

2023 South Pasadena All-Comers Track Meet

Winter Championship Qualifier

Saturday, January 07, 2023 9:00 AM Start

@ South Pasadena High School (gates open at 7:30 AM)

Time: Track Events will start at 9:00AM

[Finished Results](#) (FAT- Finishlynx Automatic Timing System download the FR app for live results)

Prepcaltrack.com for more info and : posted online results and more winter championship information

All Ages Can Compete *(but only HS athletes qualify to championships)*

COST: \$12.00 athletes, unlimited event entry for athletes, \$5.00 spectators, and coaches

Running Events begin at 9:00am

(no set time schedule)

Events will follow order below

1500m Run : 9:00 AM

60m Dash

60m Hurdles

150m Dash

600m Dash

4x200m Relay (2 turns:
break in @ 400m)

Distance Medley Relay
(1200,400,800,1600)

4x800 Relay

300m Dash

10. 3000m Run

11. Sprint Medley Relay

(100,100,200,400)

Field Events begin at Time
below

9:00 AM Long

Jump

(Separately – Girls, then Boys to follow)

9:00 AM Shot Put

(Separately – Girls 4k, then Boys 12lb to follow)

*Shot puts will be weighed

9:30 AM High Jump

(Separately – Girls, then Boys to follow)

10:00 AM Pole Vault

(Separately – Girls, then Boys to follow)

warms up 9:00 AM- 10:00 AM

Starting height 5ft,

every 2ft, incoming vaulters can do run through

***Triple Jump**

(Separately – Girls, then Boys to follow)

*Triple Jump starts after the long

jump ends

Athlete registration: will be done at the stadium, electronically at the entry area. (no pre-registration)

Bibs: All athletes will need a bib to compete. NO EXCEPTIONS

Staging for events: will be done at the start line. Listen for the announcer call and proceed to the start line to be staged for your event.

PARKING: Free Parking is available in front of the school or on the streets around the track

Snack Stand: NO snack stand but Food trucks may swing by.

[South Pasadena HS: 1501 Diamond Ave South Pasadena 91030](https://www.southpasadenahs.com/)

Contact: CB Richards(South Pas High), cbrichards600@gmail.com, 626-434-6530 (text for fastest reply)