

South Coast Conference Opener

Hosted by Mt. San Antonio College

Friday, February 12, 2010

Running Events

1:30	W Steeple
1:45	M Steeple
2:00	W 4 x 100
2:15	M 4 x 100
2:30	W 1500
2:40	M 1500
2:50	W 100H
3:10	M 110H
3:20	W 400
3:30	M 400
3:40	W 100
3:50	M 100
4:00	W 800
4:10	M 800
4:20	W 400H
4:30	M 400H
4:40	W 200
4:50	M 200
5:00	W 3000
5:15	M 3000
5:25	W 4 x 400
5:35	M 4 x 400

Field Events

11:00	Hammer (Men, then Women)
11:30	Javelin (Women, then Men)
1:00	W Pole Vault
1:30	W LJ (West Pit)
1:30	M LJ (East Pit)
1:30	M Shot (Main Ring)
1:30	W Discus (Main Field)
2:00	W High Jump
3:30	M Pole Vault
3:30	W Shot (Main Ring)
3:30	M Discus (Main Field)
3:30	W TJ (West Pit)
3:30	M TJ (East Pit)
4:00	M High Jump

Team Assignments:

<u>ALL:</u>	<u>Hurdles</u>
Cerritos:	MW Hammer
Compton:	Women's LJ (West Pit)
El Camino:	MW High Jump
ELAC:	MW Discus
LASW:	Women's TJ (West Pit)
LBCC:	MW Shot
Mt. SAC:	MW Javelin/PV/Steeple
Pasadena:	Men's TJ (East Pit)
Trade Tech:	Men's LJ (East Pit)

Entries/Entry Fees:

-All entries should be done on Direct Athletics by Tuesday, 2/9/10.

-Entry Fees will be determined at the conclusion of the meet. Cost of the event will be divided equally between the schools.

-Call us at (909)594-5611 Ext. 4840 with any questions.

Parking:

Clearly marked school vehicles and buses are free in lots R and S. All other private cars must pay the \$2 parking fee to avoid a citation.

Field Events:

All athletes will get 3 attempts. If they exceed a certain distance, they will earn a 4th attempt. If an attempt **DOES NOT** meet the minimum, it **WILL NOT** be measured. Please see the chart below for these standards:

<u>Event</u>	<u>Minimum</u>	<u>4th Attempt</u>
W Hammer	90'	110'
M Hammer	120'	150'
W Javelin	90'	110'
M Javelin	120'	150'
W Pole Vault	8'6" (Starting Height*)	N/A
M Pole Vault	13' (Starting Height*)	N/A
W Long Jump	15'	17'
M Long Jump	19'	21'
W Shot	27'	34'
M Shot	35'	44'
W Discus	90'	110'
M Discus	120'	150'
W High Jump	4'4" (Starting Height*)	N/A
M High Jump	5'10" (Starting Height*)	N/A
W Triple Jump	30'	34'
M Triple Jump	40'	44'

*Anyone wishing to start lower comes in at the conclusion of the main competition.