

Gahr High All-Comers

Dec 19, 2009

Jan 16, 2010

Feb 13, 2010

Start Time:

9:00 a.m

Location:

Hanford Rants stadium (Gahr High School)

11111 Artesia Bd, Cerritos, Ca.

Where the 605 & 91 fwys intersect.

Facility:

9 lane Rikortan track / runways.

¼" spikes (any kind) or shorter please !!

Results:

Posted on Dyestatcal by end of weekend

Entry Fee:

\$5 Athletes-Unlimited entries. (Coaches with proper id are free)

\$5 Spectators

Questions:

Brian Collins (310) 719-5326

Running Events

9:00- Combined Boys/Girls 4x1600 Relay
9:30- Boys 300 Hurdles
9:40- Girls 300 Hurdles
9:50- Mens/Boys 3200 Meters
10:05- Womens/Girls 4x800 Relay
10:20- Mens/Boys 4x800 Relay
10:35- Womens/Girls 4x200 Relay
10:45- Mens/Boys 4x200 Relay
10:55- Womens/Girls 3200 Meters
11:15- Womens/Girls 4x100 Relay
11:20- Mens/Boys 4x100 Relay
11:25- Womens/Girls 800 Meters
11:35- Mens/Boys 800 Meters
11:45- Womens/Girls 60 Meters
11:55- Mens/Boys 60 Meters
12:05- Womens/Girls 100 Meters
12:10- Mens/Boys 100 Meters
12:20- Womens/Girls 400 Meters
12:35- Mens/Boys 400 Meters
12:50- Mens/Boys 60 Meter Hurdles
Noon- Womens/Girls 60 Meter Hurdles
1:10- Mens/Boys 200 Meters
1:25- Womens/ Girls 200 Meters
1:40- Womens/Girls 1600 Meters
1:50- Mens/Boys 1600 Meters
2:00- Womens/Girls 4x400 Relay
2:10- Mens/Boys 4x400 Relay

Field Events

9:00- Discus
9:00- Womens/Girls Pole Vault
9:00- Long Jump
10:00- Womens/Girls High Jump
11:00- Shot Put
11:00- Triple Jump
11:00- Mens/Boys Pole Vault
12:00- Mens/Boys High Jump

* Meet will run ahead of schedule if necessary. Times are tentative