

# SOUTH BAY CHAMPS

## 2025

Friday 4/18 and Saturday 4/19  
West High  
20401 Victor Street  
Torrance, CA 90503

### FRIDAY: Frosh Soph

Field 4:30 pm

Running 4:45 pm

### SATURDAY:

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

### SATURDAY Varsity

Field 5:00 pm

Running 5:00 pm

### ENTRIES WILL BE ON ATHLETIC.NET

#### 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 total 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 events per heat
- **NO CO-ED 4X200 THIS YEAR!** Instead we are excited to offer 3 heats of the open 200m!
- Unlimited entry 100s - the top 5 fastest heats will be held at the regular time on the home side of the stadium
  - Every other heat of the 100 will take place right before the evening meets start, both sides

#### Order of Events:

Unlimited Entry 100s (Boys & Girls)

Girls 3200

Girls 4X100

Boys 4X100

Boys 3200m

Boys 110H

Girls 100H

Girls 400m

Boys 400m

Girls 100m (Top 5 heats)

Boys 100m (Top 5 heats)

Girls 800m

Boys 800m

Girls 300H

Boys 300H

Girls 200m

Boys 200m

Girls 1600m

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:

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