

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. 5, 12, 19**

Jan. 9,16,23,30

Feb. 6, 13, 20

Times are approximate based on number of athletes

8:30am- Men's 400 Hurdles
8:35am- Women's 400 Hurdles
8:45am- Men's 600m run
8:50am- Women's 600m run
9:00am-Men's 300 Hurdles
9:15am-Women's 300 Hurdles
9:30am-Women's 4x800 Relay
9:50am-Men's 4x800 Relay
10:10am-Women's 4x100 Relay
10:20am-Men's 4x100 Relay
10:30am-Men's 1600 Meters
10:40am- Men's 300m run
10:45am- Women's 300m run
10:55am-Women's 1600 Meters
11:05am-Women's 4x200 Relay
11:15am-Men's 4x200 Relay
11:25am-Women's 800 Meters
11:35am-Men's 800 Meters
11:45am-Men's 100m Meters
12:00pm-Women's 100 Meters
12:20pm-Men's 400 Meters
12:35pm-Women's 400 Meters

12:50pm-Men's (60m)110 Meter Hurdles
1:05pm-Women's (60m)100 Meter Hurdles
1:15pm-Men's 200 Meters
1:25pm-Women's 200 Meters
1:40pm- Men's 1000m run
1:50pm- Women's 1000m run
2:05pm-Women's 3200 Meters
2:15pm-Men's 3200 Meters
2:30pm-Womens 4x400 Relay
2:40pm-Mens 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 @ east pit
9:00-Mens Shot Put
9:00-Mens High Jump @ west pit
11:00- 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.

- During December series events will be: 60mHH, 60m (unless 100/110HH are requested)
- Distance Medley Relay will be included in January series.

*January 9th - Coaching Clinic "The Block Method to Long – Short training & Short – Long training approach for sprinters/hurdles"

Clinic will be classroom, hands on training. Cost: \$20.00 per person

Starting Time: 9:00am – 12:00pm Location: Los Osos High 6001 Milliken Ave. Rancho Cucamonga, Ca

Contact for more info: Jack Robinson (909) 251 – 3172 e-mail: fluidmotions42@yahoo.com