

GREAT OAK DISTANCE INVITATIONAL

AT

GREAT OAK HIGH SCHOOL

32555 Deer Hollow Way, Temecula, CA 92592
ON GREAT OAK HIGH SCHOOL'S ALL WEATHER TRACK
3/16" NEEDLE SPIKES OR LESS ARE *REQUIRED*

MEET PURPOSE: The purpose of this meet is to provide a cheap and competitive alternative to many of the current meets out there for distance teams. Our goal is to build this into a great early season meet, where many of the top ranked distance squads from around the state can come and compete to see what level their athletes are at. The meet is run by grade level except for invitational heat per event. Come run fast times and qualify your athlete early for Arcadia!

MEET DIRECTOR: Doug Soles - dsoles@tvusd.k12.ca.us - 951-326-6992 (Cell)

DATE: Saturday March 20th, 2010

COST: Teams - \$50.00 (boys & girls total) *Unlimited Meet Entries*
Individual - \$10.00 for up to 3 Races

*Teams who finished in the top 10 at the 2009 State XC Meet for their division are *FREE* with *Unlimited Meet Entries*. Just let us know your place at State and email us a team bio from your XC season for meet publicity.
*All Southwestern League Teams are also *FREE* with *Unlimited Meet Entries*.

TEAM SET-UP AREAS: Teams are free to set up canopies/team areas in the shot put/discus grass field next to the track & on the very back of the bleachers (do not block spectators with canopies). Please keep athletes clear of infield unless they are in an upcoming event and they are preparing.

AWARDS: The winner of each heat will receive a 1st place medal. To keep costs low, no other awards will be given this year.

ENTRY METHOD/DEADLINE: TBA

TIMING/RESULTS: Results will be posted at <http://gohs.tvusd.k12.ca.us/GODI> as well as sent to Dyestatcal.com. FAT Timing will be used.

CHECK IN/PACKETS: Team packets will be available at 8:00 am at the team entry gate. Coaches packets will contain heat sheets.

CHECKS: Please make checks payable to GOHS.

SCRATCHES: We will seed the heats plenty full for each event, there is no need to alert us of scratches. Please try to enter athletes in events you fully believe they will run...

CLERK OF THE COURSE: The clerk of the course will be located on the football infield. Calls will be 1st - 20 min before heat - 2nd - 15 min before - Final - 10 min before. Athletes not checked in by final call will be scratched. ALL ATHLETES MUST REPORT TO THE CLERK READY TO RUN. Sweats and personal belongings will be left at the clerk area once athletes are prepped to go the starting line.

WEATHER: This meet will run rain or shine!

RACE STARTS: Races will either start by waterfall or by alley depending on race and # of participants.

WARM-UP AREA: Athletes will be able to warm-up on the back soccer fields or across the street at the sports park. The infield will be available for athletes to finish warm-ups after checking in for their heats.

ENTRY: \$5.00 entry for spectators (Children 4 & under free)

FOOD: There will be various vendors and a snack bar for food consumption.

DIRECTIONS: Great Oak High School is located at the corner of Pechanga Parkway and Deer Hollow Way. From the I – 15 freeway take the 79 South/ Temecula Parkway exit. Turn Right on Pechanga Parkway. Turn left at Deer Hollow Way and make the first right into the Great Oak Stadium parking lot.

PARKING: Parking is available in the stadium parking lots. Additional parking may also be available across the street at the Sports Park.

SCHEDULE OF EVENTS

TIME SCHEDULE WILL BE ROLLING BASED ON NUMBER OF ENTRIES.
PLEASE LISTEN FOR ANNOUNCER CALLS TO KNOW WHEN YOUR RACE IS!

RUNNING EVENTS: FIRST RACE WILL BEGIN AT 10:00 AM - Rolling Schedule

10:00 AM **Girls 4x800 (Heats if needed)**
 Boys 4x800 (Heats if needed)
 Girls Invitational 1600m (all grades combined)
 9th Girls 1600m Heats
 10th Girls 1600m Heats
 11th Girls 1600m Heats
 12th Girls 1600m Heats
 Boys Invitational 1600m (all grades combined)
 9th Boys 1600m Heats
 10th Boys 1600m Heats
 11th Boys 1600m Heats
 12th Boys 1600m Heats
 Girls 400m Heats (all grades combined)
 Boys 400m Heats (all grades combined)
 Girls Invitational 800m (all grades combined)
 9th Girls 800m Heats
 10th Girls 800m Heats
 11th Girls 800m Heats
 12th Girls 800m Heats
 Boys Invitational 800m (all grades combined)
 9th Boys 800m Heats
 10th Boys 800m Heats
 11th Boys 800m Heats
 12th Boys 800m Heats
 Girls Invitational 3200m (all grades combined)
 9th Girls 3200m Heats
 10th Girls 3200m Heats
 11th Girls 3200m Heats
 12th Girls 3200m Heats
 Boys Invitational 3200m (all grades combined)
 9th Boys 3200m Heats
 10th Boys 3200m Heats
 11th Boys 3200m Heats
 12th Boys 3200m Heats