

# 2026 Griffin Relays and Distance Carnival

**Saturday March 7, 2026**

[\*\*Meet Website Click here\*\*](#)

Welcome to Griffin Relays. We have a 9 lane, 400 meter track that is very fast. We have 2 shot put rings, 2 long/triple jump pits, 2 pole vault pits, 2 high jump pits, and 2 discus rings. We will use all the facilities to ensure a quick meet. All the events can be seen from inside the 2000 seat stadium.

**DIVISIONS:** Boys Varsity, Girls Varsity, Boys Frosh/Soph, Girls Frosh/Soph

**AWARDS:** Custom Medals to top finishers in each event (top 2 overall in relays and top 3 in field events)

For more information contact Coach Nathan Howard, 562.544.1572 or email [nhoward@losal.org](mailto:nhoward@losal.org) Entries will be done through AthleticNet

## INFORMATION

**DATE/TIME:** Saturday March 7, 2026 Relays, Lane races and Varsity Field

**LOCATION:** Los Alamitos High School (3591 Cerritos Ave, Los Alamitos)

**COST:** \$250 per team for Relays per team per gender. \$600 team cap for Relays.  
We will charge at the gate for spectators. Spectators \$10 Free parking.

**COACHES MEETING:** Coaches Meeting will take place prior to the start of each day, at the finish line, Please be prompt!

**STADIUM OPENS:** The stadium will be open at 7:30 AM.

**CLERK OF THE COURSE:** Will be at the East Entrance to the track. Competitors will receive lane and number assignments there. Please report ready to compete. All competitors will be escorted to the competition area.

**ENTRIES :** All entries will be made through AthleticNet (use the registration link)

**RELAY TEAMS:** Each team will be able to enter an A relay team, B relay teams will be allowed if there are empty lanes. The goal is to have no more than 2 heats per level.

**INDIVIDUAL ENTRIES:** Each team will be able to enter 3 athletes per individual event. The goal is to have no more than 5 heats for any individual race/level.

**FIELD EVENTS:** Each team will be allowed to enter up to 3 individuals per event per level. They will not be scored as a team. Vertical jumps will employ a 5 alive format. Two high jump pits will be used. There are minimum measure marks for all events. All horizontal jumps will have 4 attempts and no finals. Long and triple jumps will have a 3 hour open pit. Throws will each get 3 throws with the top 9 advancing to finals. Pole Vault will compete as an open event only, with the bar being raised by 9" for the first 2 heights, then 6" thereafter. Ex. 8', 8'9", 9'6", 10", 10'6".....

**TIMING:** Timing will be by Finished Results Timing. All results will be posted on PrepCalTrack.com at the conclusion of the meet.

**EQUIPMENT:** Teams furnish their own batons, throwing implements, and pole vault poles.

**AWARDS:** Medals will be awarded in each event. Top 2 Relays and Top 3 Individuals

**SNACK BAR:** Full Snack Bar will be available.

**TRASH:** Each team is responsible for cleaning up the trash in their area. Please be considerate of this throughout the meet. There will be a large trash bag in your team packet to help with the process as well as trash containers throughout the stadium.

**CANOPIES:** Very limited Stand area may be used for canopies. Please use the warm-up field for this.

**NO RADIOS:** No radios will be allowed at the meet.

**RESTROOMS:** Restrooms are available

**ATHLETES/COACHES:** All athletes will be in the stands or warm-up area when not competing and coaches must remain off the field and track during the meet. Head coaches only will be allowed on the field. There will be limited seating for the Coaches at the LJ/TJ/HJ areas

**WARM-UP AREA:** All warm-up will take place in the warm-up area. No warm-up on the infield of track is allowed.

**FACILITY:** 9 lane all-weather polyurethane track.

**3/16" PYRAMID SPIKES ONLY:** All runners and jumpers/vaulters must have 3/16<sup>th</sup> inch pyramid spikes, NO PIN/NEEDLE Spikes will be allowed. All spikes will be checked at the gate and again at the starting line. Spikes will be on sale for \$3.00.

**RAINFOUT DATE:** The meet will be held rain or shine. All events will be held (as long as safe to do so  
**NO FOOD, SPORTS DRINKS, GUM, FOOD, OR SUNFLOWER SEEDS ALLOWED ON TRACK, RUNWAYS, OR FIELD!!! ALL FOOD MUST BE OUTSIDE THE SPECTATOR FENCE.**