

Winter All Comers Track and Field Series

At Rubidoux High School

Dates: Saturdays, Jan. 23, Feb 6, & Feb 20, 2010

Times: 9:00am start of first event, other events run in order. Registration begins at 8:00am.

Location: Rubidoux High School
4250 Opal Street
Riverside 92509

Parking: Free, large lot right next to stadium off Pacific Avenue

Cost: \$5 entry to stadium (Watch, run or jump in as many events as you want!)

Spikes: 3/16" pyramid spikes only!!!! Package of 14 sold at Registration Table for \$2

Concession stand: Snacks available (water, Gatorade, bananas, granola bars, more)

Order of events: Girls first followed by Boys. Lane events will be seeded at the starting line.

Field Events: 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, 10:45-12:15)
Women's Discus (4 throws, 9:00-10:30), Men's Discus (4 throws, 10:45-12:15)
Men's & Women's Pole Vault begins at 9:00-starting height determined meet day!
Men's & Women's High Jump begins at 9:00-starting height determined meet day!

Track events

G3200m/B1600m
100HH/110HH
4x100m
400m
100m (80m youth)
800m
300LH/300IH
200m
G1600m/B3200m
4x400m

Directions: **60W** exit Rubidoux Blvd. Turn Left onto Rubidoux Blvd. Turn Right onto Mission Ave. Turn Left onto Pacific Ave. Track is on the Right and the parking lot is just past the stadium.

60E exit Valley Way. Turn Right onto Valley Way and then immediately Left onto Mission Ave. Turn Right onto Pacific Ave. Track is on the Right and the parking lot is just past the stadium.

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