

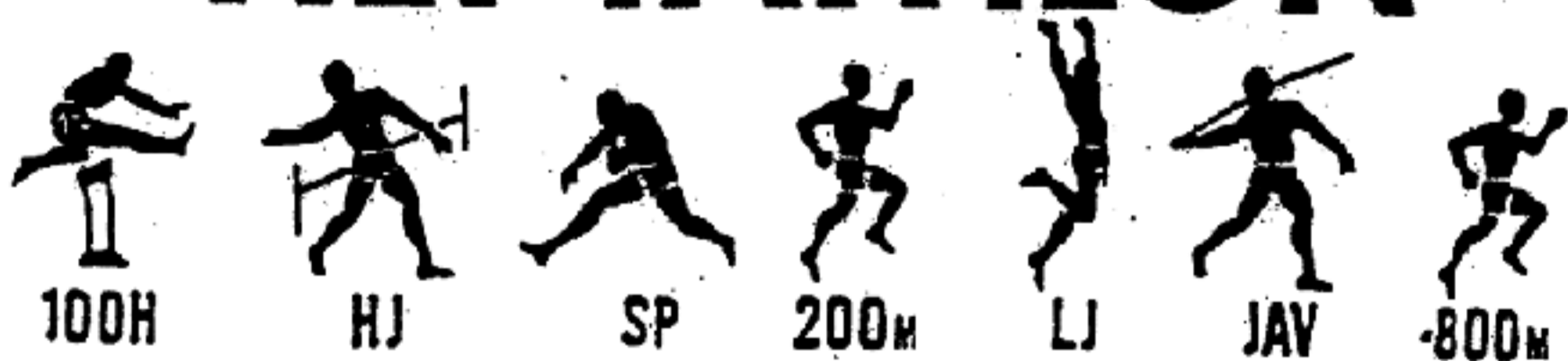


DECATHLON

At: **Cuyamaca
College**

900 Rancho San Diego Parkway
El Cajon, CA 92019-4369

HEPTATHLON



June 8th & 9th

Woman'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.

AWARDS TO THE TOP FIVE

T-SHIRTS TO ALL COMPETITORS!

First day events start at 9:00am(HEP) 10:00am(DEC)

Second day events start at 9:00am(DEC) 11:00am(HEP)

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 - \$35.00 per Athlete

For More Information Call
(619) 328-1028