



2025 Arroyo Grande All Comers Information



Please be sure to check <http://www.ccathletics.net/allcomers> for any updated information
(updated February 16)

Dates: Tuesday evenings: June 10, 17, 24, and July 1

Facility: Don Hitchen Stadium, [Arroyo Grande HS](#), Arroyo Grande

Parking: Park in the Arroyo Grande HS parking lots off Fair Oaks Ave.

Registration: Registration is on-site and begins at 5:00pm. Cost is \$5.00 per athlete. Spectators are free. Payment by credit card or cash.

Track event athletes should get one sticker for each running event you will participate in from the tables between the registration table and the Toyota tent.

NO STICKERS for 2nd grade and younger in any events, and no stickers for anyone for field events. Write your first and last name, circle your gender, and circle your group. Your grade will be the one you are entering into. HS and above are OPEN.

Put all stickers on your shirt. One will be taken for each running event at the clerk of the course. For distance events (3200, 800, and 1600), stickers will be taken as you finish.

Waivers: All participants must sign a Waiver of Liability, Assumption of Risk, and Indemnity Agreement. Parents must sign waivers for minors...no exceptions! Waivers will be available on-site. [Link to Waiver](#) if you wish to print out and bring it to the meet.

You only have to sign the waiver once during the All-Comers Series.

Age Divisions: Everyone from 3-99 years old is welcome to compete!

2nd grade and under, 3rd/4th, 5th/6th, 7/8th, high school and older

**Grade is determined by the grade you are going into this coming fall.

**We will combine age groups as needed depending on the size of the heats.

**We will make an effort to create event heats and flights based on age/ability.

Order of events: All events start at 5:30pm, and will be a 'rolling' schedule. Timing between events is solely dependent on the size of heats and flights. Field Events open at 5:00 for warm-ups. Three throws and jump attempts in horizontal jumps.

Track events:

3200m (7th grade and up)

100mH/110 H (42/39"men | 33"wm) 7th and above

40 yd Mini-Hurdles (12") (2nd grade and under)

4x100m Relay (3rd grade and up)

(all teams must be organized before coming to check-in)

Football 40 yd Dash (all ages)

800m (3rd grade and up)

100m (all ages)

400m (3rd grade and up)

1600m (5th grade and up)

200m (all ages)

Field Events:

Long Jump (men/boys + wm/girls at separate open pits- pits close at 6:30) - ALL AGES

High Jump (6th grade and up) opening bar 3.0')

Shot Put (5th grade and up) wm/girls first

Pole Vault (9th grade and up)

Turbo Jav (4th grade and under)

Discus (7th grade and up men/boys first

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Spike Length: Only 3/16 spikes are allowed and will be checked. Packets of 12 spikes will be for sale at the registration table for \$2.00.

Implements: You are encouraged to bring your own implements. We will have a limited supply on hand.

Changing Facilities: Locker rooms will not be available. You may change in the restrooms behind the concession stand.

Concessions: A snack bar will be available at all meets.

Results: Electronic timing will be used, with results available on www.ccathletics.net/allcomers 3-4 days after the event. Printed results will also be available on the results board-middle of the infield. Race timing is available for 3rd grade and above, (2nd grade and under will not be timed).

Medical: Please note that there will be no medical staff available. Participants are responsible for their own medical supplies. You are competing at your own risk.

Awards: 1-2-3 ribbons to each heat in the 2nd grade and under races. Ribbons are awarded at the finish line after each heat. No ribbons for field events or races in 3rd grade and older.

Further information: Heathowens84@gmail.com