

The Grizzly Invitational Track & Field Meet @ Los Osos HS

Newly remodel stadium/Track (2 jump pits, 2 high jumps, 2 throw areas and newly resurfaced fast track)
Fully Automatic Timing and Wind reading for legitimate times to submit to invitational's meets!!

Los Osos High School 6001 Milliken Ave. Rancho Cucamonga, Ca

Spectator Cost: \$5.00 Concession Stand will be available All marks will be posted!

\$175.00 for boy's team/\$175.00 for girl's team (includes frosh/soph athletes)

\$10.00 for individual events & 40.00 per relay

All payment must be in advance for participation!!

Medals for top 6 overall places

Trophies for top 3 teams in each division

Coaches' meeting 8:15am

For Questions: Coach Jack Robinson (909) 251 – 3172 e-mail: fluidmotions42@yahoo.com

Starting times for each event is tentative

Dates: March 13, 2010

8:30am- boys'/girls f/s Distance Medley

9:00am- boys' 400 hurdles

9:35am- girls' 400 hurdles

9:45am- boys' 300 hurdles

9:50am- girls' 300 hurdles

10:00am- boys' f/s 4x800 relay

10:30am- girls' f/s 4x800 relay

10:50am- boys' f/s 4x100 relay

11:00am- girls' f/s 4x100 relay

11:20am- boys' 4x100 relay

11:20am- girls' 4x100 relay

11:30am- boys' 1600m run

11:55am- girls' 1600m run

12:25pm- boys' 400m run

12:40pm- girls' 400m run

12:55pm- boys' f/s 100m

1:15pm- girls' f/s 100m

1:25pm- boys' 100m

1:35pm- girls' 100m

1:45pm- boys' f/s 1600m

2:10pm- girls' f/s 1600m

2:25pm- boy's 110h hurdles

2:35pm- girls' 100h hurdles

2:50pm- boys' f/s 4x 200m

3:00pm- girls' f/s 4x200m

3:15pm- boys' 200m

3:30pm- girls' 200m

3:45pm- boys' 800m run

4:00pm- girls' 800m run

4:15pm- boys' 3200m

4:35pm- girls' 3200m

4:55pm- boys' f/s 4x400 relay

5:10pm- girls' f/s 4x400 relay

5:25pm- boys' 4x400 relay

5:40pm- girls' 4x400 relay

FIELD EVENTS

9:00- boys' discus

9:00- girls' pole vault

9:00- boys'/girls' long jump (north pit)

9:00- boys'/girls long jump (south pit)

9:00- girls' shot put

9:00- boys' high jump (east pit)/girls' high jump (west pit)

12:00- Triple Jump (boys @ north pit and girls south pit)

12:00- boys' pole vault

12:00- boys' shot put

12:00- girls' shot put

Starting Time: Location: Los Osos High 6001 Milliken Ave. Rancho Cucamonga, Ca

Contact for more info: Jack Robinson (909) 251 – 3172 e-mail: fluidmotions42@yahoo.com