

PARAMOUNT ALL COMERS TRACK MEETS AT PARAMOUNT HIGH SCHOOL

14429 S.Downey Ave Paramount, CA 90723

ON PARAMOUNT HIGH SCHOOL'S new, state-of-the-art 9 lane ALL WEATHER TRACK
3/16" PYRAMID SPIKES ARE REQUIRED

All Ages Can Compete

2 DATES: Saturday, December 12, 2009 & Saturday, January 30th, 2010

COST: \$5.00 unlimited entry for athletes and spectators (Children 4 & under free)

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: (Other events may be added per athlete's request)

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 HURD

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

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]

PARKING: Free Parking is available in the stadium parking lot.

MEET INFORMATION:

Contact Chris Barboza

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