

VENTURA COLLEGE TRACK AND FIELD TIME SCHEDULE

Cuesta/AHC/SBCC/MPC/SMC @ Ventura College
4/09/20110

<u>FIELD EVENTS</u>	<u>MEN</u>	<u>WOMEN</u>
HAMMER	1:00PM	2:30PM
JAVELIN	4:30PM	3:30PM
LONG JUMP	1:00PM (MW COMBINED) / 1 ½ HOUR TIME LIMIT	
SHOT PUT	2:30PM	1:00PM
POLE VAULT	3:00PM	1:30PM
HIGH JUMP	1:15PM	WOMEN FOLLOW MEN
DISCUS	3:30PM	4:30PM
TRIPLE JUMP	3:00 PM (MW COMBINED) / 1 1/2 HOUR TIME LIMIT	

RUNNING EVENTS

2:00 PM	4 X 100M WOMEN
2:05 PM	4 X 100M MEN
2:10 PM	1500M WOMEN
2:20 PM	1500M MEN
2:30 PM	100 M HURDLES WOMEN
2:40 PM	110 M HIGH HURDLES MEN
2:45 PM	400M WOMEN
2:55 PM	400M MEN
3:05 PM	100M WOMEN
3:15 PM	100M MEN
3:25 PM	800M WOMEN
3:35 PM	800M MEN
3:45 PM	400M HURDLES WOMEN
3:55 PM	400M HURDLES MEN
4:05 PM	200M WOMEN
4:15 PM	200M MEN
4:30 PM	3000M WOMEN
4:45 PM	3000M MEN
5:00 PM	4 X 400M WOMEN
5:05 PM	4 X 400M MEN

ALL HEATS WILL BE COMBINED FOR TEAM SCORING

Scoring:

Individual : 10 , 8, 6, 4, 2, 1
Relay : 10, 8, 6, 4, 2, 0

Team: 1st 6pts 2nd 5pts 3rd 4pts
4th 3 pts 5th 2 pts 6th 1 pt