

2024 Fastback Invitational at Arroyo High School - August 31, 2024

The Fastback Invitational has moved locations! We are now competing on a flat, fast 2-mile course at Arroyo High School on August 31, 2024. Because space on the course is somewhat limited, we are limiting entries to the first 15 reserved teams. To reserve your team's spot, please contact Bryon Hake at bryon.hake@emuhsd.org.

Tentative Race Schedule

7:20 am - Senior Girls

7:40 am - Senior Boys

8:00 am - Junior Girls

8:20 am - Junior Boys

8:40 am - Sophomore Girls

9:00 am - Sophomore Boys

9:20 am - Freshmen Girls

9:40 am - Freshmen Boys

Flat, fast, spectator-friendly Fastback Course (2 miles):

- Approximately 1.1 miles grass, 0.6 miles all-weather track, 0.3 miles artificial turf.
- The entire course is wide, usually at least 9 meters (29.5 feet) wide. The narrowest points of the race are a few gates that are 10-12 feet wide, but there is significant time in the race for the field to narrow before running through those gates.
- Begins with a **wide grass start**, with a grass straightaway of about 260 meters in length
- Finishes on the turf inside the track
- Note: the map shows our track under construction. Rest assured, the track and turn field are completed and beautiful!



Awards: The **top 20** runners in each race will receive **custom Fastback Inv. medals**. There may be medals for additional places if there are a lot of entries.

Invitational T-Shirts: Custom Fastback Inv. T-shirts will be available in many styles.

Admission Fee: No admission fee.

Parking: Parking on the street is free. Entering the parking lots off of Cedar Ave or Santa Anita Ave will require a fee of \$5 for all vehicles, **except for school buses**.

Team Entrance: Teams may enter off of Santa Anita Ave. You will be directed to your drop-off location.

Team Camp: Teams may camp in the grass area in the Baseball outfield on the east side of the stadium, or in the bleachers on the Visitors side of the stadium.

Spectators: The home side bleachers are reserved for spectators! Spectators are free to view the course from any location, but they are encouraged to view the race from the home side bleachers. Approximately 1 mile of the race happens inside the stadium, and most of the rest of the race can be viewed from the top row of the home bleachers. This is a fantastic opportunity for parents and other spectators to catch the exciting development of nearly the entire race.

Warm-up Area: Warm-up will be in the outfield of the varsity baseball field

Restrooms: The restrooms will be available on both sides of the stadium at the north end of the stadium. There will be signs directing you to additional restrooms near the locker rooms by the gym, as well restrooms near the Cedar parking lot near the starting line.

Entry Fees:

\$10 per athlete. Maximum of \$500 (If you only have a boys or girls team, max is \$250)

Make checks payable to:

Arroyo High School

PACKET PICK-UP

You will pick up your team packet, which will include your bibs, as you enter on the Visitor's side of the stadium. If Arroyo High School has not received your entry fee by the day of the meet, you must have your entry fee check with you. You will not be given your packet or bibs unless your entry fee is paid. We can hold a personal check for one week while we wait for the school check to arrive.

If you have any questions, please feel free to contact me at any time.

Email: bryon.hake@emuhsd.org Phone: 626-230-2983

Thank you,

Bryon Hake, Arroyo High School