

Thousand Oaks Invitational

February 26, 2022

<https://tohstrackandfield.com/to-invitational>

Kick off the 2022 Outdoor Track & Field season with a bang in the Conejo Valley. Join hundreds of athletes at the Conejo Valley's premier Track and Field Invitational.

*Divisions-- Invitational, Open /Varsity and JV divisions

* 9 Lane All-Weather Track *Pole Vault Raised Runway

*2 Long Jump/ Triple Jump Pits * 2 High Jump Pits * Shot Put Rings

*Relay's Galore *State of Timing and Digital Display results

Awards

****Backpacks to Invitational, Varsity and Open winners!**

****Medals to top 5 finishers in individual events and top 3 in relay events. Results accepted by all Invitationals.**



Boy & Girl Athletes of the Meet



****2 Free *Coaches Passes* and *Meal Tickets* for each team. 6 Free Coaches Passes and 4 Meal Tickets for full team registration.**

GENERAL INFORMATION:

Entry Deadline: Online - Thursday, February 24th @ 8:00pm. Individual athletes can register up to race day. General Admission: Adult \$10, Children Under 12 \$5.00. Team Entry Fee: Boys \$250 (covers both JV & Varsity), Girls \$250 (covers both JV & Var). Entry fee to not exceed \$450.00 for combined boys and girls team. Individual Entry Fee: \$20 per athlete or \$40 per relay team.

Checks payable to: Thousand Oaks High School Track & Field

Mail to: Thousand Oaks Track and Field

1336 Moorpark Road #273

Thousand Oaks Ca. 91360.

Spikes: 3/16 pyramid (**will be available for sale, 12 for \$5**) Shot and Discus: will be digitally weighed & measured Divisions: JV & Varsity Boys; JV & Varsity Girls. Gates open at 7:30 am. Meet Starts at 9:00 am Athlete check-in at the main entrance of the track. Weigh-in of throwing implements: 8:00 am Coach's meeting: 8:45 by the timing tent.

LOCATION:

Thousand Oaks High School is located at 2323 N Moorpark Rd, Thousand Oaks, CA 91360. Parking can be found in lots along Avenida de Las Flores and Moorpark Rd. The track entrance is located on the Avenida de Las Flores side of the school. BUSES Athletes can be dropped off at

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the Avenida De Las Flores Street entrance, but buses will park in the Baseball parking lot on the north side of the school.

Spectators:

Adults: \$10:00 Children \$5.00 Under 5 Free

<https://tohstrackandfield.com/forms#0b2fc084-6237-4a78-b380-508c25a7fb75>



MEET PROGRAM:

The meet program that will be posted on Thursday, February 24th to Thousand Oaks Invitational (tohstrackandfield.com). We will not provide teams with programs at the meet, so please copy this off for you and your team.

TIME SCHEDULE:

Please make sure your athletes report on time. We are running a tight schedule AND WE WILL RUN AHEAD OF SCHEDULE WHEN WE CAN! Athletes need to check in to the clerk no later than 45 minutes before their scheduled start time. The clerk of the course will be on the infield near the main entrance. Failure to check in 30 minutes before race/event time will forfeit your spot and allow an alternate to take that place. The time schedule is approximate, but we do make every effort to stay on schedule, and we usually are right on schedule throughout the day. WE WILL RUN AHEAD OF THE POSTED TIMES WHENEVER WE CAN. Keep your eye on the races being run to tell your athletes whether we are ahead or behind of the posted time schedule. We will announce as often as possible where we are in the time schedule.

REGISTRATION:

MileSplit:

<https://ca.milesplit.com/meets/452194-thousand-oaks-invitational-2022/info#.YZPltGZKjs0>

If you have any questions, please contact the meet director.

Meet Director

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Marlene Wilcox
tocoachmarr@gmail.com

RESULTS:

Royal Results: LED Digital Board display/ RoyalResults <http://royalresults.com/upcoming.html>

FACILITY:

The nine-lane synthetic track and field facilities are state-of-the-art. A large adjacent grass warm up field is available as well. **NO FOOD OR DRINK WILL BE ALLOWED ON THE TRACK OR WARM UP FIELD AREAS.** AWARDS: Awards will be given directly to the athletes immediately following each event. WARM-UP AREA AND TENT SET UP: Warm-ups will be on the adjacent practice field. No warm-ups on the infield. Tents will be allowed anywhere in the stands and the adjacent warm-up field. Please do not set up tents on the infield.

FIELD EVENT PROTOCOLS:

SHOT PUT & DISCUS – All shots and discus must be inspected and certified prior to competition. No exceptions. Weigh in for implements begins at 8:00am near the athlete check in. For all throwers 3 attempts no finals.

LONG AND TRIPLE JUMP: 4 attempts no final.

POLE VAULT

We will have an elevated runway on the center of the field. The pit will open at 8:00 a.m. Varsity Girls will start at 9:00 a.m., followed by Varsity Boys, JV Girls and JV Boys. Starting heights for each division will be published four weeks prior to event.

Starting Heights

Varsity girls 7'1"
Varsity Boys 9'1"

JV Girls 5'1"
JV Boys 6'1"

CONCESSIONS:

We will have a full concession stand serving Tri Tip Sliders, Teriyaki Chicken bowls, Fruit cups, cheeseburgers, hot dogs and pizza plus much, much more! Please note – No outside food will be allowed to be brought into the stadium.

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2022 Thousand Oaks Invite Time Schedule

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

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20	Boys DMR	Open		
21	Girls 400	JV		
22	Boys 400	JV		
23	Girls 400	Var		
24	Boys 400	Var		
25	Girls 100	JV		
26	Boys 100	JV		
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"	JV		
32	Girls 300 H 30"	Var		
33	Boys 300 H 36"	JV		
34	Boys 300 H 36"	Var		
35	Girls 200	JV		
36	Boys 200	JV		
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	JV		
42	Boys 4 x 400	JV		
42	Girls 4 x 400	Var		
44	Boys 4 x 400	Var		

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45	Girls Long Jump	JV	9:00am	P1
46	Boys Long Jump	JV	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	JV	9:00am	P1
50	Boys High Jump	Var	9:00am	P2
51	Girls High Jump	JV	12:00	P1
52	Girls High Jump	Var	12:00	P2
53	Girls Pole Vault	Var	9:00am	
54	Boys Pole Vault	Var	Follow GV	
55	Girls Pole Vault	JV	Follow BV	
56	Boys Pole Vault	JV	Follow GJV	
57	Girls Discus	Var	9:00am	
58	Boys Discus	Var	Est 10:30am	
59	Girls Discus	JV	Est 1:00pm	
60	Boys Discus	JV	Est 2:30pm	
61	Girls Shot Put	JV	10:00am	P1
62	Boys Shot Put	JV	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	JV	Est 1:30pm	P1
66	Boys Triple Jump	JV	Est 1:30pm	P2
67	Girls Triple Jump	Var	Est 3:00pm	P1
68	Boys Triple Jump	Var	Est 3:00pm	P2