

ESPERANZA ALL COMERS TRACK MEET

at
ESPERANZA HIGH SCHOOL
1830 N Kellogg Drive, Anaheim, CA 92807

ON ESPERANZA HIGH SCHOOL'S ALL WEATHER TRACK
Featuring: FAT-Fully Automated Timing System

DATE: Saturday, **January 28, 2017**

TIME: Gates to the track will be open at **7:00 am**. The meet will
begin at 9 am. Day of meet registration accepted.

COST: \$7.00 – pre-registered athletes with unlimited entries
\$10.00 – same day registration with unlimited entries
\$5.00 – 13 and under athletes with unlimited entries
\$5.00 – for coaches and spectators
(Children 4 & under free)

SPIKES: 3/16" pyramid spikes or smaller required (set of 14 for sale \$3.00)

CONTACT: Coach Gary Moore at ehstrackandfield@gmail.com

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.

Running Events

1. 4 x 100m Relay
2. 1600m
3. 100m/110m HH
4. 400m
5. DMR
6. 100m
7. 800m
8. 300m LH/IH
9. 200m
10. 4 x 400m Relay

Field Events

Long Jump (4 Jumps)
Open pit: 9:30am – 12:00pm
High Jump (Starts @ 3' 6" & raised 2")
Shot Put (4 Throws)
Discus Throw (4 Throws)

Parking: Free parking available.