

Gold Coast League Meet #1 (3/15):

West La College 9000 Overland Ave, Culver City, Ca, 90230

Meet Start Time 4:00: PLEASE ARRIVE NO EARLIER THAN 3:00pm

PLEASE MAKE SURE TO CLEAN UP BEFORE YOU LEAVE

Meet Entries: www.Finishedresults.com Meet Entries Close on 3/13@ 12:00am

5 entries per event & 2 relay teams (A & B) (distance open entries)

Duties and Responsibilities: Coaches Meeting @ 3:45 near the clerk of the course. When hosting an event, there must be an adult present. Please make sure you are aware of the **event rules** and please make sure you turn in your result sheet to the timer to log in results.

Substitutions and Scratches can be made before the meet starts. **YOU MAY NOT ADD!** Once the meets starts, there are no more changes.

Results will be posted on: Finishedresults.com

Clerk/Check In: Crossroads

Shot Put: Campbell Hall

Long Jump/Triple: Sierra Canyon

High Jump: Brentwood

Hurdles: Campbell Hall/Viewpoint

Discuss: Paraclete

Pole Vault: Windward

High Jump Hours	4:00pm	Opening Height for Boys High Jump 4'0 Opening Height for Girls High Jump 3'6	Bar Raise every 2" Bar Raise every 2"
Pole Vault Hours	4:00pm	Opening Height for Boys Pole Vault 7'0 Opening Height for Girls Pole Vault 6'0	Bar Raise every 6" Bar Raise every 6"
Long Jump Pit Hours	4:00-5:30 Girls/Boys		
Triple Jump Hours	4:30-6:00 Girls/Boys		
Shot Put Hours	4:00-6:00 Girls/Boys		
Discuss Hours	4:00-6:00 Girls/Boys		

Order of Events

Girls 4x100 meter relay

Boys 4x100 meter relay

Girls 1600 meter run

Boys 1600 meter run

Boys 110 hurdles

Girls 100 hurdles

Girls 400 meters

Boys 400 meters

Girls 100 meters

Boys 100 meters

Girls 800 meters

Boys 800 meters

Girls 300 hurdles

Boys 300 hurdles

Girls 200 meters

Boys 200 meters

Girls 3200 meters

Boys 3200 meters

Girls 4x400 relay

Boys 4x400 relay