

Pacific Coast Invitational
Saturday March 12th 2022
Hosted by Pacifica High School
At Bolsa Grande Stadium in Garden Grove

When: March 12th starts at 8:00 AM.

Where: Bolsa Grande High School with brand new 9 lane all-weather track.

Entries: Must be submitted online at Athletic.net by Tuesday March 8th at 11:59 PM. Add the meet to your athletic.net schedule so we know that you will be attending.

Entry Fees: \$10 per event, \$40 per relay team, \$250 max per gender. Entry fees must be paid by the time of check in. Please make checks payable to:

Pacifica Track Boosters
6851 Lampson Ave
Garden Grove, CA 92845

Divisions: Varsity and Freshman/Sophomore. Order of event will be F/S girls, F/S boys, Varsity girls, Varsity boys.

Heats: Will be sorted by seeded times from slowest to fastest. We do ask that coaches use accurate seed times to benefit ALL athletes.

Awards: Running Events: Medals to top 3 in every heat for F/S. Medals for top 5 per heat for Varsity athletes. Field Events: Medals for top 3 in each flight for F/S. Medals for top 5 in each flight for Varsity athletes.

Timing and Results: Fully automated timing. Results will be posted on Athletic.net and prepcaltrack.com.

Admission: \$5 per person

Contact: Head Track Coach Vinnie Lopez, VLopez1@ggusd.us and 714-663-6515.

Saturday Track and Field Invitational

Track:

F/S Girls 4X100
F/S Boys 4X100
VAR Girls 4x100
VAR Boys 4x100

F/S Girls 1600
F/S Boys 1600
VAR Girls 1600
VAR Boys 1600

F/S Girls 100H
VAR Girls 100H
F/S Boys 110H
VAR Boys 110H

F/S Girls 400
F/S Boys 400
VAR Girls 400
VAR boys 400

F/S Girls 100
F/S Boys 100
VAR Girls 100
VAR Boys 100

F/S Girls 800
F/S Boys 800
VAR Girls 800
VAR Boys 800

F/S Girls 300H
VAR Girls 300H
F/S Boys 300H
VAR Boys 300H

F/S Girls 200
F/S Boys 200
VAR Girls 200
VAR Boys 200

F/S Girls 3200
F/S Boys 3200
VAR Girls 3200
VAR Boys 3200

F/S Girls 4X400
F/S Boys 4X400
VAR Girls 4x400
VAR Boys 4x400

Long jump

Girls Varsity
Girls F/S
Boys Varsity
Boys F/S

Triple Jump

Boys Varsity
Boys F/S
Girls Varsity
Girls F/S

High jump

Girls F/S
Girls Varsity
Boys F/S
Boys Varsity

Discus

Girls Varsity
Boys Varsity
Girls F/S
Boys F/S

Shot Put

Boys Varsity
Girls Varsity
Boys F/S
Girls F/S

Field: