

Gahr High All-Comers

Jan 16, 2010

Feb 13, 2010

Start Time:

9:00 a.m

Location:

Hanford Rants stadium (Gahr High School)
11111 Artesia Blvd, Cerritos, Ca.
Where the 605 & 91 fwys intersect.

Facility:

9 lane Rikortan track / runways.
¼" spikes (any kind) or shorter please !!

Results:

Posted on Dyestatcal by end of weekend

Entry Fee:

\$5 Athletes-Unlimited entries. (Coaches with proper id are free)

\$5 Spectators.

Questions:

Brian Collins (310) 719-5326

Running Events **9:00am**

Mens 1500 Meters *1 heat of open 1000 Meter race before

Womens 1500 Meters *1 heat of open 1000 Meter race before

Mens 60 Meter Hurdles
Womens 60 Meter Hurdles
Mens 4x100 Meter Relay
Womens 4x100 Meter Relay
Mens 400 Meters *1 heat of open 300 Meter race before
Womens 400 Meters *1 heat of open 300 Meter race before
Mens 60 Meters
Womens 60 Meters
Mens 800 Meters *1 heat of open 500 and 600 meter race before
Womens 800 Meters *1 heat of open 500 and 600 meter race before
Mens 4x200 Meter Relay
Womens 4x200 Meter Relay
Mens 300 Meter Hurdles
Womens 300 Meter Hurdles
Mens 200 Meters
Womens 200 Meters
Mens 3000 Meters
Womens 3000 Meters
Mens 4x400 Meter Relay
Womens 4x400 Meter Relay

Field Events

9:00- Discus, Shot to follow

9:00- Long Jump, Triple to follow

No Pole Vault or High Jump. New Pits ordered and have not been received yet. Sorry for the inconvenience.