



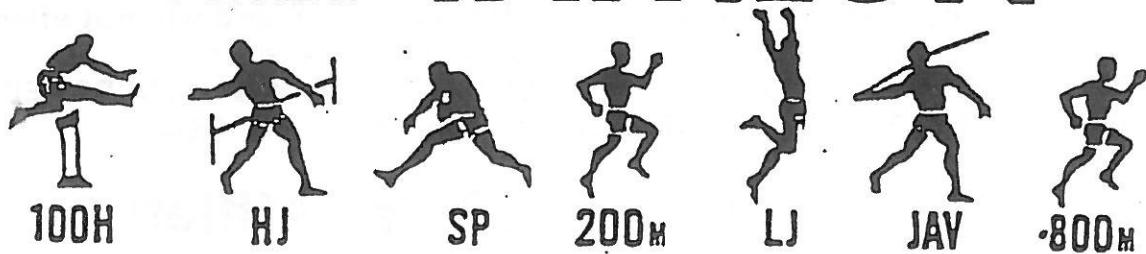
# DECATHLON

Hosted by: **El Capitan High School**

At: **Steele Canyon  
High School**

12440 Campo Rd.  
Spring Valley, CA 91978

# HEPTATHLON



**June 13th & 14th**

**WOMEN'S  
HEPTATHLON  
DAY ONE  
100M HURDLES  
HIGH JUMP  
SHOT PUT  
200 METERS**

**DAY TWO  
LONG JUMP  
JAVELIN  
800 METERS**

**MEN'S  
DECATHLON  
DAY ONE  
100 METERS  
LONG JUMP  
SHOT PUT  
HIGH JUMP  
400 METERS  
DAY TWO  
110H HURDLES  
DISCUS  
POLE VAULT  
JAVELIN  
1500 METERS,**

**Athletes and Coaches,**

This is a great opportunity for the all around athlete to match skills with the best in the county. Any athlete good in 4 of 5 of these events should be encouraged to compete. The DECATHLETE and HEPTATHLETE are considered to be the best and most fit athletes on your track team. This is a fun filled two day event that will be a lifelong memory for all those who participate.

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**AWARDS TO THE TOP FIVE**

**T-SHIRTS TO ALL COMPETITORS!**  
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**First day events start at 9:00am Saturday**

**Second day events start at 9:00am Sunday**

**Shot Put, Discus, Javelin, and Pole Vault poles, available if needed.**

**High School Implements and hurdle heights will be used.**

**This is a post-season event, not sanctioned by CIF and will not effect the athlete's eligibility. School uniform should not be worn.**

**ADVANCED REGISTRATION NOT REQUIRED, ENTRIES ACCEPTED ON DAY OF THE EVENT. UNLIMITED ENTRIES PER SCHOOL.**

**Entry Fee - \$40.00 per Athlete**

**For More Information Call**

**(619) 201-3811**