

2010 All-Comers Training Series  
Junipero Serra Gardena High School  
Track & Field All-Comers Meet

January 9<sup>th</sup> & 30<sup>th</sup> at Serra Gardena H.S.

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

**Dates:** January 09, & 30<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 its all weather surface.**

**Running Events (starts at 9:30 a.m.)**

1500 meter run  
Follow

60 meter hurdles  
4 x 100 meter Relay  
300 meter Training run  
Boys/Men Follow

60 meter Dash  
Divisions

600 meter Training run  
4 x 200 meter relay  
3200 meter run

**Field Events (start at 10:00 a. m.)**

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

Long Jump- Pit 1 Girls/ Women- 10:00  
Long Jump- Pit 2 Boys/ Men- 10:00  
Shot Put-Girls/ Women 10:00

Triple Jump- Follows Long Jump All

100 meter  
4 x 800 meter Relay

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 9<sup>th</sup> / 30<sup>th</sup>, 2010**  
**Team Entry (10 or more @ \$3.00)**

<b>ATHLETE NAME</b>	<b>AMOUNT</b>
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	Total: \$