

# *MATADOR ALL COMERS TRACK MEET AT MOUNT MIGUEL HIGH SCHOOL*

LAST CHANCE MEET TO TEST YOUR FITNESS PRIOR TO THE START OF TRACK SEASON

8585 Blossom Lane, Spring Valley, CA 91977

**\*All ages can compete\***

Date: Saturday, February 9, 2013

Cost: \$5.00 unlimited entry for athletes and spectator (children under 4 free)

Spikes: 3/16" Needle spikes or less are required

## SCHEDULE OF EVENTS

TIME SCHEDULE IS TENATIVE BASED ON THE NUMBER OF ATHLETES  
IN EACH EVENT AND WILL RUN AHEAD OF SCHEDULE IF POSSIBLE

**Registration will be from 7:30 am. to 8:30 a.m. ONLY. If you can't be there for registration in time please send all entries by February 8<sup>th</sup> to [agarcia@guhds.net](mailto:agarcia@guhds.net), [raymondwells@me.com](mailto:raymondwells@me.com)**

ALL EVENTS WILL START AT 9:00 AM

### **RUNNING EVENTS:**

9:00 AM	100/110 HURDLES	10:45 AM	1600 METERS
9:20 AM	4 X 100 METER RELAY	11:00 AM	400 METERS
9:30 AM	4 X 800 METER RELAY	11:15 AM	300 I.HURDLES
9:45 AM	100 METERS	11:35 AM	800 METERS
10:05 AM	5000 METERS	11:55 AM	200 METER
10:30 AM	4 X 200 METER RELAY	12:15 PM	3200 METER
		12:35 PM	4X400 METER RELAY

### **FIELD EVENTS:**

**\*TRIPLE JUMP WILL FOLLOW LONG JUMP. DISCUS WILL FOLLOW THE SHOT PUT.**

LONG JUMP/TRIPLE JUMP:	4 JUMP MEN/WOMEN
SHOT PUT/DISCUS	4 THROWS MEN/WOMEN
HIGH JUMP:	STARTING HEIGHT 3'6" & RAISED 2" MEN/WOMEN
POLE VAULT:	STARTING HEIGHT 6'0" & RAISED 6" MEN/WOMEN

**DIRECTIONS:** Mt. Miguel High School is located at the corner of Blossom lane and Sweetwater Rd. From I-15 freeway take the 52 East to the 125 South. Continue on the 125 to the Jamacha Lane exit. Exit left, then turn left at the second light on Sweetwater Road. Turn left on Blossom Lane, make the second left into the upper parking lot. From the south bay area take the 54 West to Jamacha Lane exit turn right, and follow above directions.

**PARKING:** Parking is available in the stadium parking lot. Handicap parking is available in the lot adjacent to the track. For handicap parking ONLY take the first left on Blossom lane into the school parking lot, continue straight, turn right at the tennis courts. Continue straight, stadium will be straight ahead, handicap parking will be up the stadium ramp.