

**WESTERN STATE CONFERENCE  
INLAND TRACK MEET  
APRIL 1, 2011**

**FIELD EVENT – START 1:00 PM**

**RUNNING EVENTS – START 2:00 PM**

**Participating Schools:** Citrus, Glendale, Bakersfield, Santa Barbara, West Los Angeles and Los Angeles Valley College

**Entries:** Entries must be made at [directathletics.com](http://directathletics.com) by Tuesday, March 29, 2011 by 6 pm.

**Entry Fee:** \$100 per gender; \$200 per school  
Make checks payable to:  
**Los Angeles Valley College Spirit Club – mail to:**  
Los Angeles Valley College  
5800 Fulton Ave.  
Valley Glen, CA 91401  
Atten: Diedra Stark, Athletic Director

**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 the race.

**Coaches Meeting:**

There will be a coaches meeting at 12:30 pm by the finish line.

**Trainer:**

The Valley College training staff will be on site. Please provide your own medical supplies and tape. The training station will be set up by the hammer throw area.

**Dressing Facilities and Restroom:**

Restrooms are located near the visiting entrance to the stadium and the home side behind the bleachers. Lockers are available at the gymnasium.

**Results:**

Results will be available on [www.directathletics.com](http://www.directathletics.com) following the conclusion of the meet. Each school will be issued a complete set of results following the conclusion of the meet.

**Spikes:**

3/16" pyramid spikes only. **"NO EXEPTION"**  
Bags of spikes will be available at \$10.00 per (100)

**Adds and Scratches:**

Adds and Scratches for running events must be submitted to the timers table by 1:30 pm.

**Helpers:**

Any helpers you can provide to facilitate with the meet will be appreciated.  
(2 people/ per school)

**Field Events:**

Long jump and triple jumps will be an open pit. Men & women will compete together for 1 ½ hours for each event. Four attempts will be allowed for each athlete in all field events. The javelin will be contested on a grass runway. Bring the appropriate length spikes.

**Technical Information**

- Lanes will be assigned by conference code. Each College will be assigned a lane position for each track event. In the lane races additional heats may be run.
- All entries are final at the start of the first race.
- Lane #1 will not be used for relays. "B" teams will be assigned outside lanes and will not score.
- Hip numbers may be used in some races to help at the finish line, the number will coincide with with the lane assigned.
- The shot, discus and hammer approach are brushed concrete. The NCAA honest effort rule is not used at this meet, so scratches may be made at any time during the meet.

**Parking:**

Parking is available in LOT E, just west of the main entrance to the stadium.

**Clean Up:**

Trash bags will be provided for each team. Please clean up your own area.

**Concessions:**

Concessions will be available for purchase for participants, coaches and spectators.

\*You can view our track facility online at [www.lavc.edu](http://www.lavc.edu) click on athletics; click on Monarch Stadium.

If you need further assistance, please contact the following:

**Yannick Allain, Women's Head Coach**

(818) 947-2891 – office  
(310) 439-1648 – cell phone

**Francois Wolman, Men's Head Coach**

(818) 947-2890 – office  
(818) 269-0819 – cell phone

**Diedra Stark, Athletic Director**

(818) 947-2508 – office

**LOS ANGELES VALLEY COLLEGE  
TRACK AND FIELD**

6 way meet: Bakersfield College, Citrus College, Glendale College, Santa Barbara City College,  
West Los Angeles @ Los Angeles Valley College on April 1, 2011

**ENTRY LISTS:**

<u>FIELD EVENTS</u>	<u>MEN</u>	<u>WOMEN</u>
JAVELIN	2:00 pm	1:00 pm
LONG JUMP (combined)	1:00 pm 1.5 hour limit (same pit)	
DISCUS	1:00 pm	3:30 pm
POLE VAULT	2:30 pm	1:00 pm
HIGH JUMP	2:30 pm	Follow Men
SHOT PUT	2:30pm	4:30 pm
HAMMER	4:30 pm	2:30 pm
TRIPLE JUMP (combined)	3:45 pm 1.5 hour limit (same pit)	

\*Athletes will be given 6 jumps/throws (granted athlete receives a legal mark by his/her 3<sup>rd</sup> attempt).

**RUNNING EVENTS**

2:00 PM	4 X 100M RELAY	WOMEN
2:05 PM	4 X 100M RELAY	MEN
2:10 PM	1500M	WOMEN
2:20 PM	1500M	MEN
2:30 PM	100M HH	WOMEN
2:40 PM	110M HH	MEN
2:50 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 LH	WOMEN
3:55 PM	400M I H	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 RELAY	WOMEN
5:05 PM	4 X 400M RELAY	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:** 1<sup>st</sup> 6pts; 2<sup>nd</sup> 5pts; 3<sup>rd</sup> 4 pts.  
4<sup>th</sup> 3 pts; 5<sup>th</sup> 2 pts; 6<sup>th</sup> 1 pt