



REDONDO ALL COMERS MEETS REDONDO UNION HIGH SCHOOL

SATURDAY, JANUARY 12TH & SATURDAY, FEBRUARY 9TH 2013

ALL AGES CAN COMPETE

COST: \$5.00 UNLIMITED ENTRY FOR ATHLETES, SPECTATORS AND COACHES

SCHEDULE OF EVENTS MEET STARTS AT 10:00 AM

RUNNING EVENT ORDER

(Females followed by Males)

4 X 100 METER RELAY

1600 METERS

100 METER HURDLES

110 METER HIGH HURDLES

400 METERS

100 METERS

800 METERS

300 METER HURDLES

200 METERS

3200 METERS

4 x 400 METER RELAY

(600M added for Feb 9th meet only)

FIELD EVENTS

LONG JUMP (3 JUMPS – Open Pit – closes at 11:00)

HIGH JUMP (STARTS AT 3'6" & raised every 2")

SHOT PUT (3 THROWS – Open Pit – opens at 11:15,
closes at 12:15)

POLE VAULT (STARTS AT 6' RAISED EVERY 6
INCHES)

TRIPLE JUMP (3 JUMPS - after Long Jump)

NO DISCUS – SORRY.

3/16" PYRAMID SPIKES ARE REQUIRED (ON SALE AT THE MEET)

PARKING: Free parking is available in the STUDENT PARKING LOT (Del Amo & Diamond) or on streets around the school.

REDONDO UNION HIGH SCHOOL: One Seahawk Way, Redondo Beach, CA 90277

Contact: Dave Dill, Redondo Track, 310-894-1855 or email at: ddillasw@gmail.com OR Kirsten Leetch, email at: ko1546@mac.com.