

ALL-COMERS #2

DATE: SATURDAY, JANUARY 22, 2005

TIME: 9:00 A.M.

RANCHO CIENEGA RECREATION CENTER

5001 RODEO ROAD

LOS ANGELES, CA 90016

CONTACT: COACH TILLEY

PHONE: 323/296-7120 (SCHOOL)

ALL-COMERS #1

DATE: SATURDAY, DECEMBER 11, 2004

TIME: 9:00 A.M.

CERRITOS COLLEGE

11110 ALONDRA BLVD.

NORWALK, CA 90650

CONTACT: COACH MIKE ALLEN

PHONE: 562/860-2451 x2889

ALL-COMERS #3

DATE: SATURDAY, FEBRUARY 5, 2005

TIME: 9:00 A.M.

CERRITOS COLLEGE

11110 ALONDRA BLVD.

NORWALK, CA 90650

CONTACT: COACH MIKE ALLEN

PHONE: 562/860-2451 x2889

2004-2005

ABTFC

All-Comers Series



#	GENDER	EVENT	#	GENDER	EVENT
1)	W/G	4 x 800 Relay	16)	W/G	60 Meter Dash
2)	M/B	4 x 800 Relay	17)	M/B	60 Meter Dash
3)	W/G	4 x 200 Relay	18)	W/G	100 Meter Dash
4)	M/B	4 x 200 Relay	19)	M/B	100 Meter Dash
5)	W/G	3200 Meter Run	20)	W/G	800 Meter Run
6)	M/B	300 Meter Hurdles	21)	M/B	800 Meter Run
7)	W/G	300 Meter Hurdles	22)	W/G	200 Meter Dash
8)	W/G	4 x 100 Relay	23)	M/B	200 Meter Dash
9)	M/B	4 x 100 Relay	24)	M/B	3200 Meter Run
10)	W/G	1600 Meter Run	25)	W/G	4 x 400 Meter Relay
11)	M/B	1600 Meter Run	26)	M/B	4 x 400 Meter Relay
12)	W/G	60 Meter HH	27)		Long Jump
13)	M/B	60 Meter HH	28)		Triple Jump
14)	W/G	400 Meter Dash	29)		High Jump
15)	M/B	400 Meter Dash	30)		Shot Put

PRESIDENT	DANNY WASHINGTON
VICE PRESIDENT	FRED RILEY FRILEY@LASALLENS.ORG
SECRETARY	DUANE NORRIS DUANE.NORRIS@COMCAST.NET
TREASURER	GREG BERNARD SHOTDISC@YAHOO.COM
PUBLIC INFORMATION	MEREDITH SMITH MASHITTY84@YAHOO.COM
WEBSITE: www.californiarelays.com	

ADMISSION PRICES

ATHLETES - \$4.00

(UNLIMITED EVENTS)

SPECTATORS - \$2.00

SPIKE SIZE - 3/16 NEEDLE SPIKES