

2nd Annual Palos Verdes Distance Day

Palos Verdes High School | 600 Cloyden Rd | Palos Verdes Estates| CA | 90274

Date – Friday, March 3rd, 2017

Time – Gates Open at 11:30am. Running events start at 1:00pm.

Admission – Adults and students \$5 | Children 5-13 \$3 | Competitors must be in uniform to enter for free

Parking – School parking lot entrance on Cloyden Rd or limited street parking. Follow all posted street parking signs. Ample parking on Paseo Del Mar.

Entry Fees - \$3 per race entered

Entry Procedure – Enter online at www.episports.com. Unlimited entries!

Awards – Medals to the top-5 finishers in each race

Concessions – Food and beverages will be available for purchase. T-shirts will also be for sale.

Events: Full time schedule to be published week of the meet. All events will be run Boys Frosh Soph, Girls, Boys varsity, and heats will go slowest to fastest.

Order of events as follows:

- 12:45pm – Open 1600m (for coaches, families, team members not cleared for competition) no results or medals
- 12:30pm – 3200m
800m
1600m
4x400m