



ALL COMERS MEET

DATE: Saturday, Jan. 20, 2007 & Saturday, Jan 27, 2007
TIME: 9:00 a.m.
LOCATION: Citrus College
DIVISIONS: OPEN Competition/High School/Age Groups
ENTRY FEE: \$5.00 for Athletes and Spectators
FACILITY: 9-Lane All-Weather Track
 All weather Long, Triple, High Jump, Javelin & Pole Vault Approach
RESULTS: Everyone receives a time or mark. USA T&F Rules are in effect.
NOTICE: 1/4" Pyramid Spikes required and checked at gate. Spikes may be purchased for \$3.00 (per packet 14).

<u>FIELD EVENTS</u>		<u>TRACK EVENTS</u>	
9:00	Men's & Women's Javelin	9:00	Men's & Women's 3000 M
9:00	Men's & Women's High Jump	9:20	Men's & Women's 4 x 100 Relay
10:00	Men's and Women's Long Jump	9:40	Men's & Women's 1500 M
10:00	Men's & Women's Pole Vault	10:00	Men's 60 M Hurdles
10:00	Men's Shot Put	10:10	Women's 60 M Hurdles
10:00	Women's Discus	10:20	Women's 100 Hurdles
11:00	Men's Discus	10:30	Men's 110 Hurdles
11:00	Women's Shot Put	10:50	Men's & Women's 400 M
12:00	Men's & Women's Triple Jump	11:10	Women's 60 M
1:00	Men's & Women's Hammer	11:20	Men's 60 M
		11:30	Women's 100 M
		11:45	Men's 100 M
		12:00	Men's & Women's 800 M
		12:20	Women's 400 M Hurdles
		12:40	Men's 400 M Hurdles
		1:00	Men's & Women's 200 M
		1:30	Men's & Women's 5000 M
		2:00	Men's & Women's 4 x 400 M

Time schedule may vary depending upon number of entrants in each race. Four attempts will be given in the throws and horizontal jumps. Meet will be conducted **RAIN** or **SHINE!**

Parking: Park south of stadium. Enter on Barranca Avenue.
Information: Call Citrus Track Office 626.914.8652.

Mark Your Calendars:

Saturday, January 13, 2007, 8 am
 Saturday, March 3, 2007, 8 am
 Sunday, June 3, 2007, TBD

Weight Pentathlon
Foothill Invitational (*High Schools*)
 Multi-Throws