

Ice Breaker Relays- Saturday March 5th, 2011

LOCATION: Monrovia High School, 845 W. Colorado Bl., Monrovia, Ca, 91016

TIME SCHEDULE: 9:00 AM – Running Events 9:00 AM – Field Events.

DIVISIONS: F/S Girls, F/S Boys, Varsity Girls, and Varsity Boys

ENTRY FEE: \$75.00- 1div, \$125.00- 2 div, \$175.00- 3div, \$200.00- 4div (Individual relays are \$20)

CHECKS PAYABLE TO- Monrovia High School Attn:
Randy Hare
845 W. Colorado Bl.
Monrovia, CA 91016

DO NOT MAIL ENTRY FEE AFTER FRIDAY, FEBRUARY 25, 2011! WE MIGHT NOT RECEIVE IT BY THE DEADLINE WEDNESDAY, MARCH 2, 2011 AT 3:00P.M. **YOU WILL NOT BE CONSIDERED AS ENTERED IN MEET UNTIL CHECK IS RECEIVED OR CONTACT IS MADE WITH COACH !**

Spectators-----\$3.00 for elementary students and under, \$4.00 for middle and high school students with id and \$5.00 without id. All adults will be charged \$5.00.

AWARDS: Medals will be awarded to the top 3 finishers overall in all events.

CONCESSIONS: Full snack bar will be available. T-Shirts will be on sale for \$10.00

MEET DIRECTORS: Brian Collins (310) 719-5326 E-mail: BCollins1025@aol.com,
Michael Knowles (626)390-9691 E-mail: MLK2190@aol.com,

FORMAT: Running relay events: open to "A", "B", "C". Field relay events are 3 athletes per 'team' (A-3, B-3) for Varsity, (A-3) for F/S. 3 attempts all levels

*Note: Top individual mark in all field events will be reported even though they are relay style for medals. Marks can be used for entry into Arcadia, etc

FACILITIES: Eight-lane all-weather track (1/4" Pyramid Spikes only), Fully Automatic Timing,

RESULTS: Available after meet at <http://dyestatcal.com/>,

ENTRIES: Deadline is Wednesday, March 2, 2011 by 10pm!! <http://episports.com/>,

Fields Events

9:00 Pole Vault, Girls F/S
9:00 Shot Put, Boys F/S North Ring
9:00 Shot Put, Girls Var Main Ring
9:00 Discus Girls F/S
9:00 High Jump, Boys F/S (Pit 1)
9:00 High Jump, Girls F/S (Pit2)
9:00 Long Jump, Girls F/S (Pit 1)
9:00 Long Jump, Boys F/S (Pit 2)
10:30 Pole Vault, Girls Var
10:30 Shot Put, Girls F/S North Ring
10:30 Shot Put, Boys Var Main Ring
10:30 High Jump, Boys Var (Pit 1)
10:30 High Jump, Girls Var (Pit 2)
10:30 Long Jump, Girls Var (Pit 1)
10:30 Long Jump, Boys Var (Pit 2)
10:30 Discus Girls Var
12:00 Pole Vault, Boys Var
12:00 Discus Boys Var
12:30 Triple Jump, Girls Var (Pit 1)
12:30 Triple Jump, Boys Var (Pit 2)
2:00 Discus Boys F/S
2:00 Pole Vault, Boys F/S
2:30 Triple Jump, Girls F/S (Pit 1)
2:30 Triple Jump, Boys F/S (Pit 2)

Running Events

9:00 4x1600m, Girls F/S
9:30 4x1600m, Boys F/S
10:00 4x100m Shuttle Hurdles, Girls F/S
10:10 4x100m Shuttle Hurdles, Girls Var
10:25 4x1600m, Girls Var
10:55 4x1600m, Boys Var
11:25 4x110m Shuttle Hurdles, Boys F/S
11:35 4x110m Shuttle Hurdles, Boys Var
11:45 4x800m, F/S Co-ed (call to register)
12:15 4x100m, Girls F/S
12:25 4x100m, Boys F/S
12:35 4x100m, Girls Var
12:45 4x100m, Boys Var
1:00 4x800m, Var Co-ed (call to register)
1:20 800m Sp Med (1 - 1 - 2 - 4), Girls F/S
1:30 800m Sp Med (1 - 1 - 2 - 4), Boys F/S
1:45 1600m, Sp Med (2 - 2 - 4 - 8), Girls Var
2:00 1600m, Sp Med (2 - 2 - 4 - 8), Boys Var
2:15 4x800 Girls F/S
2:30 4x800 Boys F/S
2:45 4x800 Girls Var
3:00 4x800 Boys Var
3:15 4x200m, Girls F/S
3:25 4x200m, Boys F/S
3:35 4x200m, Girls Var
3:45 4x200m, Boys Var
3:50 Dist Med, (12 - 4 - 8 - 16), Girls F/S
4:15 Dist Med, (12 - 4 - 8 - 116), Boys F/S
4:30 Dist Med, (12 - 4 - 8 - 16), Girls Var
4:45 Dist Med, (12 - 4 - 8 - 16), Boys Var
5:10 4x400m, Girls F/S
5:25 4x400m, Boys F/S
5:35 4x400m, Girls Var
5:50 4x400m, Boys Var