gate opens at 8:30)

**Divisions:** High School, Open & Masters

**Track:** 8 lane all-weather track, Hand Timing

**Fee:** \$5 for athletes (unlimited events) - \$3 for each athlete of High School Teams of 10 or more from the same club or team (See Attached, page 2)

**Spectators:** \$2

**Note:** 3/16 needle spikes needle or pyramid required and will be checked at gate.

**Free parking:** Is available on campus as well as the street.

**This Meet will be conducted rain or shine on it is an all weather surface.**

**Running Events (starts 9:30 a.m.)** **Field Events (start at 10:00 a. m.)**

1500 meter run

60 meter hurdles

4 x 100 meter Relay

300 meter Training run

60 meter Dash

600 meter Training run

4 x 200 meter relay

3200 meter run

100 meter

High Jump – Girls/ Women- 10:00 Boy/Men Follow

Long Jump- Pit 1 Girls/ Women- 10:00

Long Jump- Pit 2 Boys/ Men- 10:00

Shot Put-Girls/ Women 10:00 Boys/Men Follow

Triple Jump- Follows Long Jump All Divisions

This is a rolling schedule.

Girls then boys then women then men compete in the running events.

For more information contact the meet director Lori Smith-Thompson or email at

[lsmiththompson@serrahighschool.com](mailto:lsmiththompson@serrahighschool.com)

**Gardena Serra Track & Field All-Comers Meet  
 January 10<sup>th</sup> / February 14, 2009  
 Team Entry (10 or more @ \$3.00)**

ATHLETE NAME	AMOUNT
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	Total: \$