



# **ALEMANY**

## **TRACK & FIELD**

### **ALL COMERS MEET**

- DATES:** January 23, February 6, 2016
- TIME:** Running Events 10:00AM – Field Events 9:00AM
- DIVISIONS:** Youth  
High School  
Adults  
Masters
- ADMISSION:** \$5.00 to view – Gates to tracks open 7:45AM  
\$5.00 to compete (Unlimited number of events)
- MEET SITE:** Fr. Milbauer Stadium, Alemany High School Track – 6 Lane,  
Tartan - surface. Address: 11111 Alemany Dr, Mission Hills, CA 91345
- PARKING:** Parking is very limited, so arrive early, or park far away
- NO AWARDS:** Hand times will be used for all races.
- NOTE:** Hand times are not exact. Add .24 seconds to result to closely determine official times.

#### **EVENT SCHEDULE:**

9:00	Shot Put
9:00	High Jump
9:00	Long Jump then Triple Jump
10:00	300m Open
10:20	300h
10:35	1500m
11:00	60m
11:20	400m
11:40	60m Hurdles (Girls/Women)
11:55	60m Hurdles (Boys/Men)
12:10	150m
12:25	4 x 400 Relay

The time schedule will be followed as closely as possible. After the first events, however, the exact starting times may vary according to the number of event entries.

For more information please email  
**Coach Michael Wellington (mwellington@alemany.org)**

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