

GREAT OAK ALL COMERS TRACK MEETS

AT

GREAT OAK HIGH SCHOOL

32555 Deer Hollow Way, Temecula, CA 92592
ON GREAT OAK HIGH SCHOOL'S ALL-WEATHER TRACK
All Ages Can Compete

DATES: Saturday, January 11, 2020. (Our Winter State Qualifier will be January 25, 2020).

COST: \$5.00 unlimited entry for athletes and spectators (Children 4 & under free)

CONTACT INFORMATION: Doug Soles at dsoles@tvusd.k12.ca.us

SCHEDULE OF EVENTS

TIME SCHEDULE IS TENTATIVE BASED ON THE NUMBER OF ATHLETES
IN EACH EVENT AND WILL PROGRESS AHEAD OF SCHEDULE IF POSSIBLE. IF AN EVENT HAS NO ENTRIES,
WE WILL IMMEDIATELY SEED THE NEXT EVENT.

ALL EVENTS BEGIN AT 9:00 AM

Running Events (1st event starts at 9:00 am):

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|--------------------------|---|
| 1. 1500m | 8. Mixed 4x400 Relay (2 Boys, 2 Girls) |
| 2. 60m | 9. 4x800 Relay |
| 3. 60m Hurdles | 10. 300m |
| 4. 150m | 11. 3000m |
| 5. 600m | 12. Sprint Medley Relay (100-100-200-400) |
| 6. 4x200 Relay | |
| 7. Distance Medley Relay | |

FIELD EVENTS:

TRIPLE JUMP WILL FOLLOW THE LONG JUMP. DISCUS WILL FOLLOW THE SHOT PUT.

LONG JUMP [4 JUMPS MEN/WOMEN]

HIGH JUMP [STARTS AT 3'6" & RAISED EVERY 2" MEN/WOMEN]

SHOT PUT [4 THROWS MEN/WOMEN]

POLE VAULT [START AT 6' RAISED EVERY 6 INCHES MEN/WOMEN]

DISCUS [4 THROWS MEN/WOMEN]

TRIPLE JUMP [4 JUMPS MEN/WOMEN]

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 lot. Additional parking may also be available across the street at Birdsall Sports Park.

WEATHER: *We will do our best to run rain or shine – Unless it is a major storm.*