

Junipero Serra Gardena Track & Field Invitational

March 6, 2010



Serra Gardena High School, (CIF SS Sanctioned)

- Place:** Serra Gardena High School. 14830 Van Ness Ave, Gardena, California. 90249. The cross streets are Marine & Van Ness. www.mapquest.com
- Starting Time:** 9:00 a.m.
- Facility:** All weather 8 lane track with two side by side Long Jump pits, Brand New Pole Vault Pit, All weather High jump surface approach.
- Entry Fees:** \$100.00 per Division.
- Entries:** All entries will be done through [epi Sports](#).
- Divisions:** Varsity Boys & Girls, Frosh/Soph Boys & Girls.
- Awards:** Medals will be awarded to the top 3 Overall + additional prizes (see attached).
- Team Awards:** There will be team awards for all four divisions by scoring 10-8-6-4-2-1, if a team has more than one relay in the meet only one relay may score. ([\\$150.00 of team merchandise from VS Athletics for Boys & Girls varsity team winners by score.](#))
- Concessions:** A full snack bar will be available.
- Results:** Results will be posted during the meet and available online @ dyestatcal.com.
- Relays:** Teams may enter more than one relay, please indicate "A", "B" etc. (Only the "A" relay will score).
- Entry Deadline:** March 1, 2010, 8:00 p.m.
- Packet Pickup:** Packet pickup at front gate. Payment is due at packet pickup, payable to Junipero Serra High School.
- Timing:** Fully Automatic Timing.
- Spikes:** 3/16 pyramids or needles.
- Meet Director:** Lori Smith-Thompson (310) 324-6675 ext 245
lsmiththompson@serrahighschool.com

Running Event Schedule

1600 meters	Girls Varsity	(Overall Winner Awarded Medal +VS-Athletic Running Shoes)
1600 meters	Boys Varsity	(Overall Winner Awarded Medal +VS-Athletic Running Shoes)
4x100 meter Relay	Girls Frosh/Soph	(Overall Winner Medal + Baton)
	Boys Frosh/Soph	(Overall Winner Medal + Baton)
	Girls Varsity	(Overall Winner Medal + Baton)
	Boys Varsity	(Overall Winner Medal + Baton)
4x800 meter Relay	Girls Varsity	(Overall Winner Medal + Running Top & Shorts)
	Boys Varsity	(Overall Winner Medal + Running Top & Shorts)
110m Hurdles	Boys Varsity	(Overall Winner Medal + Runners gift bag)
100m Hurdles	Girls Varsity	(Overall Winner Medal + Runners gift bag)
400 meters	Girls Varsity	(Overall Winner Medal + Invitational T-Shirt)
	Boys Varsity	(Overall Winner Medal + Invitational T-Shirt)
3200 meters	Girls Varsity	(Overall Winner Medal + Multi Memory Stop Watch)
	Boys Varsity	(Overall Winner Medal + Multi Memory Stop Watch)
100 meters	Girls Frosh/Soph	(Overall Winner Medal + Runners gift bag)
	Boys Frosh/Soph	(Overall Winner Medal + Runners gift bag)
	Girls Varsity	(Overall Winner Medal + Runners gift bag)
	Boys Varsity	(Overall Winner Medal + Runners gift bag)
300 meter Hurdles	Girls Varsity	(Overall Winner Medal + Running Spikes)
	Boys Varsity	(Overall Winner Medal + Running Spikes)
200 meters	Girls Frosh/Soph	(Overall Winner Medal + Invitational T-Shirt)
	Boys Frosh/Soph	(Overall Winner Medal + Invitational T-Shirt)
	Girls Varsity	(Overall Winner Medal + Invitational T-Shirt)
	Boys Varsity	(Overall Winner Medal + Invitational T-Shirt)
Sprint Medley Relay	Girls Frosh/Soph	(Overall Winner Medal + Baton)
	(1-1-2-4)	
	Boys Frosh/Soph	(Overall Winner Medal + Baton)
	(2-2-4-8)	
	Girls Varsity	(Overall Winner Medal + Baton)
	(1-1-2-4)	
	Boys Varsity	(Overall Winner Medal + Baton)
	(2-2-4-8)	

Note:

Runners gift bag includes:

- Individual spikes for track shoes
- Baton
- Subway Lunch Box.

Field Event Schedule

**(3 Attempts in the LJ/ SP/ TJ/ Discus)
(Top 8 to final for 3 additional attempts)**

9:00 am

Long Jump	Pit 1	Girls Frosh/Soph Girls Varsity	(Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
Long Jump	Pit 2	Boys Frosh/Soph Boys Varsity	(Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
Shot Put		Girls Frosh/Soph Boys Frosh/Soph Girls Varsity Boys Varsity	(Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational Sweat Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
Triple Jump (Follows Long Jump)	Pit 1	Girls Frosh/Soph Girls Varsity	(Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
	Pit 2	Boys Frosh/Soph Boys Varsity	(Overall Winner Medal + Invitational T-Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
Discus		Girls Boys	(Overall Winner Medal + Invitational Sweat Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
Pole Vault Starting Height 7'0 Starting Height 9'0		Girls Boys	(Overall Winner Medal + Invitational Sweat Shirt) (Overall Winner Medal + Invitational Sweat Shirt)
High Jump Starting Height 3'10 Starting Height 4'10		Girls Boys	(Overall Winner Medal + Invitational Sweat Shirt) (Overall Winner Medal + Invitational Sweat Shirt)