WESTERN STATE CONFERENCE RELAYS

FRIDAY, FEBRUARY 25, 2011

VENTURA COLLEGE

FIELD EVENTS

11:00	Women's Javelin (3 throws)	
11:00	Men's Hammer (3 Throws)	
11:00	Men's Pole Vault	
11:30	Women's Long Jump (3 jumps)	1 ½ hour open pit
1:00	Men's Long Jump (3 jumps)	1 ½ hour open pit
1:30	Women's Pole Vault	
1:00	Men's Javelin (3 throws)	
1:00	Women's Hammer (3 Throws)	
1:30	Women's High Jump	
2:30	Men's Discus (3 Throws)	
2:45	Women's Shotput (3 throws)	2 rings
2:30	Men's High Jump	
2:30	Men's Triple Jump (3 jumps)	
2:30	Women's triple Jump (3 jumps)	
4:00	Women's Discus (3 Throws)	
3:30	Men's Shotput (3 Throws)	2 rings

RUNNING EVENTS

1:00	4 X 100 RELAY (W)
1:15	4 X 100 RELAY (M)
1:30	W Distance Medley (1200-400-800-1600)
1:45	M Distance Medley (1200-400-800-1600)
2:00	100m Hurdles (W)
2:15	110M Hurdles (M)
2:35	1600m Sprint Medley Relay (2-2-4-8) (W)
2:43	1600m Sprint Medley Relay (2-2-4-8) (M)
2:52	800m Sprint Medley Relay (1-1-2-4) (W)
2:58	800m Sprint Medley Relay (1-1-2-4) (M)
3:06	4 x 800m Relay (W)
3:20	4 x 800m Relay (M)
3:32	400m Hurdles (W)
3:40	400m Hurdles (M)
3:50	4 x 200m Relay (W)
4:00	4 x 200m Relay (M)
4:10	3000m (W)
4:25	3000m (M)
4:40	4 x 400m Relay (W)
4:45	4 x 400m Relay (M)