



POWAY ALL COMERS COMMUNITY TRACK MEET

Hosted by: the Poway High Track and Field Team

Saturday, March 2, 2024

Start time 4:00pm

Poway High School

15500 Espola Rd.

Poway, CA 92064

Meet info:

- All ages and abilities welcome! \$5 per spectator donation at the door.
- Athletes will be placed by seed time, not age.
- Pre-meet registration on *athletic.net* due by **Thurs. Feb. 29th at Midnight**.
- \$10/event per athlete
- Meet day registration \$15/event and begins at 2:30pm (cash, check, or venmo)
- Timing and officials provided by USATF
- Runners from the Poway High T&F team will be there to mentor, warm up, guide, and cheer athletes on!
- Snack Bar will be open

To register:

- Go to www.athletic.net and search 3/2/24 "Poway All Comers Track Meet"
- Register for a parent account
- Add your athletes (kids)
- Register them in the events that they choose! If no seed time is given, they will be put with the slowest heats

Running Events start at 4pm

4:00 - 1500m

4:30 - 100m

5:00 - 400m

5:30 - 200m

Field Events start at 4 pm

Long Jump

Shot Put (Standing & Seated)

All proceeds from this event go to the Poway High School Track and Field Team
Contact: Rebecca Buswell (rebeccabuswell@hotmail.com)