

2020 La Mirada All-comers Track Meets

**Dates: January 11th and February 8th
at La Mirada High School**

Time: 9:00am start time, gates open at 8:00am

**FAT- Finish Lynx Automatic Timing System
3/16" PYRAMID SPIKES ONLY (on sale at the meet)
All Ages Can Compete**

COST: \$5.00 unlimited entry for athletes, spectators, and coaches

Order of Events for January 11th

4x100 Relay
1600 meters
60m Hurdles
400 meters
60 meters
100 meters
800 meters
300m Hurdles
300 meters
200 meters
3200 meters
4x400 Relay

Field Events

Long Jump
Triple Jump
Pole Vault
High Jump
Shot Put
Discus

Order of Events for February 8th

4x100 Relay
1600 meters
100/110 Hurdles
400 meters
100 meters
800 meters
300 Hurdles
200 meters
3200 meters
4x400 Relay

Field Events

Long Jump
Triple Jump
Pole Vault
High Jump
Shot Put
Discus

PARKING: Free Parking is available in the stadium parking lot located on Foster Road

A Snack Bar will be open

La Mirada HS: 13520 Adelfa Drive, La Mirada, CA 90638

Contacts: Daren Estes (La Mirada), destes@nlmusd.k12.ca.us
Mando Padilla (Cal High), (562) 233-4725 armando.padilla@wuhdsd.org