

GAHR RELAYS
TRACK AND FIELD INVITATIONAL
SATURDAY, MARCH 6th, 2010

LOCATION: Gahr High School, 11111 Artesia Blvd, Cerritos, Ca, 90703

TIME SCHEDULE: 8:00 AM – Running Events 9:00 AM – Field Events.

DIVISIONS: F/S Girls, F/S Boys, Varsity Girls, and Varsity Boys

ENTRY FEE: Teams-\$75.00 per division. \$250 maximum for all 4 teams or \$200 for 3 teams. Individual relays are \$20

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CHECKS PAYABLE TO
Gahr High School Attn:
Greg Marshall – Athletic Director
11111 Artesia Ave.
Cerritos, CA 90703

DO NOT MAIL ENTRY FEE AFTER MONDAY, FEBRUARY 22, 2010! WE MIGHT NOT RECEIVE IT BY THE DEADLINE MONDAY, MARCH 1, 2010 AT 3:00P.M. **YOU WILL NOT BE CONSIDERED AS ENTERED IN MEET UNTIL CHECK IS RECEIVED!**

Spectators-----Free for elementary students and under, \$3.00 for middle and high school students with id and \$5.00 without id. All adults will be charged \$5.00.

AWARDS: Medals will be awarded to the top 5 finishers overall in each division for all races and field events.

CONCESSIONS: Full snack bar will be available. T-Shirts will be on sale for \$10.00

MEET DIRECTOR: Brian Collins (310) 719-5326
E-mail: BCollins1025@aol.com
Note: Phone calls are expedited more quickly

FORMAT: Relay events: open to “B”, “C”, etc. teams.
Field events are 3 athletes per ‘team’ (A-3, B-3, C-3, etc).
Note: Individual marks in all field events and throws will be reported even though they are relay style for medals. Marks can be used for entry into Arcadia, Mt SAC., etc.

FACILITIES: Nine-lane all-weather track, Fully Automatic Timing,

RESULTS: Available after meet at <http://dyestatcal.com/>

SPIKES: No longer than 3/16” Needle Spikes.
No Christmas tree Spikes.
Note: Your opinion on what spikes are appropriate is irrelevant!
Spikes will be on sale at the gate.

ENTRIES: Deadline is Monday, March 1, 2010 by 3pm!! <http://episports.com/>

Gahr Relays Schedule

FIELD EVENTS:

9:00 Pole Vault, Girls F/S
9:30 Shot Put, Boys F/S
9:30 Discus, Girls Var
9:30 High Jump, Boys F/S
9:30 Long Jump (North Pit), Boys Var
9:30 Long Jump (South Pit), Girls Var
10:00 Pole Vault, Girls Var
11:00 Shot Put, Girls Var
11:00 Discus, Boys F/S
11:00 High Jump, Girls Var
11:30 Long Jump (North Pit), Boys F/S
11:30 Long Jump (South Pit), Girls F/S
12:00 Pole Vault, Boys Var
12:30 Shot Put, Girls, F/S
12:30 Discus, Boys Var
12:30 High Jump, Girls F/S
1:30 Triple Jump (North Pit), Boys Var
1:30 Triple Jump (South Pit), Girls Var
2:00 Shot Put, Boys Var
2:00 Discus, Girls F/S
2:30 High Jump, Boys Var
2:30 Pole Vault, Boys F/S
3:00 Triple Jump (North Pit), Boys F/S
3:00 Triple Jump (South Pit), Girls F/S

RUNNING EVENTS: 8:00am

4x1600m, Girls F/S
4x1600m, Boys F/S
100m Shuttle Hurdles, Girls F/S
100m Shuttle Hurdles, Girls Var
4x1600m, Girls Var
4x1600m, Boys Var
110m Shuttle Hurdles, Boys F/S
110m Shuttle Hurdles, Boys Var
4x800m, F/S Co-ed
4x100m, Girls F/S
4x100m, Boys F/S
4x100m, Girls Var
4x100m, Boys Var
4x800m, Var Co-ed
800m, Sprint Med (1 - 1 - 2 - 4), Girls F/S
800m, Sprint Med (1 - 1 - 2 - 4), Boys F/S
1600m, Sprint Med (2 - 2 - 4 - 8), Girls Var
1600m, Sprint Med (2 - 2 - 4 - 8) Boys Var
4x800 Girls F/S
4x800 Boys F/S
4x800 Girls Var
4x800 Boys Var
4x200m, Girls F/S
4x200m, Boys F/S
4x200m, Girls Var
4x200m, Boys Var
Dist Med, (12 - 4 - 8 - 16), Girls F/S
Dist Med, (12 - 4 - 8 - 16), Boys F/S
Dist Med, (12 - 4 - 8 - 16), Girls Var
Dist Med, (12 - 4 - 8 - 16), Boys Var
4x400m, Girls F/S
4x400m, Boys F/S
4x400m, Girls Var
4x400m, Boys Var