

# ANTELOPE VALLEY COLLEGE SPRING OPEN TRACK AND FIELD MEET SAT. APRIL 2, 2011

Where: Antelope Valley College, 3041 W. Ave K, Lancaster, Ca

Entry Fee: \$5 per athlete per event. Relays are \$20 for each team. Please bring check with you to the meet. Do Not Mail. Make Check to AVC Track.

Who's in: All entries will be accepted

Entries must be done on Direct Athletics – Entries Close at 6:00 PM on Tuesday March 29, 2011.

Track: Mondotrack FTX is the surface for all running and jumping events. No spikes longer than 3/16 pyramids will be allowed. No needle spikes will be allowed. Spikes will be checked at check in and at the start of each event. Spikes will be for sale at the meet.

Javelin will be thrown off grass

No food or drink other than water of any kind will be allowed on the track or any event areas.

All warm ups must be done on the soccer fields west of the track.

Tents will be allowed on the finish line side of the track in the top row only and only on the sides of the press box. Any tents in the East stands must be in the top half of the stands. Tents can also be put on the grass area south of the track or on the soccer fields to the west of the stadium.

If you have any questions please contact Mark Covert – 661-722-6442 –  
mcovert@avc.edu

## Time Schedule

Saturday April 2, 2011

Javelin	W	9:00
Hammer	M	9:00
Hammer	W	11:00
Javelin	M	11:00
SP	W	11:00
Discus	W	1:00
SP	M	3:00
Discus	M	3:00
PV	M	10:00
HJ	M	10:00
LJ	M&W	10:00
HJ	W	12:00
PV	W	12:00
TJ	M&W	1:00
3000SC	W	10:00
3000SC	M	10:30
4x100	W	11:00
4x100	M	11:15
1500	W	11:30
1500	M	11:50
100H	W	12:10
110H	M	12:15
400	W	12:30
400	M	12:45
100	W	1:00
100	M	1:15
800	W	1:30
800	M	1:45
400H	W	2:05
400H	M	2:15
200	W	2:35
200	M	2:50
5000	W	3:05
5000	M	3:30
4x400	W	3:55
4x400	M	4:20