

Murrieta Nighthawks All-Comers Meet



Murrieta Valley High School
Saturday, February 20th, 2010 10:00 AM
24105 Washington Ave
Murrieta, CA

Cost: \$5.00 Four event limit. No Spectator fee.

Coaches: As this is a preseason meet, coaches may work directly with their athletes on the field and assist their runners/throwers as long as the timing of the meet is not affected. Volunteers will not be necessary but we welcome those who may want to help out.

Facility: All weather track and runways, 1/4 inch spikes or less, 9 lanes
Two long jump pits.
Sprints are run West to East with the wind.
Warm-up area will be located on the infield.

Entry Information: On site entry starts at 9:00 AM and is open throughout the meet. Athletes will be given four event labels. If your team wishes to preprint your labels, list the athletes year of birth on label, first and last name, and event.

Participant Information: **All ages accepted**-heats will be combined as necessary.
First call for all events is 9:45 AM
High Jump will follow the long jump.
Discus will follow the shot put.

Awards: Ribbons for all Flights.

Concessions: Food and Drink will be available for purchase.

Results: Posted within 48 hours at www.dyestat.com and www.trackmom.com

Meet Director: Open Athletes-Dave Munn [dmunn@murrieta.k12.ca.us](mailto:dmunm@murrieta.k12.ca.us)

Youth Athletes-Jason Holloway murrietamavericks@hotmail.com





Youth Division: Athlete Information

AGE DIVISIONS: Age Divisions results will be determined by the Year the Athlete was born.

- 2001 Sub-Bantam *limited to 60, 100 and 400 meter running events.*
- 2000 Bantam *limited to 60, 100, 400, and 1500 meter running events.*
- 1999 Sub-Midget
- 1998 Midget
- 1997 Sub-Youth
- 1996 Youth



Athlete Information OPEN/ High School Age and Up

**All high school aged athletes combined for results
All athletes run unattached**

SCHEDULE OF EVENTS
ALL EVENTS BEGIN AT 10:00 AM
Registration 9:00 AM

RUNNING EVENTS:

1500 METERS
4 X 100 METER RELAY
100/110 METER HURDLES
400 METERS
60 METERS
800 METERS
100 METERS
300 METER HURDLES
200 METERS
4 X 400 METER RELAY

FIELD EVENTS: Four attempts for each field event. No Finals.

Events run youngest to oldest age group.

LONG JUMP-Youth Athletes-North Pit Open/High School Athletes South Pit


HIGH JUMP Midget-Open Athletes only -STARTS AT 3'2" & RAISED EVERY 2"


SHOT PUT


DISCUS





DIRECTIONS:**From Los Angeles:**


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- . Merge onto **I-5 S**  17.7 mi


 - . Take the exit on the **left** onto **CA-91 E**  26.3 mi
Partial toll road


 - . Take the **I-15 N/I-15 S** exit toward **Barstow/San Diego**  0.2 mi

 - Keep **right** at the fork, follow signs for **I-15 S/San Diego** and merge onto **I-15 S**  27.8 mi

 - . Take the **Clinton Keith Rd** exit  0.3 mi

 - . Turn **right** at **Clinton Keith Rd**  0.6 mi

 - . Take the 2nd **left** onto **Palomar St**  1.0 mi

 - . Continue on **Washington Ave**  1.2 mi
Turn right on NightHawk Way-School on left hand side.
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From San Diego:

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- . Merge onto **I-15 N**  52.7 mi

 - . Take the **California Oaks Rd** exit  0.3 mi

 - . Turn **left** at **California Oaks Rd**  472 ft

 - . Continue on **Kalmia St**  0.8 mi

 - . Turn **right** at **Washington Ave** -1 mile
Turn Left on Nighthawk Way- School on left hand side
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