

# THOUSAND OAKS INVITATIONAL

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

**Date:** March 14, 2026 **Time:** 9:00am (Coaches meeting 8:30am)

**Admission:** Adult \$10.00// Student with ID \$5.00// Children under 10 yrs. free

**Divisions:** Open, Varsity, Frosh/Soph

**Facility:** Brand New 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, 200, 400, 1600, 100mh, 110mh, 300mh, 4x800, 4x100, 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 \$650.00 max per school.

**Accepting online payments only: Athletic.net**

**Procedure:** Deadline for entry Wednesday 3-10-2026 @ 8:00 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 Varsity and Open 1<sup>st</sup> place: Medals 1<sup>st</sup>-3<sup>rd</sup> in all relay events and 1<sup>st</sup> -5<sup>th</sup> 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](mailto:tocoachmarr@gmail.com) Phone: 818-324-3112

TOHS Boosters: [tohstrackandfieldboosters@gmail.com](mailto:tohstrackandfieldboosters@gmail.com)

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Saturday, March 14, 2026

Thousand Oaks High School Stadium

## TRACK EVENTS 9:00 AM

**First race 9:00 AM (tentative) – rolling schedule in listed order.**

- Girls 1600 (F/S),
- Boys 1600 (F/S)
- Girls 4x100 (F/S)
- Boys 4x100 (F/S)
- Girls 4x100 (Varsity)
- Boys 4x100 (Varsity)
- Girls 1600 (Varsity),
- Boys 1600 (Varsity)
- Girls 100H 30" (F/S),
- Girls 100H 33" (Varsity)
- Boys 110H 36" (F/S)
- Boys 110H 39" (Varsity)
- Girls Sprint Medley Relay (Open),
- Boys Sprint Medley Relay (Open)
- Girls 400 Boys 400 (F/S, then Varsity)
- Girls 100 / Boys 100 (F/S, then Varsity)
- Girls 4x800 (Open),
- Boys 4x800 (Open)
- Girls 300H 30" (F/S & Varsity)
- Boys 300H 36" (F/S),
- Boys 300H 39" (Varsity)
- Girls 200 / Boys 200 (F/S, then Varsity)
- Girls Throwers 4x100 (Open),
- Boys Throwers 4x100 (Open)
- Girls 4x400 / Boys 4x400 (F/S, then Varsity)

## FIELD EVENTS 9:00 AM

### Long Jump 2 pits

- Girls LJ F/S & Boys LJ F/S – 9:00 AM  
Est. 11:00 AM
- Girls LJ Varsity & Boys LJ Varsity –

### Triple Jump 2 pits Est. 1:30 PM

- Girls TJ F/S & Boys TJ F/S
- Girls TJ Varsity & Boys TJ Varsity – Est. 3:00 PM

### High Jump 2 pits 10:00AM

- Boys HJ F/S & Boys HJ Varsity
- Girls HJ F/S & Girls HJ Varsity – 1:00 PM

### Pole Vault

- Girls PV Varsity – 9:00 AM
- Boys PV Varsity – follows Girls Varsity
- Girls PV F/S – follows Boys Varsity
- Boys PV F/S – follows Girls F/S

### Discus

- Girls Discus Varsity – 9:00 AM
- Boys Discus Varsity – Est. 10:30 AM
- Girls Discus F/S – Est. 1:00 PM
- Boys Discus F/S – Est. 2:30 PM

### Shot Put 2 rings

- Girls Shot F/S – 9:00 AM
- Boys Shot F/S – 9:00 AM
- Girls Shot Varsity – Est. 1:00 PM
- Boys Shot Varsity – Est. 1:00 PM