

Fastback Shootout

Saturday, September 3, 2016

@ Bonelli Park

hosted by Arroyo High School

Course: Because of imminent construction at Mt. SAC, we had to move the race to a different location this year. We are trying our best to keep the course as similar to the classic Fastback course as possible. So, the course will still be about 1.92 miles, and will still include two hills, this time twice traversing a hill roughly similar to Mt. SAC's Reservoir Hill, with an initial hill, a level portion, and then another shorter rise to the crest (315 yards in total). This 2-loop course begins with a wide grass start, traverses paved paths, a dirt trail over the hill, and a grass finish. From several shaded locations, you can view the start, the mile mark, and the finish line, making it an ideal course for coaches and spectators.

Registration/Timing: Register your athletes online through FinishedResults.com. They will provide chip timing.

Awards: The top 5 will win custom Fastback Sheriff badges, and runners 6-15 will win custom Fastback Deputy badges. Runners 16 – 60 will win custom Fastback Shootout bronze medals.

Entry Fee: \$150 for boys or girls squad; \$280 for both squads; \$10 per individual

Parking: Bonelli Park charges a parking fee of \$10.

Shirts and Snacks: Fastback T-Shirts and a Snack Bar will be available.

Make Check Payable To: Arroyo High School (BAPXC)

Mail To: Arroyo High School
4921 N. Cedar Ave.
El Monte, CA 91732
Attn: Bryon Hake

Race Schedule:

| | | | |
|---------|-----------------|---------|----------------|
| 7:20 am | junior girls | 8:40 am | freshman girls |
| 7:40 am | junior boys | 9:00 am | freshman boys |
| 8:00am | sophomore girls | 9:20am | senior girls |
| 8:20am | sophomore boys | 9:40 am | senior boys |

This is a great way to start the season. Your runners will get a chance to race on hills without running a full 3 miles. The medals are unique, popular, and generously-awarded. The meet will finish early, which avoids the heat and helps keep your athletes (and coaches!) well-rested in the early part of the season and school year.

Because of the switch to a new location, only the first 30 teams will be accepted. Teams that stay with us while we are at Bonelli Park will get guaranteed/preferred entry into Fastback when it switches back to Mt. SAC next year or the year after. Because of the reduced number of teams, we have reduced the number of heats to 1 per grade, but then increased the number of medals per race by 50%.

If you have any questions, contact Bryon Hake by email: bryon.hake@emuhsd.org
Day-of-meet contact by cell phone: 626-230-2983