

THOUSAND OAKS INVITATIONAL

Thousand Oaks High School 2323 N Moorpark Rd, Thousand Oaks Ca 91307

Date: March 14, 2025 Distance Carnival. **Time:** 4:00pm (Coaches meeting 3:30pm)
March 15, 2025 Invitational **Time:** 10:00 AM (Coaches Meeting 9:30)

Admission: Adult \$8.00// Student with ID \$5.00// Children under 10 yrs. free

Divisions: Open, Varsity, Frosh/Soph

Facility: 9 lane all-weather track and field event areas. 5mm (3/16") spikes are required. No spikes over 3/16" will be allowed on the track: **Spikes available to purchase at meet.

(2) long and triple jump pits: (2) High Jump pits: (2) shot put rings:

(100,,400, 800, 1600, 3000, 100mh, 110mh ,300mh, 4x800, 4x100 4x200, 4x400, SMR, Throwers 4x100 relay)

Timer: Westlake Timing. Large alpha numeric display & wind gauge.

****Raised Pole Vault runway****

Entry Fee: \$40 individual \$50.00 per relay, \$400.00 Boys/ Girls each or \$600.00 max per school.

Excepting online payments only: Athletic.net

Procedure: Deadline for entry Wednesday 3-12-2025 @ 6:00 pm. Entry **Athletic.net**. Give an accurate mark for the running and relay events. Marks are not required for the field events or Thrower's relay. An athlete may compete in a maximum of 4 events. Entrants in the Thrower's 4x100 must also compete in the Discus or Shot Put in this meet.

****All Running Events will be seeded****

Field Events: Long Jump, Triple Jump, Shot Put & Discus will be allowed 3 attempts.

Awards: Special awards to 1st place: Medals 1st-3rd in all relay events and 1st-5th in all Individual events.

Snack Shack: Fresh burgers/Hot Dogs, Coffee/Desert truck and other specialty items, fresh fruit, yogurt, granola bars, candy, sports drinks, water, soda, and much more.

Questions: Marlene Wilcox email. tocoachmarr@gmail.com Phone: 818-324-3112
TOHS Boosters: tohstfboosters@gmail.com

Thousand Oaks Invitational

Day 1 - Friday 3/14/25

#	Track Events	Level	Time	#	Field Events	Level	Time	
	Girls 1600	F/S	4:00 PM		Girls Pole Vault (start height TBA)	F/S	4:00 PM	
	Boys 1600	F/S			Boys Pole Vault (start height TBA)	F/S	Follow G F/S	
	Girls 1600	Var						
	Boys 1600	Var						
	Girls 4x800	Open						
	Boys 4x800	Open						
	Girls 3200	Open						
	Boys 3200	Open						
	Girls 1600	Invite						
	Boys 1600	Invite						

Day 2 - Saturday 3/15/25

#	Track Events	Level	Time	#	Field Events	Level		
	Girls 4x100 Relay	F/S	10:00AM		Girls Long Jump	Var	10:00AM	P1
	Boys 4x100 Relay	F/S			Boys Long Jump	Var	10:00AM	P2
	Girls 4x100 Relay	Var			Girls Long Jump	F/S	11:30AM	P1
	Boys 4x100 Relay	Var			Boys Long Jump	F/S	11:30:AM	P2
	Girls 800m	F/S			Girls Triple Jump	Var	1:30PM	P1
	Boys 800m	F/S			Boys Triple Jump	Var	1:30PM	P2
	Girls 800m	Var			Girls Triple Jump	F/S	3:00PM	P1
	Boys 800m	Var			Boys Triple Jump	F/S	3:00AM	P2
	Girls 100 H 30"	F/S			Boys High Jump (start height TBA)	F/S	10:00AM	P1
	Girls 100 H 33"	Var			Girls High Jump (start height TBA)	F/S	10:00AM	P2
	Boys 110 H 36"	F/S			Girls High Jump (start height TBA)	Var	1:00PM	P1
	Boys 110 H 39"	Var			Boys High Jump (start height TBA)	Var	1:00PM	P2
	Girls SMR	F/S			Girls Pole Vault (start height TBA)	Var	10:00AM	
	Boys SMR	F/S			Boys Pole Vault (start height TBA)	Var	Follow GV	
	Girls SMR	Var			Girls Discus	Var	10:00AM	
	Boys SMR	Var			Girls Discus	F/S	Follow GV	
	Girls 400	F/S			Boys Discus	Var	Follow F/S	
	Boys 400	F/S			Boys Discus	F/S	Follow BV	
	Girls 400	Var			Boys Shot Put	Var	10:00AM	P1
	Boys 400	Var			Boys Shot Put	F/S	10:00AM	P2
	Girls 100	F/S			Girls Shot Put	Var	Est 1:00PM	P1
	Boys 100	F/S			Girls Shot Put	F/S	Est 1:00 PM	P2
	Girls 100	Var						
	Boys 100	Var						
	Boys 300m Hurdles	F/S						
	Boys 300m Hurdles	Var						
	Girls 300m Hurdles	F/S						
	Girls 300m Hurdles	Var						
	Girls 4x200m Relay	Open						
	Boys 4x200m Relay	Open						
	Girls Throwers 4x100m Relay	Open						
	Boys Throwers 4x100m Relay	Open						
	Girls 4x400m Relay	F/S						
	Boys 4x400m Relay	F/S						
	Girls 4x400m Relay	Var						
	Boys 4x400m Relay	Var						