

Cerritos “All Comers” Meet

Cerritos College

February 12th, 2011

Meet Info:

East Side of Stadium will be closed

Meet open to high school, college and open athletes

Meet serves as a qualifier for the high school indoor meet in Fresno (February 26th)

Entry fee- \$5 for spectators and athletes, unlimited entries

Timing – Finish Lynx automatic timing

Spikes – ¼ inch pyramid spikes only, spikes will be checked.

No food or drinks allowed on the track, snack bar will be open.

Warm ups- will be on the infield.

Jumps – Long Jump (2 hours to get in 4 jumps)

Throws – 4 throws only.

Schedule of Events

Running Events

10:00am 55HH Women

55HH Men

55M Women

55M Men

1 Mile Women

1 Mile Men

4 x 200 Women

4 x 200 Men

550M Women

550M Men

800M Women

800M Men

2 Mile Women

2 Mile Men

4 x 400 Women

4 x 400 Men

4 x 800 Women

4 x 800 Men

Field Events

10:00am Pole Vault Men & Women

25lb Weight Throw Men

Long Jump (2 hour pit) Men & Women

Shot Put Women

11:30am High Jump Men and Women

12:00pm 20lb Weight Throw Women

Shot Put Men

Triple Jump (2 hour pit) Men & Women

Athletes will have 30 minutes after their event to pay the \$25 entry fee for the State Indoor High School Meet. The next athlete will be moved up into that spot after the 30 minute time limit has expired. You can pay at the entry gate, check or cash.

If you have any questions, you can email Coach Doug Wells at:

dwells@cerritos.edu