

**PRE-SEASON ALL COMERS TRACK AND FIELD MEETS**  
**@ ROSEMEAD HIGH SCHOOL**

**9063 MISSION DR. ROSEMEAD, CA 91771**

**Dates:** Saturdays, January 14 & February 11, 2012

**Times:** 9:00am start of first event. All other events will follow the regular track meet schedule. Registration begins at 8:00am.

**Parking:** 2 ways to park: Parking lot at Rosemead Blvd or along Lower Azusa.

**Cost:** \$5 entry for athletes to compete in as many events as you want (All results will be posted online). Spectators only \$3.

**Spikes:** 3/16" pyramid spikes only!! Package of 12 sold at Registration Table for \$2

**Order of Running Events:** 4x100 Relay, 1600m, 100 & 110 Hurdles, 400m, 100m, 800m, 300 Hurdles, 200m, 3200m & 4x4 Relay.

*\*Girls first followed by Boys. Lane events will be seeded at the starting line.*

**Field Events:**

- Men's Long Jump: 4 jumps, Pit opens at 9:00am. Women will follow after.
- Women's Triple Jump: 4 jumps, Pit opens at 9:00am. Women will follow after.
- Men's Shot Put: 4 throws, starting at 9:00am. Women will follow after.
- Women's Discus: 4 throws, starting at 9:00am. Men will follow after.
- Men's & Women's Pole Vault begins at 9:00-starting height determined meet day!
- Men's & Women's High Jump begins at 9:00-starting height determined meet day!

**Contact Information:** Fidel Dominguez [fadominguez@verizon.net](mailto:fadominguez@verizon.net)

*\*Note: Our Track all-comers features a 9 lane track and FinishLinx timing system, as well as a finish line racing digital clock and a scoreboard that will display live race timing.*