

March 18, 2011  
Canyons- Citrus-Glendale-Santa Monica-Ventura-West LA @ Canyons  
Technical Information for WSC Mini Meet #1

1. On the runways and track, needle spikes longer than ¼ inch will not be permitted.
2. Entry fees: \$200 per school or \$100 per gender. Make checks payable to College of the Canyons Track and Field.
3. Entries will be made on direct athletics.com and are due by 5:00pm on Tuesday March 15.
4. Lanes will be assigned by conference code. Each college will be assigned a lane position for each track event and most field events.
5. In the lane races additional heats may be run. All places will be determined on time basis. Best athletes in Heat #1, so please enter times and marks for your athletes. There will be two athletes per school in heat #1.
6. All entries are final at the start of the first race.
7. For relays we will not use lane #1. Any “B” teams will be assigned outside lanes. “B” relay teams will not score.
8. We expect to have large number of competitors in all the field events. All throwers and jumpers will get four attempts.
9. Hip numbers may be used in some races to help with the finish line. The hip number will coincide with the lane assigned.
10. The javelin approach is grass and long spikes are recommended.
11. The shot and discus approach are brushed concrete.
12. The NCAA honest effort rule is not used at this meet, so scratches may be made at any time during the meet.
13. There will be a coaches meeting at 1:30 pm.

In case of inclement weather or transportation problems please call the office before 10 am (661) 259-7800 x3205.

Lindie Kane Cell # 661-755-8162

College of the Canyons  
Mini Meet Time Schedule

## Field Events

2:00 Javelin men  
2:00 Discus women  
2:00 Pole Vault women  
2:00- 3:30 Long Jump men and women  
2:15 High Jump women  
3:15 High Jump men  
3:15 Pole Vault men  
3:30 Javelin women  
3:30 Discus men  
3:45-5:15 Triple Jump men and women  
4:30 Shot Put women  
5:15 shot Put men

## Track Events

3:00 4 x 100 women  
3:05 4 x 100 men  
3:10 1500 women  
3:20 1500 men  
3:30 100 hurdles women  
3:40 110 high hurdles men  
3:50 400 women  
3:55 400 men  
4:05 100 women  
4:10 100 men  
4:20 800 women  
4:25 800 men  
4:35 400 hurdles women  
4:45 400 hurdles men  
4:55 200 women  
5:00 200 men  
5:15 3000 women  
5:35 3000 men  
5:50 4 x 400 women  
6:00 4 x 400 men