

SOUTH BAY CHAMPS

2023

Friday 4/14 and Saturday 4/15

West High

20401 Victor Street

Torrance, CA 90503

FRIDAY: Frosh Soph

Field 4:30

Running 5pm

SATURDAY:

Extra 1600's, All Throws and Pole Vault 10am

SATURDAY Varsity

Field 6:00pm

Running 6:30pm

ENTRIES WILL BE ON ATHLETIC.NET

General Info:

- 1600,100 meters and shot put- all athletes will make it into the meet
- Slower heats of 1600 will be run Saturday morning @ 10am
- All throwing events and pole vault held Saturday morning
- Team fees: \$150 per sex per division or \$600 for the two days
- Or \$10/event \$30 for relays
- Medals given to top 3 athletes in each flight/heat and top 5 for distance per heat
- Co-ed/Mixed 4X200 both nights
 - There will not be online entries. Entries will be done that evening

Order of Events:

Girls 3200

Girls 4X100

Boys 4X100

Boys 3200m

Boys 110H

Girls 100H

Girls 400m

Boys 400m Field Events:

Girls 100m Visitor Side Long Jump- Boys and Girls Open Pits

Boys 100m Home Side Triple Jump to Follow LJ

Girls 800m High Jump Girls (Boys to Follow)

Boys 800m

Girls 300H

Boys 300H

Girls 1600m

Co-ed 4X200m

Boys 1600m

Girls 4X400

Boys 4X400

Question or concerns please contact:

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