

DOWNEY

All-Comers Meet

We will host our all-comers meet on Saturday, February 20th. Our “state of the art” all-weather facility will be a great opportunity for your athletes to get ready for the upcoming season. If you have any questions, use the contacts below. Hope to see you in January.

Date: February 20, 2010

Site: Downey High School
11040 Brookshire Ave.
Downey, CA 90241

3/16” Needle
Spikes ONLY

Time: Running: 9:30 AM Field 10:00 AM

Admission: Athletes \$5.00 (unlimited entry)
Spectators: \$5.00

Parking: Stadium Parking (North side of campus, entry off Brookshire by pool)
Main Office Lot (corner of Brookshire and Firestone)
Baseball Field Lot(enter off Lakewood Blvd. onto Stonewood Ave.)

Entrance: All entry will be through the main gate on home side of stadium.

Concessions: There will be a concession stand open.

Restroom: Restrooms will be open.

No Awards: All competitors will receive time/mark

Facilities: All weather 9 lane track, as are all runways and take-offs.
The infield is Sprint-Turf, no food allowed on field.

EVENT SCHEDULE

Running:

9:30 300m IH
9:45 300m LH
10:00 4x100m Relay
10:15 600m training run
10:25 800m
10:50 60m
11:25 1600m
12:10 300m training run
12:15 400m
12:45 60m HH (39”) (42” if needed)
1:00 60m HH (33”)
1:15 200m
1:45 3200m
2:45 4x400 Relay

Field:

10:00 Pole Vault (5’)
High Jump (3’8”)
Long Jump (2 pits, B & G)
Boys Shot
Girls Discus
11:30 Pole Vault (8’)
High Jump (5’)
12:30 Triple Jump (2 pits)
Boys Discus
Girls Shot
1:00 Pole Vault (11’)
High Jump (6’)

The time schedule will be followed as closely as possible. After the first events, however, the starting times may vary according to the number of entries.

Contacts: George Myers: coachmyers@ca.rr.com

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