

ARROYO GRANDE ALL COMERS MEETS

PRESENTED BY:

**CENTRAL COAST
ATHLETICS FOUNDATION**

AG HIGH SCHOOL TRACK GATES OPEN AT 5PM

Mark your calendars and spread the word; 4 Tuesday nights starting June 11th at the AGHS Track. The 4th annual AG All Comers Track Meet Series. Whether you're a season athlete or just starting out, whether you're 3 years old or 99 years old, there is something for everyone at the All Comers Track Meet.

JUNE 11·18·25 & JULY 2ND

ALL AGES & SKILL LEVELS ARE WELCOME!!

\$5 TO PARTICIPATE · FREE TO SPECTATE

THANK YOU TO OUR SPONSORS



SCAN ME



WWW.CCATHLETICS.NET/ALLCOMERS

meet information on following page



2024 Arroyo Grande All Comers Information



Please be sure to check <http://www.ccathletics.net/allcomers> for any updated information

Dates: Tuesday evenings: June 11 - 18 - 25, and July 2

Facility: Don Hitchen Field, [Arroyo Grande HS](#), Arroyo Grande

Parking: Park in the Arroyo Grande HS parking lots off Fair Oaks Ave.

Registration: Registration is on-site and begins at 5:00pm. Cost is \$5.00 per athlete. Payment by credit card or cash.

Waivers: All participants must sign a Waiver of Liability, Assumption of Risk, and Indemnity Agreement. Parents must sign waivers for minors...no exceptions! Waivers will be available on-site. [Link to Waiver](#) if you wish to print out and bring it to the meet.

Age Divisions: Everyone from 3-99 years old is welcome to compete!

2nd grade and under, 3rd/4th, 5th/6th, 7/8th, high school and older

**We will combine age groups as needed depending on the size of the heats.

**We will make an effort to create event heats and flights based on age/ability.

Order of events: All events start at 5:30pm, and will be a 'rolling' schedule. Timing between events is solely dependent on the size of heats and flights. Three throws and jump attempts in horizontal jumps.

Track events:

3200m (*ages 10 and up*)

100m/110m hurdles (*42/39"men | 33"wm*)

40 yd MiniHurdles (*12"*) (*2nd grade and under*)

4x100m Relay (*3rd grade and up*)

(all teams must be organized before coming to check-in)

800m (*3rd grade and up*)

100m (*all ages*)

400m (*3rd grade and up*)

1600m (*3rd grade and up*)

Football 40yd Dash (*all ages*)

200m (*all ages*)

Field Events:

Long Jump (*men/boys + wm/girls open pits-all ages*)

High Jump (*3rd grade and up*)

Shot Put (*3rd grade and up*) *wm/girls first*

Pole Vault (*HS and older*)

Turbo Jav (*2nd grade and under*)

Discus (*12 and up | 11, 18 June and 2 July*)
men/boys first

Spike Length: Only 3/16 spikes are allowed and will be checked. Packets of 12 spikes will be for sale at the registration table for \$2.00.

Implements: You are encouraged to bring your own implements. We will have a limited supply on hand.

Changing Facilities: Locker rooms will not be available. You may change in the restrooms behind the concession stand.

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Concessions: A snack bar or food trucks will be available at all meets.

Results: Electronic timing will be used, with results available on www.ccathletics.net/allcomers 3-4 days after the event.

Timing is for 3rd grade and up races, (2nd grade and under will not be timed).

Medical: Please note that there will be no medical staff available. Participants are responsible for their own medical supplies. You are competing at your own risk.

Awards: 1-2-3 ribbons to each heat in the 2nd grade and under races. Ribbons are awarded at the finish line after each heat. No ribbons for field events or races in 3rd grade and older.

Further information: Heathowens84@gmail.com