

SOUTH BAY CHAMPS

2022

Friday 4/15 and Saturday 4/16
West High
20401 Victor Street
Torrance, CA 90503

FRIDAY: Frosh Soph
Field 4:30
Running 5pm

SATURDAY:
Extra 1600's, All Throws and Pole Vault 10am

SATURDAY Varsity
Field 6:00pm
Running 6:30pm

ENTRIES DUE 4/11 10pm

General Info:

- 1600, 100 meters and shot put- all athletes will make it into the meet
- Slower heats of 1600 will be run Saturday morning @ 10am
- All throwing events and pole vault held Saturday morning
- Team fees: \$150 per sex per division or \$600 for the two days
 - Or \$10/event \$30 for relays
- Medals given to top 3 athletes in each flight/heat and top 5 for distance per heat
- Co-ed/Mixed 4X200 both nights
 - There will not be online entries. Entries will be done that evening

Order of Events:

Girls 3200
Girls 4X100
Boys 4X100
Boys 3200m
Boys 110H
Girls 100H
Girls 400m
Boys 400m
Girls 100m Visitor Side
Boys 100m Home Side
Girls 800m
Boys 800m
Girls 300H
Boys 300H
Girls 1600m
Co-ed 4X200m
Boys 1600m
Girls 4X400
Boys 4X400

Field Events:

Long Jump- Boys and Girls Open Pits
Triple Jump to Follow LJ
High Jump Girls (Boys to Follow)

Question or concerns please contact:

Kirsten Green coach.green@yahoo.com