



FOOTHILL CONFERENCE PREVIEW

Friday, February 25, 2011

HOST: San Diego Mesa College

Entry Deadline: Tuesday, Feb. 22 @ 6 pm. All entries must be made through www.directathletics.com

Coaches Meeting: There will be a coaches meeting at 10:30 am at the finish line.

Facility: Mondo track surface for all running and jumping events, including javelin.

Spikes/Tape: Only 3/16" Pyramids are allowed. Only BLUE painters tape is allowed for relays and field event markings.

Clerk of Course: All athletes are required to check in at the clerk of the course 30 min. prior to the start of each race. All field event athletes must check in with the official at the event site.

Warm-up Area: Warm up will be located on the turf infield of the stadium. Baseball field is off limits due to a game. Only athletes competing are allowed on the infield. Coaches, non-competing athletes and spectators will not be permitted in areas of competition. No bags will be allowed on the infield. No food, gum or drinks other than WATER is permitted. No personal sound system, cell phone, etc. is permitted. Teams will be in the stands.

Trainer: The Mesa training staff will be on site. Please provide your own tape.

Results: Results will be available on www.directathletics.com and results will be posted on the board next to the restrooms.

Parking: Parking is available on the streets and parking structure.

See you all on the 25th!!

Questions or Concerns: Contact Renee Ross (619)368-6613, rross@sdccd.edu

SCHEDULE OF EVENTS

FIELD EVENTS: Please be advised. The schedule is subject to change based on entries. You will have a finalized throw schedule after entries close.

11:00 AM MEN'S DISCUS FOLLOWED BY WOMEN
1:00 PM MEN'S HAMMER FOLLOWED BY WOMEN
2:00 PM MEN'S JAVELIN FOLLOWED BY WOMEN
2:30 PM MEN'S SHOT PUT FOLLOWED BY WOMEN

****Discus located on INFIELD TURF.**

12 NOON WOMEN/MEN LJ 2 PITS
12 NOON WOMEN PV MEN FOLLOW
1:00 PM MEN'S HJ
2:30 PM WOMEN'S HJ
3:00 PM WOMEN/MEN TJ 2 PITS

RUNNING EVENTS:

1:00 4 X 200 RELAY (W)
1:10 4 X 200 RELAY (M)
1:20 W Distance Medley (1200-400-800-1600)
1:30 M Distance Medley (1200-400-800-1600)
1:40 100M Hurdles (W)
1:50 110M Hurdles (M)
2:00 400 (W)
2:10 400 (M)
2:30 W Sprint Medley Relay (200-200-400-800)
2:40 M Sprint Medley Relay (200-200-400-800)
2:50 400 Hurdles (W)
3:00 400 Hurdles (M)
3:10 200 (W)
3:25 200 (M)
3:40 3000m (W)
3:50 3000m (M)
4:00 4 x 400m Relay (W)
4:10 4 x 400m Relay (M)

