

# Southern California Community College Track and Field Championships

Prelims -Friday, May 6<sup>th</sup>, 2011 and Finals-Friday, May 13<sup>th</sup>, 2011

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

***All rules of the Southern California Community College Track and Field Coaches Association will be in effect.***

## Entry Fee

- **Entry fee is \$200 per team, per gender.** \$400 for both men's and women's team.
- Make check payable to "Mt. SAC Track Trust"
- Please have your check ready when you arrive
- **All So Cal Community Colleges must pay this fee regardless if you have an athlete(s) competing or not**

## Parking and Equipment Drop off

- School vans that have the school name on them and busses will be allowed to park for free. ALL OTHER VEHICLES will be charged to park (\$3, subject to change).
- ALL teams must enter through the front of the stadium (North End). No busses or vans will be allowed to drive down Bonita Road to the south entrance of the track. Please coordinate with your athletes to meet you and assist you.
- Vans with equipment will be allowed to drop off equipment at the front of the stadium, however they must return and park in the regular parking after dropping off equipment.

## Entry Process

- Packet pick up will take place at the Stadium Box Office located at the north entrance of Hilmer Lodge Stadium.
- Hours for pick up will be: Friday May 6<sup>th</sup> 8:00 am until 3:00 pm and Friday, May 13<sup>th</sup> 1:00 pm until 7:00 pm.
- All participants and coaches must be wearing a wristband for admission into the stadium. One wristband for each athlete competing and six (6) additional ones will be provided for your staff (coaches, managers, trainers). Any extra staff will have to purchase a ticket at the Stadium Box Office.
- Your entire packet will be given to the first coach from your team to arrive. That person will be responsible to distribute and coordinate your team's entry. We will not hold packets for individual distributions and we will not give anything out to an athlete without a coach.

## Prelim Field Events

- Each athlete will be given three (3) attempts.
- Events will start at the listed time. Event warm ups will close down 7 minutes prior to listed start time for final official instructions.
- **ALL FIELD EVENT COMPETITORS MUST CHECK IN PRIOR TO THE COMPLETION OF THE FIRST ATTEMPT OF THE COMPETITION REGARDLESS OF THE FLIGHT THEY ARE IN.**
- Athletes will be put into flights randomly.
- No coaches will be allowed on the field (except for meet management). You can move freely throughout the stadium.

## Running Events

- Everyone must check in at the Clerk of the Course located at the south/east end of the track.
- All runners must exit the track at the northeast end of the stadium.
- No warm-ups will be allowed on the track.
- Warm-up on the lower field or the grass field just south of the track.
- Athletes who run in the wrong lane or heat or who run with the wrong hip number will be disqualified. PLEASE know your heat and lane assignment.

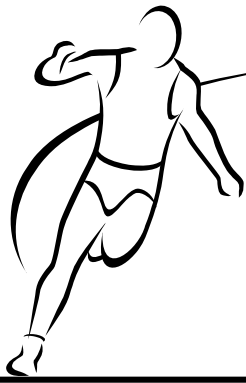
## Trainers

- Trainers will be on site.
- Bring your own tape and supplies if your athletes need treatment/preventative wraps.

## Reminders

- No earphones, cell phones, music players or electronic devices allowed at anytime.
- Water jugs can come empty and be filled up on the east side of the Field House (building 50G).
- Coaches will be allowed onto the track for the 10,000 meters. There will be a defined area for you. No more than two coaches on the track for each runner. NO ATHLETES on the track with you.
- NO NEEDLE SPIKES. Pyramid or Christmas Trees Only. We will have random checks at the Clerk of the Course and on the field.
- Hard copy of the results will be posted near the Clerk of the Course. Results will be posted on-line at [www.gocollegetrack.com](http://www.gocollegetrack.com) at the conclusion of the event.

Updated April 25, 2011 @ 10:45 am



# 2011 SOUTHERN CALIFORNIA COMMUNITY COLLEGE TRACK AND FIELD CHAMPIONSHIPS

MT. SAN ANTONIO COLLEGE • WALNUT, CALIFORNIA

## PRELIMINARIES TIME SCHEDULE

FRIDAY • MAY 6, 2011

Please check the Mt. SAC Special Events Website for additional information  
<http://events.mtsac.edu>

