

# Santa Monica High School Cross-Country — Track & Field

601 Pico Blvd  
Santa Monica, California 90405

## ALL COMERS TRACK MEETS

ON SANTA MONICA HIGH SCHOOL'S ALL WEATHER TRACK

\*\*\*3/16 NEEDLE SPIKES OR LESS\*\*\*

FULLY AUTOMATIC TIMING (FAT)

DATES: SATURDAY: DECEMBER 17, 2016

SATURDAY: JANUARY 14, 2017

SATURDAY: FEBRUARY 11, 2017

COST: \$7.00 UNLIMITED ENTRY FOR ATHLETES , \$5 SPECTATORS

### MEET BEGINS AT 9:00 AM

#### SCHEDULE OF EVENTS:

TIMES ARE TENTATIVE; DETERMINED BY THE NUMBER OF INDIVIDUALS IN EACH EVENT

#### RUNNING EVENTS:

9:00 4X100 RELAY  
9:15 1600 METERS  
9:35 60M HURDLES  
10:00 400 METERS  
10:20 100 METERS  
10:50 800 METERS  
11:15 300M HURDLES  
11:35 200 METERS  
11:55 3200 METERS  
12:30 4X400 RELAY

#### FIELD EVENTS:

9:00 LONG JUMP (3 JUMPS)  
HIGH JUMP (3-06 START, RAISE BY 2")  
SHOT PUT (4 THROW MEN FOLLOWED BY WOMEN)  
POLE VAULT (6-00 START, RAISE BY 6")  
10:30 (OR FOLLOWING SHOT PUT/ LONG JUMP)  
TRIPLE JUMP (3 JUMPS)  
DISCUS (4 THROW MEN FOLLOWED BY WOMEN)

INFORMATION: CONTACT TANIA FISCHER [TFISCHER@SMMUSD.ORG](mailto:TFISCHER@SMMUSD.ORG)

DIRECTIONS: SANTA MONICA HIGH SCHOOL IS LOCATED AT THE CORNER OF PICO BLVD AND 4<sup>TH</sup> STREET IN THE CITY OF SANTA MONICA. FROM THE 10 FREEWAY USE THE 4<sup>TH</sup> STREET EXIT, PARK IN THE CIVIC CENTER LOT ON 4<sup>TH</sup> STREET ACROSS FROM THE TRACK.