



Tech-Titan Distance Classic



Date: Friday, March 19, 2010

Start Time: 5:00 pm

Location: San Marino High School, 2701 Huntington Drive, San Marino, CA 91108

Divisions: Varsity Boys & Girls; Frosh-Soph Boys & Girls

Events: 1600M Relay, Shot Put Relay, 3200, 1600, 800, and 400

Schedule: Time Schedule and Order of Events are attached.

Awards: Medals to the Top 5 in each race and Top 3 for relays.

Fees: **\$150 for full school** or **\$100 for single gender school.**
Unlimited entries (except for the 400 meters) or \$10 per individual event (\$50.00 minimum).

Payable to: Don Bosco Tech Track & Field

Mail to Don Bosco Tech c/o Sal Perez
1151 San Gabriel Blvd., Rosemead CA 91770

Or hand deliver the fee to the meet. No payment = no race!

Entries: Please email a roster of your athletes on an Excel Spreadsheet by 3 pm Friday, March 12th including your athletes' first and last names, school, gender, event, and a time for each event to sperez@boscotech.edu No athletes will be accepted after this deadline.

Spikes: 3/16 or smaller!!! Spikes will be checked at the athlete's entrance gate.

Admission: Adults \$5, students w/ID \$2, children under 12 free. **Please inform parents!**

Results: Complete results will be posted on www.boscotechcrosscountry.com and www.dyestatcal.com at the conclusion of the meet.

Contacts: **Sal Perez: (562) 762-6640** or sperez@boscotech.edu
Ed Mundo: (626) 260-7691 or emundo0418@msn.com

Concession: Snack bar and t-shirts will be available.

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Time Schedule

RUNNING EVENTS:

<u>Time</u>	<u>Division</u>	<u>Event</u>	<u>Estimated Heats</u>
5:00	Girls Frosh-Soph	800	---- 2
5:10	Boys Frosh-Soph	800	---- 2
5:20	Girls Varsity	800	---- 2
5:30	Boys Varsity	800	---- 2
5:40	Girls Frosh-Soph	3200	---- 2
6:10	Boys Frosh-Soph	3200	---- 2
6:40	Girls Varsity	3200	---- 2
7:10	Boys Varsity	3200	---- 2
7:40	Girls Frosh-Soph (Top 4 Entries Only)	400	---- 2 or 3
7:50	Boys Frosh-Soph (Top 4 Entries Only)	400	---- 2 or 3
8:00	Girls Varsity (Top 4 Entries Only)	400	---- 2 or 3
8:10	Boys Varsity (Top 4 Entries Only)	400	---- 2 or 3
8:20	Girls Frosh-Soph	1600	---- 2
8:35	Boys Frosh-Soph	1600	---- 2
8:50	Girls Varsity	1600	---- 2
9:05	Boys Varsity	1600	---- 2
9:20	Girls Frosh-Soph 1600 M Relay	4 X 400	---- 1 heat
9:25	Boys Frosh-Soph 1600 M Relay	4 X 400	---- 1 heat
9:30	Girls Varsity 1600 M Relay	4 X 400	---- 1 heat
9:35	Boys Varsity 1600 M Relay	4 X 400	---- 1 heat

FIELD EVENTS:

5:00	Girls Frosh-Soph Shot Put Relay
6:00	Boys Frosh-Soph Shot Put Relay
7:00	Girls Varsity Shot Put Relay
8:00	Boys Varsity Shot Put Relay

Please note:

- 1. In the 3200's, 1600's, and the 800's, all "faster" athletes run in the 1st Heat.**
- 2. Coaches must submit only their 4 fastest 400 athletes in order to insure all Heats are full.**
- 3. Shot Put Relay consists of the top throws added together from 3 shot putters per division.**
- 4. This is a tentative schedule, so therefore we will move forward as time permits.**
- 5. All races are stand up. No starting blocks will be used.**