

# 2017 El Toro High School All-Comers Meet

**Date:** Saturday, February 11, 2017

**Time:** Events begin at 9:00 am, stadium to open at 7:00 am for registration.

**Location:** El Toro High School, 25255 Toledo Way, Lake Forest, CA 92630  
Brand new Stadium with all weather track.

**Parking:** Free, large lot next to Stadium off Serrano Street. Street parking available.

**Registration:** Day of the meet. Arrive early... lines can be very long if you did not pre register.

**Pre Registration:** SIMPLE!!. Register with Google forms, by registering early, you will avoid long lines. NO PENALTY for not showing up. NO need to PAY until the morning of the meet. You will save time by going through the pre registration express lane. Click on the link below and fill in your information.

<https://goo.gl/forms/Y5HGab0qEs6nbDN83>

**Entry Fee:** \$5 per event, \$10 per relay or \$15 unlimited entries,  
\$5.00 for spectator (kids 10 and under are free with parent)  
All age can compete. **CASH ONLY.**

**Spikes:** Please bring only 3/16" needle or pyramid spikes (spikes will be available for sale)

**Concession Stand:** Full concession. Event day t-shirts will be available for \$15.00

**Events:** We will run the events in this order; event time schedule and number of heats will vary depending on number of entrants.

Women's events will start first followed by men's events unless otherwise stated.

## **Running Events (9:00 am start, rolling start)**

Toddler Dash  
1600 meter run  
4x 100 meter relay  
100/110 High Hurdles  
400 meter run  
100 meter run  
800 meter run  
300 meter hurdles  
200 meter run  
3200 meter run  
4x 400 meter relay  
(Co-ed allowed)

## **Field Events (all field events will begin at 9:30 am)**

Long Jump  
Triple Jump (After Long Jump)  
Shot Put  
Discuss (After Shot Put)  
Pole Vault  
High Jump

**Awards:** Top 3 in All Heats. Award presentation after each heat.

**Results:** FAT timing by Accutrack Timing

**Weather:** Meet will proceed rain or shine

**Contact Info:** Ken Chai at [kc.eltoro@yahoo.com](mailto:kc.eltoro@yahoo.com)

**PART OF THE PROCEEDS TO BENEFIT THE ERIN JOYCE MEMORIAL SCHOLARSHIP**