

**High Desert Heat Track and Field Club**  
**All-Comers Meet**  
**Youth thru Masters**  
**Hosted By: Antelope Valley High School**

Date: Saturday, February 20, 2010

Time: 8:00 a.m. (Late Registration at 7:00 a.m.). Check-in Time: 7:30 a.m.

**Please Pre-Register for your events online at [www.highdesertheat.com](http://www.highdesertheat.com)!!!!!!!**

Cost: \$5.00 for all spectators and athletes.

Location: Antelope Valley High School (44900 Division St. Lancaster, Ca. 93535)

**4 Events Maximum per Athlete**

**Fully Automatic Timing for all Running Events!!!**

**Running Events Start at 8:00am**

3000 meters

80 meter hurdles

100 meter hurdles

110 meter high hurdles

4X100m Relay

400 meters

100 meters

800 meters

200 meters

1500 meters

4X400 meter relay

**Field Events Start at 8:00am**

Long Jump

Shot Put

High Jump

Triple Jump (after long jump)

For more information contact D.J. Hein, Athletic Director, Antelope Valley High School, (661-998-6895), or Gregory K. Butts, President, High Desert Heat Track Club, (661-951-0464). **Please register for your events online at [www.highdesertheat.com](http://www.highdesertheat.com).**