



## 2014 Matador Track & Field Invitational

Date: Saturday, March 15<sup>th</sup>, 2014

Site: Mt. Miguel High School  
8585 Blossom Lane  
Spring Valley, CA 91977

Time: 9:00am – 4:00pm (Approx)

Spikes: 3/16<sup>th</sup> needles with 9 lanes  
\$5 gate fee

Fees: \$ 150 per Team (\$250 for Boys & Girls)  
Send Checks or Money Orders To:  
Mt. Miguel Track Team  
8585 Blossom Lane  
Spring Valley, CA 91977  
: ATTENTION FINANCE OFFICE

Timing System: Lynx Timing System

Concessions: Open

T-Shirts: \$12

Results: Will be posted on [sdtrackmag.com](http://sdtrackmag.com)

**Contact:** Art Richardson

[A2nletsrun@cox.net](mailto:A2nletsrun@cox.net)

### Events

100 Meters	Boys / Girls	3 Heats
200 Meters	Boys / Girls	2 Heats
400 Meters	Boys / Girls	3 Heats
800 Meters	Boys / Girls	2 Heats
Frosh 1600 Meters	Boys / Girls	2 Heats
1600 Meters	Boys / Girls	2 Heats
3200 Meters	Boys / Girls	2 Heats
110 Meter Hurdles	Boys	3 Heats
100 Meter Hurdles	Girls	3 Heats

300 Meter Hurdles	Boys / Girls	2 Heats
4 x 100 Relays	Boys / Girls	3 Heats
4 x 400 Relays	Boys / Girls	3 Heats
Long / Triple/ High Jump	Boys / Girls	
Shot Put	Boys / Girls	
Discuss	Boys / Girls	
Pole Vault	Boys / Girls	

## **Schedule**

3200 Meters (9am)	Girls	2 Heats
3200 Meters (10am)	Boys	2 Heats
4 x 100 Relays	Girls	3 Heats
4 x 100 Relays	Boys	3 Heats
100 Meter Hurdles	Girls	3 Heats
110 Meter Hurdles	Boys	3 Heats
400 Meters	Girls	3 Heats
400 Meters	Boys	3 Heats
Frosh 1600 Meters	Girls	2 Heats
Frosh 1600 Meters	Boys	2 Heats
200 Meters	Girls	2 Heats
200 Meters	Boys	2 Heats
300 Meters Hurdles	Girls	2 Heats
300 Meters Hurdles	Boys	2 Heats
800 Meters	Girls	2 Heats
800 Meters	Boys	2 Heats
100 Meters	Girls	2 Heats
100 Meters	Boys	2 Heats
4 x 400 Relays	Girls	3 Heats
4 x 400 Relays	Boys	3 Heats

## Field Events

Long Jump	Boys / Girls	9 am
Triple Jump	Boys / Girls	1 pm
Shot Put	Boys / Girls	9 am
Discuss	Boys / Girls	1 pm
High Jump	Boys	10 am
High Jump	Girls	1 pm
Pole Vault	Boys	10 am
Pole Vault	Girls	1 pm

\*\*\* Start times and heats are approx \*\*\*