



Wednesday, July 21, 2021 Monte Vista High School

3230 Sweetwater Spring Blvd, Spring Valley, CA 91977

All ages and abilities are welcome.

Pre-Registration by on www.athletic.net \$8.00 per event

Day of Event Registration \$10 per event & begins at 4:00pm

Contact: David Crabtree at
dcrabtree@guhdsd.net

Event Schedule

Running Events

6:00pm	1 Mile Run
6:15pm	W-100 Hurdles (33") M- 110 Hurdles (42")
6:30pm	W 100M
7:00pm	M 100M
7:30pm	M/W 400M
8:00pm	M/W 5000M

Field Events – Begin at 4:00pm & 5:30pm

4:00pm	Pole Vault – Registration 3:30pm
5:30pm	Long Jump
5:30pm	Shot Put
5:30pm	High Jump

* 3/16 pyramid spikes are the only spikes worn on Monte Vista's track & field
Automatic timing will be provided.

* Field Events – Pole Vault at 4:00pm & Discus, Shot Put & High Jump at 5:30pm