



2011 TRACK AND FIELD CHAMPIONSHIPS

HOSTED BY EAST LOS ANGELES COLLEGE

PRELIMINARIES - *TUESDAY, APRIL 26*
FINALS - *FRIDAY, APRIL 29*

HILMER LODGE STADIUM • MT. SAN ANTONIO COLLEGE • WALNUT, CA

Welcome To Historic

HILMER LODGE STADIUM

site of ...

- ◆ 20 Track and Field World Records ◆
- ◆ 2 US Olympic Track and Field Trials ◆
- ◆ World Famous Mt. SAC Relays ◆
- ◆ Hundreds of National Records ◆

WHERE THE
WORLD'S BEST ATHLETES
COMPETE

DID YOU KNOW

Hilmer Lodge Stadium was finished in 1948 for a cost of \$100,000. It was dedicated on October 8, 1948 by then California Congressman and future U.S. President, Richard M. Nixon.



50TH ANNIVERSARY OF THE GREATEST NIGHT IN TRACK AND FIELD

A night that may never be duplicated again in history... six world records!

By Earl Gustkey
Los Angeles Times - August 12, 1999

Whatever the 8,650 paid for their tickets at Mt. San Antonio College Stadium 39 years ago tonight, they got more than their money's worth.

The 1960 U.S. Olympic track and field team had scheduled a "conditioning meet" for Mt. SAC, a tune up before the team left for the Rome Olympics.

Some tune up. What ensued was a night of world record-breaking the likes of which no one had ever seen.

And the first record was the biggest one. Ralph Boston, a 21-year-old Tennessee A&I student, broke the oldest record on the books, Jesse Owens' long jump mark of 26 feet, 8 1/4 inches set at the 1935 Big Ten meet at Michigan.

Before his record leap of 26-11 1/4, Boston spiked himself in the leg, incurring a wound requiring three stitches.

Next, Kansas' Bill Nieder launched the shot put 65-10, bettering his own pending mark of 65-7.

Then a mile relay team of Eddie Southern, Earl Young, Otis Davis and Jack Yerman ran 3:05.6.

Two more Americans tied world records: sprinter Dave Sime with a 10.1-second 100 meters and Rink Babka with a 196-6 discus throw.

High jumper John Thomas broke the listed world high jump mark with a 7-2 leap, but he already had a 7-3 3/4 jump pending, from the U.S. team trials at Stanford earlier in the summer.

Boston cleared 26 feet on four of his six jumps, something no one--including Owens--had ever done. (*note: the first man to jump 28 feet plus on all six long jumps was Carl Lewis at the Mt. SAC Relays here in Hilmer Lodge Stadium*)



2011 SOUTH COAST CONFERENCE TRACK AND FIELD CHAMPIONSHIPS

Hilmer Lodge Stadium • Mt. San Antonio College • Walnut, CA

TIME	GEN	EVENT #	EVENT	TYPE	LOCATION
R U N N I N G E V E N T S					
4:00 pm	W	21	4X100M Relay	FINAL	Track
4:05 pm	M	22	4X100M Relay	FINAL	Track
4:10 pm	W	23	1,500M	FINAL	Track
4:20 pm	M	24	1,500M	FINAL	Track
4:30 pm	W	25	100M Hurdles	FINAL	Track
4:40 pm	M	26	110M Hurdles	FINAL	Track
4:50 pm	W	27	400M	FINAL	Track
4:55 pm	M	28	400M	FINAL	Track
5:05 pm	W	29	100M	FINAL	Track
5:10 pm	M	30	100M	FINAL	Track
5:15 pm	W	31	800M	FINAL	Track
5:20 pm	M	32	800M	FINAL	Track
5:30 pm	W	33	400M Hurdles	FINAL	Track
5:40 pm	M	34	400M Hurdles	FINAL	Track
5:50 pm	W	35	200M	FINAL	Track
5:55 pm	M	36	200M	FINAL	Track
6:05 pm	W	37	5,000M	FINAL	Track
6:30 pm	M	38	5,000M	FINAL	Track
7:00 pm	W	39	4X400M Relay	FINAL	Track
7:05 pm	M	40	4X400M Relay	FINAL	Track
F I E L D E V E N T S					
2:00 pm	W	3	Pole Vault	FINAL	Main
2:00 pm	W	15	Shot Put	FINAL	Shot Put Arena
2:00 pm	M	10	Discus	FINAL	Main
3:00 pm	W	1	High Jump	FINAL	D-Apron
4:00 pm	M	4	Pole Vault	FINAL	Main
4:00 pm	W	5	Long Jump	FINAL	West Pit
4:30 pm	M	16	Shot Put	FINAL	Shot Put Arena
4:30 pm	W	9	Discus	FINAL	Main
5:00 pm	M	2	High Jump	FINAL	D-Apron
5:30 pm	M	6	Long Jump	FINAL	East Pit

FINALS TIME SCHEDULE

FRIDAY, APRIL 29, 2011



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TIME	GEN	EVENT #	EVENT	TYPE	LOCATION
R U N N I N G E V E N T S					
1:00 pm	W	19	3000M Steeplechase	FINAL	Track
1:20 pm	M	20	3000M Steeplechase	FINAL	Track
1:50 pm	W	25	100M Hurdles	Prelim	Track
2:05 pm	M	26	110M Hurdles	Prelim	Track
2:20 pm	W	23	1,500M	Prelim	Track
2:35 pm	M	24	1,500M	Prelim	Track
2:50 pm	W	27	400M	Prelim	Track
3:00 pm	M	28	400M	Prelim	Track
3:10 pm	W	29	100M	Prelim	Track
3:25 pm	M	30	100M	Prelim	Track
3:40 pm	W	31	800M	Prelim	Track
4:00 pm	M	32	800M	Prelim	Track
4:25 pm	W	33	400M Hurdles	Prelim	Track
4:35 pm	M	34	400M Hurdles	Prelim	Track
4:50 pm	W	17	10,000M	FINAL	Track
5:30 pm	W	35	200M	Prelim	Track
5:45 pm	M	36	200M	Prelim	Track
6:00 pm	M	18	10,000M	FINAL	Track
F I E L D E V E N T S					
11:00 am	W	13	Javelin	FINAL	D-Apron
11:00 am	M	12	Hammer	FINAL	Lower Field
1:00 pm	W	11	Hammer	FINAL	Lower Field
1:00 pm	M	14	Javelin	FINAL	D-Apron
1:00 pm	W	5	Long Jump	Prelim	West Pit
1:00 pm	M	6	Long Jump	Prelim	East Pit
3:00 pm	W	15	Shot Put	Prelim	Shot Put Arena
3:00 pm	M	10	Discus	Prelim	Main
3:30 pm	W	7	Triple Jump	FINAL	West Pit
3:30 pm	M	8	Triple Jump	FINAL	East Pit
5:00 pm	W	9	Discus	Prelim	Main
5:00 pm	M	16	Shot Put	Prelim	Shot Put Arena

PRELIMS TIME SCHEDULE

T U E S D A Y , A P R I L 2 6 , 2 0 1 1



MEMBER COLLEGES

CERRITOS

COMPTON

EAST LOS ANGELES

EL CAMINO

LONG BEACH

LOS ANGELES CITY

LOS ANGELES HARBOR

LOS ANGELES SOUTHWEST

LOS ANGELES TRADE TECH

MT. SAC

PASADENA



PRELIM RESULTS



PRELIM HEAT SHEETS



FINALS HEAT SHEETS