

2025 Fastback Invitational at Arroyo High School - August 23, 2025

The Fastback Invitational course is a flat, fast 2-mile course at Arroyo High School. Because space on the course is somewhat limited, we are limiting entries to the first 16 reserved teams.

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 1.4 miles grass, 0.6 miles all-weather track
- The entire course is wide, usually at least 9 meters (30 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 200 meters in length
- The **mile mark** and the **finish** are in the **same location**, allowing for splits to be taken.
- Note: the map shows our track under construction. Rest assured, the track is complete and beautiful!

Mile 1:



Mile 2:



Registration: Team/athlete registration will be on athletic.net.

Awards: The top 20 runners in each race will receive **Fastback Invitational medals**.

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 on the top rows of the bleachers.

Spectators: Spectators are free to view the course from any location, but they are encouraged to view the race from the home side bleachers. You will be able to watch the middle 0.3 miles, plus the final 0.3 miles.

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.

Entry Fees:

\$20 per athlete. Maximum of \$400 (If you only have a boys or girls team, max is \$200)

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 us at any time.

Email: tim.messina@emuhsd.org or bryon.hake@emuhsd.org (phone: 626-230-2983)

Thank you,

Tim Messina and Bryon Hake, Arroyo High School