

First Annual - "Battle of the Ages"  
Pacific Association 2009 Summer All Comers Series

**Schedule of Events (in order)**

Starts: Pole Vault at 5:00 pm; All other events at 6:00 pm unless noted  
Registration starts at 4:30 pm

**Running Events:**

- \* Short Hurdles (80m, 100m/ 110m) – hurdlers maybe combined to save time
- 110m Int. Boys/Young Men/HS Boys/Master M30-M45, Junior Men\*
- 100m HS/Int. Girl/Young Women/Youth Boys/Masters W30-W35,M60-M65
- 100m Youth Girls
- 80m Midget Girls & Boys
- 80m Masters Women W50-W59, Master Men M70-M75
- 80m Master Women W40-W45
- \* 4x100m relay (bring your baton)
- \* 1500m
- \* 400m
- \* 50m
- \* 100m
- \* 800m
- \* 200m
- \* 3000m

**Field Events:**

- \* Pole Vault (5 pm.)
- \* Shot Put
- \* Turbo Javelin (300g / 600g) [In field]
- \* Long Jump (open pit)
- \* Triple Jump (open pit)
- \* High Jump (open)

Location:

Natomas High School, 3301 Fong Ranch Road, Sacramento, CA 95834

All weather 9 lane Mondo, Track and Field

Spikes: ¼ Pyramids or ¼ Christmas Trees

Meet Director: Efrem McCrimon @ 916-519-5337 or [efremmc1@comcast.net](mailto:efremmc1@comcast.net)

Meet Results and information

<http://stefonmc.best.vwh.net> (Results, Forms, waivers)

<http://news.youthrunner.com/event/battle-of-the-ages-series/>

<http://www.dyestat.com> & <http://www.dyestatcal.com>