

Southern California Community College Heptathlon/Decathlon Championships 2011

Hosted by: Antelope Valley College April 12-13, 2011

Entry Fees: \$60 per athlete – entries will be done on Direct Athletics

Make Check payable to AVC Track Hep/Dec

Entries Deadline– Sunday April 10, 2011 @ 5:00 PM

There will be no late Entries

All entry fees are due when you pick up our packets. Since this is post season competition you will not be given your packet without having paid your entry fee.

Implement Weigh Ins will be from 8:00 AM until 9:45 AM both days. Implements will be impounded.

Day 1 Decathlon 10:00 AM

Day 2 Decathlon 10:00 AM

Day 1 Heptathlon 10:30 AM

Day 2 Heptathlon 11:00 AM

Host Hotel – The Palmdale Hotel 661-273-1200 – double 1-4 people \$89 – king 1-2 people \$79 – includes breakfast for each person in each room. 10 minutes for the track.

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