



VENTURA COLLEGE

**WESTERN STATE CONFERENCE: INLAND
FRIDAY, APRIL 1, 2011
HOSTED BY: VENTURA COLLEGE**

- Entries:** Entries must be made through directathletics.com
- Participating Schools:** VENTURA/SMCC/MOORPARK/CANYONS/CUESTA/AHC
- Deadline:** Tuesday, March 29, 2011 @ 6pm. Scratches can be made prior to the start of the meet.
- Entry Fee:** \$100 per gender, \$200 per school.
Make checks payable to **Ventura College Track and Field**. Bring check to the meet. Receipts will be provided at the meet.
- Clerk of the Course:**
All events will be seeded prior to the start of the competition. All athletes are required to check in at the clerk of the course prior to the start of each race.
- Trainer:**
The Ventura College training staff will be on site. Please provide your own medical supplies and tape.
- Warm-up Area:**
The warm up area is located on the turf within the stadium or the grass throwing field outside the stadium.
- Results:**
Results will be available on www.directathletics.com and each school will be issued a complete set of results at the conclusion of the meet.
- Parking:**
Parking is available below the tennis courts or in the West lot off of Loma Vista road.
- Spikes:**
Only 3/16" or ¼" needles/pyramids will be allowed on track.

Relays:

For relays we will not use lane #1. Any "B" teams will be assigned outside lanes. "B" teams will not score.

Throws/Jumps:

All throwers and jumpers will get four attempts. Javelin approach is grass and long spikes are recommended. There will be an open pit for Long Jump and Triple Jump with a one hour 30 minute time limit.

Hip Numbers:

Hip numbers may be used in some races to help with the finish line. The hip number will coincide with the lane assigned.

Coaches meeting:

There will be a coaches meeting at 12:45.

In case of inclement weather or transportation problems, please call before 11 am (310) 488-8534

GOOD LUCK!!!!

Additional Information:

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