

TEMECULA ALL COMERS TRACK MEETS AT GREAT OAK HIGH SCHOOL

32555 Deer Hollow Way, Temecula, CA 92592
ON GREAT OAK HIGH SCHOOL'S ALL WEATHER TRACK
3/16" NEEDLE SPIKES OR LESS ARE REQUIRED

DATES: Saturday, January 10, 2009 & Saturday, February 14, 2009

COST: \$5.00 unlimited entry for athletes and spectators

SCHEDULE OF EVENTS

TIME SCHEDULE IS TENTATIVE BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL PROGRESS AHEAD OF SCHEDULE IF POSSIBLE

ALL EVENTS BEGIN AT 9:00 AM

RUNNING EVENTS:

9:00 AM	4 X 800 METER RELAY
9:15 AM	4 X 100 METER RELAY
9:30 AM	1600 METERS
10:00 AM	100/110 METER HURDLES
10:20 AM	400 METERS
10:40 AM	100 METERS
11:10 AM	800 METERS
11:35 PM	300 METER HURDLES
11:55 PM	200 METERS
12:20 PM	3200 METERS
12:50 PM	4 X 400 METER RELAY
1:00 PM	5000 METERS

MEET INFORMATION:

Contact Robert Keetch
robertkeetch@hotmail.com

FIELD EVENTS:

TRIPLE JUMP WILL FOLLOW THE LONG JUMP. DISCUS WILL FOLLOW THE SHOT PUT.

LONG JUMP [4 JUMPS MEN/WOMEN]
HIGH JUMP [STARTS AT 3'6" & RAISED EVERY 2" MEN/WOMEN]
SHOT PUT [4 THROWS MEN/WOMEN]
POLE VAULT [START AT 6' RAISED EVERY 6 INCHES MEN/WOMEN]
DISCUS [4 THROWS MEN/WOMEN]
TRIPLE JUMP[4 JUMPS MEN/WOMEN]

DIRECTIONS: Great Oak High School is located at the corner of Pechanga Parkway and Deer Hollow Way. From the I – 15 freeway take the 79 South/ Temecula Parkway exit. Turn Right on Pechanga Parkway. Turn left at Deer Hollow Way and make the first right into the Great Oak Stadium parking lot.

PARKING: Parking is available in the stadium parking lot. Additional parking may also be available across the street at the Sports Park.