



**Mustang Speed and Distance All-Comers  
JANUARY 16<sup>TH</sup> & 30<sup>TH</sup>, 2010  
All ages welcome!  
At Roosevelt High School**

**Field Events: (Events may change due to interest level)**

**Long Jump (4 jumps, Pit open from 9:00-10:30)**

**Triple Jump (4 jumps, Pit open from 10:45-12:15)**

**Men's Shot Put (4 throws, 9:00-10:30), Women's Shot Put (4 throws, 10:45-11:15)**

**Women's Discus (4 throws, 9:00-10:30), Men's Discus (4 throws, 10:45-12:15)**

**Track Events:**

**Tentative Schedule (Events may change due to interest level)**

**Events will begin at 8am.**

**4x1600m**

**4x100m**

**1600m**

**100HH/110HH**

**400m**

**100m (80m for ages 7-12)**

**4x800m**

**800m (600m for ages 7-12)**

**300LH/300IH**

**200m**

**Distance Medley Relay (If interest level is high)**

**4x400m**

**Eleanor Roosevelt HS is located off the 15 fwy @ the Limonite exit.**

**Address:**

**7447 Cleveland Ave.**

**Corona, CA 92880**

**Contact:**

**Joe Robles Jr**

**[jrobles@cnusd.k12.ca.us](mailto:jrobles@cnusd.k12.ca.us)**

**951-833-2572**