



Los Gatos High School Track and Field

42nd CCS TOP 8 Classic

Time Schedule

4x100 (2 heats ea)	VG 5:00 VB 5:10	VB-PV 3:00 VB-DT 3:00
1600 (1 heat ea)	VG 5:15 VB 5:25	VB-LJ 3:45 VG-TJ 3:45
100H/110H (2 heats ea)	VG 5:35 VB 5:45	VG-PV 4:15 VG-SP 4:15
400 (2 heats ea)	VG 5:50 VB 6:05	VB-HJ 3:30
100 (2 heats ea)	VG 6:10 VB 6:20	VG-LJ 5:30 VG-DT 5:30
		LJ, TJ, SP, DT get 3 attempts with an additional 3 for finals.

800 (2 heats ea)	VG 6:30 VB 6:40	VB-TJ 5:30
300H (2 heats ea)	VG 6:50 VB 7:05	VB-SP 6:00
200 (2 heats ea)	VG 7:15 VB 7:25	VG-HJ 6:15
3200 (1 heat ea)	VG 7:30 VB 7:45	
4x400 (2 heats ea)	VG 8:00 VB 8:15	

Please feel free to email me with any questions and I will attempt to answer them.

Thanks Again

“Doc”

Danny Colton, MD, MPH

USATF Certified level 1/2

Head Coach, Track and Field

Los Gatos High School