

2010 All-Comers Training Series
Junipero Serra Gardena High School
Track & Field All-Comers Meet

January 9th & 23rd / February 06th at Serra Gardena H.S.

Junipero Serra Gardena High School
14830 Van Ness Ave
Gardena, Ca 90249

Dates: January 09, & 23rd /Feb 06th, 2009 (Gate opens at 8:30)

Divisions: High School, Open & Masters

Track: 8 lane all-weather track, Hand Timing

Fee: \$5 for athletes (unlimited events) - \$3 for each athlete of High School Teams of 10 or more from the same club or team (See Attached, page 2)

Spectators: \$2

Note: 3/16 needle spikes needle or pyramid required and will be checked at gate.

Free parking: Is available on campus as well as the street. **This Meet will be conducted rain Or shine on its all weather surface.**

Running Events (starts at 9:30 a.m.)

1500 meter run
Follow

60 meter hurdles
4 x 100 meter Relay
300 meter Training run
Boys/Men Follow

60 meter Dash
Divisions

600 meter Training run
4 x 200 meter relay
3200 meter run

Field Events (start at 10:00 a. m.)

High Jump – Girls/ Women- 10:00 Boy/Men

Long Jump- Pit 1 Girls/ Women- 10:00
Long Jump- Pit 2 Boys/ Men- 10:00
Shot Put-Girls/ Women 10:00

Triple Jump- Follows Long Jump All

100 meter
4 x 800 meter Relay

This is a rolling schedule. Girls then boys then women then men compete in the running events.

For more information contact the meet director Lori Smith-Thompson or email at lsmiththompson@serrahighschool.com

Gardena Serra Track & Field All-Comers Meet
January 9th / 23rd / February 06, 2010
Team Entry (10 or more @ \$3.00)

ATHLETE NAME	AMOUNT
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	\$3.00
	Total: \$