

**2010 Skyline High School/CATC All-Comers Track & Field Meets**  
**Skyline High School**  
**12250 Skyline Blvd**  
**Oakland, CA**

Dates: January 9 & 30

Divisions: Youth, High School, Open & Masters

Track & Timing 8 lane all-weather track & Fully Automatic Timing (FAT)

Fee: \$5 for athletes (unlimited events) - \$3 for each athlete of groups of 10 or more from the same club or team (arriving together – must arrange prior to the day of the meet)

\$3 for spectators

*Note: 3/16 needle spikes required and will be checked at gate. Spikes will be sold for \$2 for a set of 12. USATF rules are in effect. Snacks and refreshments will be available. Free parking available on campus as well as the street. Meet will be conducted rain or shine.*

Gates open at 10:00 AM.

**Running Events Order (starts at 12:00 PM)**

400 meter relay  
1500 meter run  
60 meter high hurdles  
400 meter run  
800 meter run  
60 meter run  
3000 meter run  
200 meter run  
4x200 meter relay

This is a rolling schedule. Girls then boys then women then men compete in the running events.

**Field Events (starts at 11:00 AM)**

Discus open arena until 1:00 PM  
High Jump 11:00 AM – open height 4', 12:30 PM – open height 6', closed at 1:30 PM  
Long Jump open pit until 1:00 PM  
Shot Put open area until 1:00 PM  
Triple Jump open pit until 1:00 PM

For more information contact meet director Jamal Cooks at 510-708-0344 or email at [jamalcooks@aol.com](mailto:jamalcooks@aol.com)