

LADIES NITE OUT

Palmdale/Highland High School Hosts
In conjunction with Antelope Valley College

Dear Coach,

Both Palmdale and Highland in conjunction with AVC are proud to host the **1st Annual LADIES NITE OUT** on Friday, March 26, 2003 at Antelope Valley Junior College. This will be a track and field event only for the ladies. This is the first year for what may become one of the premier events to showcase the ladies' track and field talent. As an added feature there will be two showcase running events, the 100m and 3,000m featuring the eight fastest girls based on entry times. This meet will be conducted rain or shine. Antelope Valley College's track is an all weather facility, re-surfaced four years ago. Please contact either Johnny Johnston (661) 538-0304 ext. 414 or jjohnston@avhsd.org for more information, or Jeff Leeds (661) 947-0188 ext. 116 or jbleeds@me.psd.k12.ca.us

Divisions: There will be three divisions this year:

Large Schools (based on C.I.F. enrollment)

Small Schools (based on C.I.F. enrollment)

J.V. Division

Awards: Top three finishers in each event.

Entry fees: \$100.00 per division (\$175.00 for both Varsity and JV).

Spectators \$3 for the males, All ladies and children 5 and under free.

Events: RELAYS: Distance Medley, Sprint Medley, 4x100m, 4x200m, 4x400m, 4x800m
SHOWCASE RUNNING EVENTS: (The 8 fastest entered times) 100m, 3000m
FIELD EVENTS: (3 athletes per event) High Jump, Pole Vault
Triple Jump, Long Jump, Shot Put and Discus (4 Attempts per Athlete, no finals)

Time: Field events start at 3:30 p.m. and running events start at 5:00 p.m.

Concessions, tee shirts, and spikes will be available for purchase.

Spikes required are 3/16 needles.

All athletes will have their shoes checked at the entrance.

If interested in attending this meet, please return the bottom part:

For meet updated info please see our Web Site at: <http://www.eteamz.com/sites/bulldogstrack/>

Please Return

LADIES NITE OUT
Highland High School
39055 25th St West
Palmdale, CA 93552

School Name _____ enrollment _____ CIF Div. _____

School Address _____

Coach _____ Home# _____

E-mail Address _____

Showcase events 100m Name(s) _____ Time(s) _____

3,000m Name(s) _____ Time(s) _____