

WESTERN STATE CONFERENCE RELAYS
FRIDAY FEB 25, 2011
HOST: VENTURA COLLEGE

MEET/TECHNICAL INFORMATION

1. **Entry Deadline: Tuesday, Feb 22 @ 5pm**
*Enter on Direct Athletics
2. **Entry Fees:** \$65 per gender or \$130 per school
*Make check payable to **Ventura College Track and Field**
3. Coaches meeting at 10:30am
4. Coaches, non-competing athletes and spectators will not be permitted in areas of competition.
5. Athletes must check in with official at the event. Track athletes must check in with the Clerk of the Course prior to the start of competition.
6. Warm up areas are located on the grass fields outside the stadium. On west end across the street toward the baseball/softball fields. Athletes will be held at the gate and allowed on track only prior to race.
7. No personal sound systems, cell phones, etc. permitted in areas of competition.
8. 3/16" or 1/4" needles spikes only permitted on track
9. Athletic trainer will be on site located on east end of stadium. Please provide your own tape.
10. Javelin will be thrown on grass field

ASSIGNED EVENTS:

Javelin—Cuesta
Hammer—Hancock
Pole Vault—West LA
Long Jump—Bakersfield/Santa Monica
High Jump—Moorpark
Shot Put—Citrus
Discus—Santa Barbara
Triple Jump—LA Valley/ Canyons
Hurdles—Glendale