

VENTURA COLLEGE TRACK AND FIELD TIME SCHEDULE

VENTURA / SMCC / MOORPARK / COC / CUESTA / AHC @ Ventura College
4/1/11

| <u>FIELD EVENTS</u> | <u>MEN</u> | <u>WOMEN</u> |
|---------------------|-----------------------|-----------------------|
| HAMMER | 1:00PM | 2:30PM |
| JAVELIN | 4:30PM | 3:30PM |
| LONG JUMP | 1:00PM (M/W COMBINED) | 1 ½ HOUR LIMIT |
| SHOT PUT | 2:30PM | 1:00PM |
| POLE VAULT | 3:00PM | 1:30PM |
| HIGH JUMP | 1:15PM | WOMEN FOLLOW MEN |
| DISCUS | 3:30PM | 4:30PM |
| TRIPLE JUMP | 3:00PM (M/W COMBINED) | 1 1/2 HOUR TIME LIMIT |

RUNNING EVENTS

| | |
|---------|------------------------|
| 2:00 PM | 4 X 100M WOMEN |
| 2:05 PM | 4 X 100M MEN |
| 2:10 PM | 1500M WOMEN |
| 2:20 PM | 1500M MEN |
| 2:30 PM | 100 M HURDLES WOMEN |
| 2:40 PM | 110 M HIGH HURDLES MEN |
| 2:45 PM | 400M WOMEN |
| 2:55 PM | 400M MEN |
| 3:05 PM | 100M WOMEN |
| 3:15 PM | 100M MEN |
| 3:25 PM | 800M WOMEN |
| 3:35 PM | 800M MEN |
| 3:45 PM | 400M HURDLES WOMEN |
| 3:55 PM | 400M HURDLES MEN |
| 4:05 PM | 200M WOMEN |
| 4:15 PM | 200M MEN |
| 4:30 PM | 3000M WOMEN |
| 4:45 PM | 3000M MEN |
| 5:00 PM | 4 X 400M WOMEN |
| 5:05 PM | 4 X 400M MEN |

ALL HEATS WILL BE COMBINED FOR TEAM SCORING

Scoring:

Individual: 10, 8, 6, 4, 2, 1

Relay: 10, 8, 6, 4, 2, 0

Team: 1st 6pts 2nd 5pts 3rd 4pts
 4th 3pts 5th 2pts 6th 1pt

