



4th Annual Jerry Harwood Memorial Track Meet

Saturday February 17, 2024

@ Oxnard High School

10am Start

The purpose of this meet is to keep the track and field spirit alive- in the memory of longtime coach Jerry Harwood. All athletes will get marks in this early season meet! A portion of the proceeds will be donated to the Harwood Memorial Scholarship Fund.

Medals: Top 3 in each event will earn a custom medal per division/gender

Divisions: We will compete in F/S and Varsity divisions. (9/10th graders can run Varsity; 11/12th graders cannot be entered in F/S)

Entries: due by February 15th at 8pm on Athletic.net

<https://www.athletic.net/TrackAndField/meet/523174/register>

Fees: \$10 per athlete, \$200 max per entire team/ \$100 max per gender.

Pay online or mail checks to: Oxnard Track Attn: John Speed, 1000 Town Center Drive Ste 100, Oxnard, CA 93030

Timing: FAT Timing provided by Speed Timing. Questions, email john.speed@speedtiming.net

Live Results: speedtiming.net

3/16th pyramid spikes only.

Snack bar will be operating. Please remind athletes to bring cash.

Order of events: Girls F/S, Boys F/S, Girls Varsity, Boys Varsity
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4 x 100 Relay
1600 meter run
100 meter Intermediate Hurdles (Girls)
110 meter High Hurdles (Boys)
400 meter dash
100 meter dash
800 meter run
300 meter Low Hurdles (Girls)
300 meter Intermediate Hurdles (Boys)
SMR 200-200-400-800
200 meter dash
3200 meter run
4 x 400 meter relay

Long Jump: Open pit 10am-noon, followed by Triple Jump

High Jump: Girls 10am - Noon, Followed by Boys 12pm - 2pm

Shot Put: Boys Varsity 10am followed by F/S, followed by Girls Varsity then F/S

Discus: Girls Varsity 10am followed by F/S, followed by Boys Varsity then F/S

Varsity will get 4 attempts in the throws and horizontal jumps. F/S will get 3 attempts.

**Please direct any questions to miguel.campos@oxnardunion.org or
john.speed@johnspeed.net**