### RUNNING EVENTS

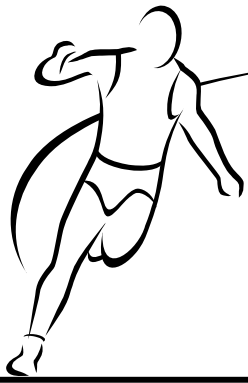
TIME	GEN	EVENT	HEATS	NOTES
11:00 am	W	3,000M Steeplechase	2	
11:40 am	M	3,000M Steeplechase	2	
12:10 pm	W	4X100M Relay	3	
12:25 pm	M	4X100M Relay	3	
12:40 pm	W	1500M	2	
12:55 pm	M	1500M	2	
1:10 pm	W	100M Hurdles	3	
1:25 pm	M	110M Hurdles	3	
1:45 pm	W	400M	3	
2:00 pm	M	400M	3	
2:15 pm	W	100M	3	
2:30 pm	M	100M	3	
2:45 pm	W	800M	3	
3:00 pm	M	800M	3	
3:20 pm	W	400M Hurdles	3	
3:35 pm	M	400M Hurdles	3	
3:50 pm	W	200M	3	
4:05 pm	M	200M	3	
4:20 pm	W	10,000M	1	Final
5:20 pm	W	4X400M Relay	3	
5:50 pm	M	4X400M Relay	3	
6:20 pm	M	10,000M	1	Final

### FIELD EVENTS

TIME	GEN	EVENT	FLIGHT	LOCATION
10:00 am	M	Hammer	3	Lower Field
10:00 am	W	Javelin	3	Main
10:00 am	M	High Jump		East Pit
10:00 am	W	Long Jump	3	West Pit
11:00 am	W	Pole Vault		Main
12:00 pm	W	Hammer	3	Lower Field
12:00 pm	M	Javelin	3	Main
1:00 pm	M	Long Jump	3	East Pit
1:00 pm	W	High Jump	3	East Pit
2:00 pm	W	Discus	3	Main
1:00 pm	W	High Jump	3	East Pit
2:00 pm	M	Pole Vault		Main
2:00 pm	M	Shot Put	3	Main
4:00 pm	M	Triple Jump	3	East Pit
4:00 pm	W	Triple Jump	3	West Pit
4:00 pm	M	Discus	3	Main
4:00 pm	W	Shot Put	3	Main

#### **IMPLEMENT WEIGH IN**

To be held throughout the day.  
Implements must be weighed in  
45 minutes prior to competition start time.



# 2011 SOUTHERN CALIFORNIA COMMUNITY COLLEGE TRACK AND FIELD CHAMPIONSHIPS

MT. SAN ANTONIO COLLEGE • WALNUT, CALIFORNIA

## FINALS TIME SCHEDULE

FRIDAY • MAY 13, 2011

Please check the Mt. SAC Special Events Website for additional information  
<http://events.mtsac.edu>

### RUNNING EVENTS

TIME	GEN	EVENT	NOTES
5:00 pm	W	3,000M Steeplechase	
5:20 pm	M	3,000M Steeplechase	
5:35 pm	W	4X100M Relay	
5:40 pm	M	4X100M Relay	
5:45 pm	W	1500M	
5:55 pm	M	1500M	
6:05 pm	W	100M Hurdles	
6:15 pm	M	110M Hurdles	
6:25 pm	W	400M	
6:30 pm	M	400M	
6:40 pm	W	100M	
6:45 pm	M	100M	
6:55 pm	W	800M	
7:00 pm	M	800M	
7:10 pm	W	400M Hurdles	
7:20 pm	M	400M Hurdles	
7:30 pm	W	200M	
7:35 pm	M	200M	
7:45 pm	W	5,000M	
8:15 pm	M	5,000M	
8:40 pm	W	4X400M Relay	
8:45 pm	M	4X400M Relay	

### FIELD EVENTS

TIME	GEN	EVENT	LOCATION
3:00 pm	M	Hammer	Lower Field
3:00 pm	W	Javelin	Main
4:00 pm	M	Long Jump	East Pit
4:00 pm	W	Long Jump	West Pit
4:00 pm	M	High Jump	East Pit
4:00 pm	W	Pole Vault	Main
4:30 pm	W	Hammer	Lower Field
4:30 pm	M	Javelin	Main
5:30 pm	M	Shot Put	Main
5:30 pm	M	Triple Jump	East Pit
5:30 pm	W	Triple Jump	West Pit
6:00 pm	W	Discus	Main
6:00 pm	W	High Jump	East Pit
6:00 pm	M	Pole Vault	Main
7:00 pm	W	Shot Put	Main
7:30 pm	M	Discus	Main

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