



4rd Annual T.O. Invitational



2323 N. Moorpark Rd / Thousand Oaks, CA 91360

Thousand Oaks High School has a 9 lane All-Weather track

Date: Saturday, February 24th, 2018

Day Meet: Doors open to athletes at 7:00am (east side of stadium)

Coaches meeting at 7:45am (timing tent)

Gate opens to the public at 8:00 (south side of stadium)

Running events start at 8:15am

Field events start at 8:30am

Elite Meet: Top 8 marks from last year, plus winner of each event from the Day Meet.

Field Events start at 2:30pm

Running events start at 3:00pm

Buses: Athletes can be dropped off at the East Avenida De Las Flores Street entrance, but buses will park in the Baseball parking lot on the north side of the school.

General Admission: \$5.00

Team Entry Fee: Boys \$200 (covers both F/S & Varsity), Girls \$200 (covers both JV & Varsity)

Individual Entry Fee: \$20 per athlete or \$30 per relay team

Checks made payable to: Thousand Oaks High School Track & Field (or pay via website)

Spikes: 3/16 pyramid (spikes for sale, 12 for \$4)

Shot and Discus: will be digitally weighed & measured

Divisions: Frosh/Soph & Varsity Boys; JV & Varsity Girls.

Meet Information: www.toinvitaional.org

Entry Procedure: All entries register on www.episports.com

All marks can be used from last year's meets.

Entry Deadline: Monday, February 20th, 2018

Coaches will be allowed on the field only with issued wrist bands.

Awards: * Team Trophy for Boys Varsity and Girls Varsity

* MVP for Boys Varsity and Girls Varsity

* Backpack to each elite meet event winner

* Medals for top 3 individuals in each event

* Spike bag for every athlete

Events: 4x100m, 1600m, 800m Sprint Medley (100, 100, 200, 400), 100H, 110H, 4x100m shuttle hurdle relay (Varsity only), 4x110m shuttle hurdle relay (Varsity only), 400m, 100m, 800m, 300H, 200m, 4x100 throwers relay, 3200m, 4x400m, PV (HS), HJ, Discus, Shot Put, LJ, TJ

Concessions: Full snack bar with plenty of good food!

Meet Director: Coach Tracy Spencer - 818-231-4504 or t.spencer@sportsscholarshipsusa.com

Meet Coordinator: Tim Owens

Meet Supervisors: James Craft & Andrew Thompson

Times & marks accepted by Arcadia Invitational and Mt. SAC Relays