

TEMECULA ALL COMERS TRACK MEETS

AT

GREAT OAK HIGH SCHOOL

32555 Deer Hollow Way, Temecula, CA 92592

ON GREAT OAK HIGH SCHOOL'S ALL WEATHER TRACK
3/16" NEEDLE SPIKES OR LESS ARE REQUIRED

All Ages Can Compete

3 DATES: Saturday, December 12, 2009 & Saturday, January 9th, 2010 & Saturday, January 23rd, 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	11:10 AM	800 METERS
9:15 AM	4 X 100 METER RELAY	11:35 PM	300 METER HURDLES
9:30 AM	1600 METERS	11:55 PM	200 METERS
10:00 AM	100/110 METER HURD	12:20 PM	3200 METERS
10:20 AM	400 METERS	12:50 PM	4 X 400 METER RELAY
10:40 AM	100 METERS	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]

MEET INFORMATION:

Contact Doug Soles
dsoles@tvusd.k12.ca.us

DIRECTIONS: Great Oak High School is located at the corner of Pechanga Parkway and Deer Hollow Way. From the I – 15 freeway take the 79 South/ Temecula Parkway exit. Turn Right on Pechanga Parkway. Turn left at Deer Hollow Way and make the first right into the Great Oak Stadium parking lot.

PARKING: Parking is available in the stadium parking lot. Additional parking may also be available across the street at the Sports Park.