



OC / VC Invitational Track & Field Meet

Oaks Christian and Village Christian high schools would like to invite your school to participate in an early season multiple school track & field meet. Our objective is to provide an early season “low-key” and creative meet for smaller school track team participation.

Date: Saturday, March 6, 2010

Levels: Boys Varsity Girls Varsity
Boys Frosh/Soph Girls Frosh / Soph

Start Time: 8:30 AM

Location: The Thorson Stadium and Ashton Family Track at Oaks Christian School

Facility: 9-Lane All-Weather Track, High Jump & Long Jump

Timing: FAT, provided by Village Christian High School

Entries: All Entries will be submitted online through Episports.com, beginning January 1.
THREE entries per Individual Running Event and per Relay
THREE entries per HJ, PV
TWO entries per SP, DT, LJ
Fax (818) 767-1660

Cost: \$200 per school (\$100 single gender)
Checks Payable to Oaks Christian Track & Field
31749 La Tienda Dr. – Westlake Village, CA 91362

If you are interested contact:

Fred Largent
Office (818) 767-8382 ext. 293
Cell (818) 802-5328
Email fredl@villagechristian.org



OC / VC Invitational Track & Field Meet

Schedule of Events

V DMR	8:30 AM			
4x100m	9:00 AM	Long Jump	BFS GFS BV GV	9:00 AM to follow to follow to follow
FS 1500m	9:15 AM			
110HH	10:10 AM	High Jump	GFS BV GV BFS	9:00 AM to follow to follow to follow
100IH				
400m	10:30 AM	Pole Vault	BFS GV BV GFS	9:00 AM to follow to follow to follow
100m	10:55 AM			
4x800m	11:25 PM	Shot Put	BFS GV BV GFS	9:00 AM to follow to follow to follow
Official's Lunch Break	11:55 PM			
300IH	1:25 PM	Discus	GFS BV GV BFS	9:00 AM to follow to follow to follow
300LH				
V 1500m	1:45 PM			
4x200m	2:20 PM	ORDER OF RACES:		BFS, GFS, BV, GV
FS DMR	2:50 PM	ORDER OF HURDLE RACES:		BFS, BV, GFS, GV
4x400m	3:30 PM			
Special Awards	4:15 PM	Itinerary Subject to Change Pending Number of Entries!		

Oaks Christian Home Meet Information

General Information

Spectators:

There will be a \$3.00 entry fee for all non athletes and coaches. All athletes and coaches please enter in the west gate. There will be a full concession stand. We will also be selling commemorative OC/VC T- shirts.

Track & Field Facility:

Synthetic 9-Lane Track & Synthetic Runways

Spike Length:

3/16" – NO EXCEPTIONS:

Participants without appropriate spikes will not be permitted to run (or will run in trainers).

Warm Up Area:

Lower level of the parking structure adjacent to stadium will be available for warm up. Please, keep athletes not competing off the infield. Parents, fans and coaches will not be permitted on the infield.

Team Area(s):

Set up team area(s), tents, etc. in the stands or outside the perimeter fence of the stadium or lower level of the parking structure.

Athlete Check In:

Field Events: With the event officials.

Track Events: Staging area.

Bus or Van Parking:

Please use La Tienda Dr parallel to the 101 Freeway. Busses will not be granted access to the parking structure.

Restrooms & Dressing Rooms:

The stadium restrooms will be available. These can be used for dressing rooms.

Please, supervise your athletes. DO NOT let athletes wander about the campus.

OCHS still is under construction in some areas. Thank you.

Teams: If you are interested in another small school track invitational please check at the Laguna Beach trophy invitational at www.trophyinvite.com or their coaches Scott Wittkop (swittkop@lagunabeachschools.org) or Steve Lalim (slalim@lagunabeachschools.org)