

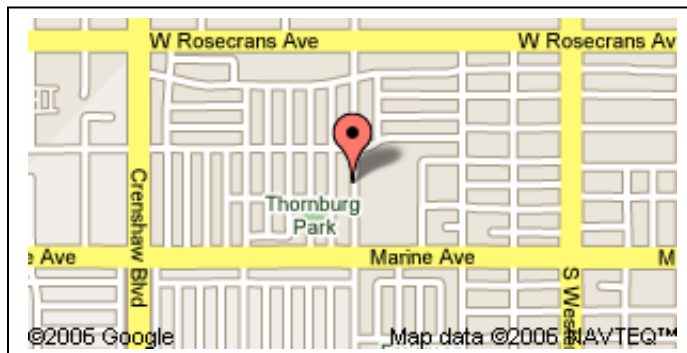
QUIET FIRE TRACK & FIELD

12TH Annual All Comers Track Meet

Sponsor: Toyota Motor Sales, U.S.A., Inc.

Date: Saturday March 3rd 2007

Site: Serra High School
14830 Van Ness ave
Gardena, Ca 90249
Free parking



Registration: Day of the meet, 7am

Start Time: Running events will start @ 8am
Field events will start @ 9am

Director: Shelton Hall (323) 804-2126
(323) 778-9558

Entry Fee: \$1.50 per Event, \$6.00 per relay.
Cash or club checks, please.

Awards: Ribbons for all participants.

Surface: Eight lane all weather track. Please use ¼ inch pyramid spikes.

Divisions: Sub-Bantams (born) 1999-2000-2001
Bantams 1997-1998
Midgets 1995-1996
Youth 1993-1994
Intermediate 1991-1992
Young men/women 1989-1990

Sub Bantam events are limited to the 200m* 4x1 relay* 4x4 relay and Long Jump.

Results: Available March 5th, on line @ www.eteamz.com/quietfire

Concession: Food and Beverage will be available for purchase.

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Order Of Events

START TIME 8am

Running Events:

3000m Run	MG* MB* YG* YB* IG* IB* YW* YM
110m Hurdles	YM
100m Hurdles	YW*IG*YB*YG
80m Hurdles	MG*MB
200m Dash	SBG*SBB*BG*BB*MG*MB*YG*YB*IG*IB*YW*YM
800m Run	BG*BB*MG*MB*YG*YB*IG*IB*YW*YM
4X100m Relay	SBG*SBB*BG*BB*MG*MB*YG*YB*IG*IB*YW*YM
3000m Race-walk	MG*MB*YG*YB*IG*IB*YW*YM
4X400m Relay	SBG*SBB*BG*BB*MG*MB*YG*YB*IG*IB*YW*YM

START TIME 9am

Field Events:

Long Jump (Four attempts, no finals)	SBG*SBB*BG*BB*MG*MB*YG*YB*IG*IB*YW*YM
High Jump	YM*YW*IG*IB*BG*BB*MG*MB*YG*YB
Shot Put (Four attempts, no finals)	BG*BB*YW*YM*IG*IB*YG*YB*MG*MB
Mini Javelin (Four attempts, no finals)	MB*MG*BB*BG