



**2015 REDONDO ALL COMERS MEET**  
**Redondo Union High School**  
**Saturday, February 7<sup>th</sup>**



**CALIFORNIA INDOOR STATE MEET QUALIFIER!**

**ALL AGES CAN COMPETE (MUST be a HS athlete to qualify for the indoor meet)**

**FAT Finish Lynx Automatic Timing**

**COST: \$10.00 UNLIMITED ENTRY FOR ATHLETES and \$5 for SPECTATORS**  
**(Children 4 and under are free)**

***SCHEDULE OF EVENTS***

**Running Events**

**(First event starts at 9:00am)**

*(Girls followed by boys)*

**4 X 800 METER RELAY**

**55 METERS**

**1600 METERS**

**300 METERS**

**55 METER HURDLES**

**550 METERS**

**4 X 200 METER RELAY**

**800 METERS**

**SMR (200-200-400-400)**

**3200 METERS**

**4 X 400 METER RELAY**

**Field Events**

**(First event starts at 9:00am)**

*(Girls followed by boys unless otherwise stated)*

**LONG JUMP** (9am start-3 jumps-Open Pit-closes at 11am-Boys & girls start at the same time in 2 pits)

**TRIPLE JUMP** (11am start-3 jumps-Open Pit-closes at 1pm-Boys & girls start at the same time in 2 pits)

**POLE VAULT** (9am start-Open Pit-start at 6' and raised every 6" Girls/Boys)

**HIGH JUMP** (9am start-Girls followed by boys. Opening heights: 4'0" (Girls) & 5'4" (Boys) and raised every 2")

**SHOT PUT** (9am start-Girls followed by boys-4 throws)

**NO DISCUS - Sorry**

**\*California State Qualifying races will be held first, with open heats to follow in each event.**

**LOCATION: Redondo Union High School, 1 Sea Hawk Way, Redondo Beach, Calif. 90277**

**CHECK IN: Begins at 8am**

**TIMING: [Finished Results](#) will provide FAT Timing**

**CONCESSIONS: There will be a full concession stand open all day.**

**3/16" PYRAMID SPIKES ARE REQUIRED (on sale at the meet)**



**PARKING:** Free parking is available in the student parking lot (Del Amo & Diamond Street) or on streets around the school. Please pay attention to permit parking signs on some of the surrounding streets.

**CONTACT:** Meet director, Bob Leetch, at [redondotrackinvite@gmail.com](mailto:redondotrackinvite@gmail.com)

## Qualifying into the CA Indoor State Meet

High School athletes finishing in the following places will automatically qualify for the CA Indoor State Meet:

- Top three (3) overall places in each individual running event
- Top three (3) overall places in each relay event
- Top two (2) overall places in each field event

**At-Large Entries** into the CA Indoor State Meet are also available to qualifying athletes. If an athlete meets the minimum qualifying standard for At-Large Entry (see chart below) that athlete will also be invited to compete in the CA Indoor State Meet

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
55m Dash	6.80	7.90
55m Hurdles	8.35	9.65
300m	38.15	43.60
550m (*600y)	1:20	1:34.50
800m	2:00	2:25
1600m (*1Mile)	4:28	5:30
3200m (*2Mile)	9:46	11:30
4x200m Relay (*4x145)	1:34.50	1:47
4x400m Relay	3:33	4:18
4x800m Relay	8:22	9:55
Sprint Medley Relay(2-2-4-4)	2:32.00	2:55.00
Long Jump	21-2	16-6
Triple Jump	43-6	35-6
High Jump	6-3	5-2
Pole Vault	13-6	10-0
Shot Put	49-6	36-5
25/20 Wt	INVITE	INVITE

\* Denotes distance competed in at the California Indoor State Meet

## Registering for the CA Indoor State Meet

All qualifying athletes wishing to compete in the CA Indoor State Meet must sign up on the day of the qualifying meet and pay the entry fee at that time.

- There will be a sign-up table at all qualifying meets
- The entry fee to compete is \$25 per athlete, for unlimited competition of qualified events
- Entry fee includes an Indoor State Meet souvenir t-shirt, compliments of VS Athletics
- There will be NO Late Entries accepted
- All registrations must be done at the qualifying meets
- Athletes competing at more than one qualifying meet will have to pay a separate \$25 registration fee at each qualifying meet

## Events Contested at the CA Indoor State Meet

### **Running Events:**

55m Dash  
55m Hurdles  
300m  
600y  
800m  
One Mile\*  
Two Mile\*  
4x145m Relay  
4x400m Relay  
4x800m Relay  
Sprint Medley Relay (1-2-3-4 laps/1 lap = 145m)

\*Min standards will apply in these events

### **Field Events:**

Long Jump  
Triple Jump  
High Jump\*  
Pole Vault\*  
Shot Put  
Weight Throw (*Invitation Only*)

## Awards at the CA Indoor State Meet

The top six (6) overall places, will be honored with custom CA Indoor State Meet Medals

## Meet Management & Contact Information

### Qualifying Meets

Click on the Meet Info of each meet for meet director's contact information

Redondo Qualifying Meet: Bob Leetch - [redondotrackinvite@gmail.com](mailto:redondotrackinvite@gmail.com)

### CA Indoor State Meet

Rich Benoy – Meet Director

[rich@vsathletics.com](mailto:rich@vsathletics.com)

Chris Drescher – Assistant Meet Director

[chris@vsathletics.com](mailto:chris@vsathletics.com)

## Final CA Indoor State Meet Information & Instructions

Final meet information and instructions will be posted soon. Be sure to check out [VSAthletics.com](http://VSAthletics.com) and [PrepCalTrack.com](http://PrepCalTrack.com) for more information as it becomes available.

## Qualifying Meets by Region & Site

Central Coast	Westmont College	Jan 17, 2015
San Gabriel	Azusa Pacific University	Jan 17, 2015
Orange County	Irvine HS	Jan 24, 2015
Inland Empire	Great Oak HS	Jan 24, 2015
San Diego	Mt. Carmel HS	Jan 31, 2015
Los Angeles	Paramount HS	Jan 31, 2015
Central	Sanger HS	Feb 7, 2015
North Coast	UC Berkeley	Feb 7, 2015
San Joaquin	UC Davis	Feb 7, 2015
LA Valley	Simi Valley HS	Feb 7, 2015
Inland Empire	Corona HS	Feb 7, 2015
South Bay	Redondo Union HS	Feb 7, 2015