

Mt. SAC Season Opener

This meet is open to any eligible athlete within the Community College system. We will have electronic timing.

Entry Process

Submit your entries to Direct Athletics by Noon on Tuesday, February 8th. All entries received by the deadline will be accepted and placed into their desired event.

Late Entries

All late entries will be handled on race day.

Running Events: Late entries will be placed into races only if there are scratches or openings. We will not make new sections or alter the time schedule.

Field Events: Each field event will have a set maximum number of participants. However, if the number of "ON TIME" entrants exceeds that max., we will go over our set number. If we are below our maximum number on meet day, we will add late entrants until we reach the max. We will not go over the max ON meet day with LATE entries.

Costs

Please bring a check with you for \$125 on meet day. This cost is PER SCHOOL, the amount charged covers both the men's and women's programs. IF you run separate programs, please give us one check.

Discount

\$50 Entry Fee: If you bring a field event crew and run one of the field events. You will need a minimum of 1 staff member and 4 workers. YOU MUST LET US KNOW RIGHT AWAY IF YOU WANT TO TAKE ADVANTAGE OF THIS OPPORTUNITY. CALL THE NUMBER BELOW.

Questions

Please contact me at our office.

(909)274-4840 or specialevents@mtsac.edu

Sincerely,

Doug Todd
Mt. SAC

Field Event Schedule and Information

Long Jump

Open pit from 2:00pm until 3:30pm; 3 attempts

Minimum Mark for Measurement: Men 20' Women 15'

Triple Jump

Open pit from 4:00pm until 5:00pm; 3 attempts

Minimum Mark for Measurement: Men 41' Women 32'

High Jump

Men at 2:30pm, Women to follow

Starting Heights: Men 5'8" Women 4'6"

Pole Vault

Men at 2:00pm, Women to follow

Starting Heights: Men 13' Women 8'

Hammer*

Women and Men to throw together beginning at 12 Noon (all women will throw, then men will follow for each round) 3 attempts for each athlete

Minimum Mark for Measurement: Women 80' Men 100'

Javelin*

Women and Men to throw together beginning at 2:00pm (all women will throw, then men will follow for each round)

Minimum Mark for Measurement: Women 80' Men 100'

*We realize throwing the discus and the javelin at the same time is difficult if not impossible for anyone doing both. With our goal of putting on a good but quick early season meet, that doesn't force you to be here from noon to 7pm, there is just no way around this. You'll have to make a decision if you choose to come.

Shot

Men on the south ring and Women on the main field ring both begin at 3:30pm(3 attempts for each thrower)

Minimum Mark for Measurement: Women 28' Men 38'

Disc

Women and Men to throw together beginning at 2pm on the Lower Field (all women will throw, then men will follow for each round). 3 attempts each athlete, we will mark the throws and measure at the end.

Minimum Mark for Measurement: Women 85' Men 100'

Running Event Schedule and Information

February 11, 2011

Start Time: 2:00pm

End Time: Approximately 5:30pm

Women will run first, followed by the men.

3000m Steeple Chase

4 x 100m Relay (No Zone Relay)*

1500m

100 Hurdles

110 High Hurdles

400m

100m

800m

400 Hurdles

200m

3000m

4 x 400m Relay

- Clerk of Course: Located on the field at the start line under the white tent.
- Heat sheets: Posted on the event boards located next to the clerk of the course.
- Changes: If Runner A is being replaced by Runner B, simply report that change to the clerk of the course. Please do so as soon as you can.
- Hip Numbers: Runners will pick up their hip numbers at the Clerk of the Course. They check the "Heat Sheets" for Section # and Lane #, pick up their hip number and report to the starting line.
- Results: Will be announced and posted on the Event Boards as soon as we have them. Final results will be posted on Direct Athletics.

Coaches are allowed on the field at this early season meet.

*"No Zone" 4 x 100 Relay means that there will be no zone judges disqualifying your team for passing out of the zone or for passing before the zone. Because of the possibility of teams potentially earning qualifying marks we will have judges in place and they will alert meet management and the involved team if any zone infraction does occur. (Obviously that mark would not be able to be used as a qualifying mark). Zone infractions will not prevent a team from "winning" or placing at our event however. All teams that get the baton around the track with four bodies touching it will "finish" and get a mark in our results.