

COASTAL CLASSIC

TRACK MEET

MAY 21, 2023, 9AM

LOMPOC HIGH SCHOOL



How to Register:

<https://www.athletic.net/Help/Track.aspx?Meet=496911>

Early Registration must be RECEIVED NO LATER than Friday, May 19th, 12pm.

Track meet is open to all boys and girls in grades 3 through 8 regardless of whether they attend public or private schools, or are home schooled.

USA Track & Field and selected volunteers will officiate this meet.

Cost is \$15 per athlete for early registration. \$20 after April 29 Deadline. All checks should be made payable to CENTRAL COAST ALL-STARS TRACK CLUB.

Food, refreshments, and souvenir t-shirts will be available for purchase.

EVENTS

First field event: 9AM

First track event: 10AM

SPRINT DISTANCE HURDLE

100m 800m 60m

200m 1600m **RELAY**

400m 3200m 4x100

4x400

FIELD

LJ

HJ

Shot Put

Softball Throw

3/16" NEEDLE SPIKES

Available for purchase at meet

AUTOMATIC TIMING

Live Results posted to Athletic.net

AWARDS TO TOP 3 PLACES IN ALL EVENTS

SPONSORED BY SUNSET AUTO CENTER, BRANSON'S EMBROIDERY, LHS TRACK, CCAS FUNDS BENEFIT LOMPOC HS TRACK IN PARTNERSHIP WITH CENTRAL COAST ALL-STARS TRACK CLUB