

## 2016 RUHS TRACK and FIELD SCHEDULE

This Schedule is Subject To Changes - Check RUNRUHS Website for Current Updates

Date	DAY	TIME	MEET / LOCATION	ATHLETES ATTENDING	Volunteers - Will Sign - Up on runruhs.com
01/15&16	Fri.& Sat.	TBD	Pole Vault Summit @ Reno, NV	Pre-Season – Select Athletes	
01/30/16	Sat	7:30 AM	Parlauf Relays@West LA College	Pre-Season – Select Athletes	
02/06/16	Sat.	8:00 AM	RUHS-All-Comers Meet @ Redondo Union	Pre-Season – ALL Athletes	Need Volunteers
02/13/16	Sat.	TBD	Wintertime State Meet @ Cerritos College	Pre-Season - Varsity Qualifiers	
02/27/16	Sat.	7:30 AM	Corona Relays @ Corona High School	ALL Athletes	
03/05/16	Sat.	7:30 AM	Bishop Amat Relays @ Citrus College	ALL Athletes	
03/11/16	Fri.	5:00 PM	<b>Redondo Nike</b> Distance & Throws Carnival @ Redondo Union	ALL Athletes	Need Volunteers
03/12/16	Sat.	8:00 AM	<b>Redondo Nike</b> Track Festival @ Redondo Union	ALL Athletes	Need Volunteers
03/16/16	Wed.	TBD	Dual vs Torrance HS @ Torrance HS	ALL Athletes	
03/19/16	Sat.	7:00 AM	Triton-Asics Invit'l @ San Clemente HS	ALL Athletes	
03/26/16	Sat.	7:30 AM	Azusa Meet of Champions @ Azusa Pacific University	Distance Athletes Only	
03/26/16	Sat.	7:30 AM	Mustang Relays @ Mira Costa HS	ALL Athletes Except No Distance Athletes	
04/01 - 04/02	Fri.& Sat.	TBD	UCLA Legends Meet @ Drake Stadium UCLA	Varsity Qualifiers	
04/08 - 04/09	Fri.& Sat.	TBD	Arcadia Invitational @ Arcadia HS - Arcadia HS	Varsity Qualifiers	
04/14/16	Thurs.	TBD	<b>Bay League Meet</b> - Dual - Peninsula @ Peninsula HS (Date may change)	ALL Athletes	
04/15 - 04/16	Fri. & Sat.	TBD	Mt. Sac Relays @ Mt Sac College - Mt Sac College	Varsity Qualifiers	
04/21/16	Thurs.	5:00 PM	<b>Bay League Meet</b> - Tri - Palos Verdes & Morningside @ Redondo Union	ALL Athletes	Need Volunteers
04/22/16	Fri.	4:00 PM	South Bay Championships @ West High School	Frosh/Soph Only	
04/23/16	Sat.	5:00 PM	South Bay Championships @ West High School	Varsity Only	
04/28/16	Thurs.	5:00 PM	<b>Bay League Meet</b> - Dual - Mira Costa @ Mira Costa	ALL Athletes	
05/03/16	Tues.	1:00 PM	<b>Bay League Prelims</b> @ Redondo Union	ALL Athletes	Need Volunteers
05/06/16	Fri.	5:00 PM	<b>Bay League Finals</b> @ Redondo Union	Athletes Who Qualify	Need Volunteers
<b>Varsity Qualifiers Moving Forward - WISHING YOU ALL THE BEST ON YOUR ROAD TO STATE! GO SEA HAWKS!</b>					
05/14/16	Sat.	TBD	CIF Southern Section II Prelims @ Trabuco Hills	Varsity Qualifiers	
05/21/16	Sat.	TBD	CIF Southern Section II Finals @ Cerritos College	Varsity Qualifiers	
05/27/16	Fri.	TBD	CIF Southern Section Masters Meet @ Cerritos College	Varsity Qualifiers	
06/03 - 06/04	Fri. & Sat.	TBD	CIF-State Track & Field Championship Prelims & Finals @ Buchanan HS, Clovis	Varsity Qualifiers	