



THOUSAND OAKS INVITATIONAL

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

Date: February 25, 2023. **Time:** 9:00am (*Coaches meeting 8:30 am*)

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:

SMR (100,100,200,400) DMR (1200,400,800,1600)

Timer: Royal results. Large alpha numeric display & wind gauge.

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

Entry Fee: \$20 individual \$40.00 per relay, \$250 Boys/ Girls each or \$450.00 max per school.

Accepting online payments only: [Athletic.net](https://athletic.net)

Procedure: Deadline for entry Thursday 2-23-2023 @ 9:00 pm. Entry [Athletic.net](https://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 4 attempts.

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

Snack Shack: Fresh burgers/Hot Dogs, Tri-Tip Sliders, Teriyaki chicken bowls, 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

2023 Thousand Oaks Invite Time Schedule (TENTATIVE)

#	Event	Level	Time	Pit
1	Girls 1600	F/S	9:00am	
2	Boys 1600	F/S		
3	Girls 4x100 Relay	F/S		
4	Boys 4x100 Relay	F/S		
5	Girls 4x100 Relay	Var		
6	Boys 4x100 Relay	Var		
7	Girls 1600	Var		
8	Boys 1600	Var		
11	Girls 100 H 30"	F/S		
12	Girls 100 H 33"	Var		
13	Boys 110 H 36"	F/S		
14	Boys 110 H 39"	Var		
15	Girls SMR	F/S		
16	Boys SMR	F/S		
17	Girls SMR	Var		
18	Boys SMR	Var		
19	Girls DMR	Open		
20	Boys DMR	Open		
21	Girls 400	F/S		
22	Boys 400	F/S		
23	Girls 400	Var		

24	Boys 400	Var		
25	Girls 100	F/S		
26	Boys 100	F/S		
27	Girls 100	Var		
28	Boys 100	Var		
29	Girls 4 x 800 Relay	Open		
30	Boys 4 x 800 Relay	Open		
31	Girls 300 H 30"	F/S		
32	Girls 300 H 30"	Var		
33	Boys 300 H 36"	F/S		
34	Boys 300 H 36"	Var		
35	Girls 200	F/S		
36	Boys 200	F/S		
37	Girls 200	Var		
38	Boys 200	Var		
39	Girls Throwers 4x100 Relay	Open		
40	Boys Throwers 4x100 Relay	Open		
41	Girls 4 x 400	F/S		
42	Boys 4 x 400	F/S		
42	Girls 4 x 400	Var		
44	Boys 4 x 400	Var		
Field Events				
45	Girls Long Jump	F/S	9:00am	P1
46	Boys Long Jump	F/S	9:00am	P2
47	Girls Long Jump	Var	Est 11:00	P1
48	Boys Long Jump	Var	Est 11:00	P2

49	Boys High Jump (start height TBA)	F/S	9:00am	P1
50	Boys High Jump (start height TBA)	Var	9:00am	P2
51	Girls High Jump (start height TBA)	F/S	12:00	P1
52	Girls High Jump (start height TBA)	Var	12:00	P2
53	Girls Pole Vault (start height TBA)	Var	9:00am	
54	Boys Pole Vault (start height TBA)	Var	Follow GV	
55	Girls Pole Vault (start height TBA)	F/S	Follow BV	
56	Boys Pole Vault (start height TBA)	F/S	Follow G F/S	
57	Girls Discus	Var	9:00am	
58	Boys Discus	Var	Est 10:30am	
59	Girls Discus	F/S	Est 1:00pm	
60	Boys Discus	F/S	Est 2:30pm	
61	Girls Shot Put	F/S	10:00am	P1
62	Boys Shot Put	F/S	10:00am	P2
63	Girls Shot Put	Var	Est 1:00pm	P1
64	Boys Shot Put	Var	Est 1:00pm	P2
65	Girls Triple Jump	F/S	Est 1:30pm	P1
66	Boys Triple Jump	F/S	Est 1:30pm	P2
67	Girls Triple Jump	Var	Est 3:00pm	P1
68	Boys Triple Jump	Var	Est 3:00pm	P2