

**BC Relays**  
**Hosted by**  
**Bakersfield College**  
**March 12, 2010**

**Entries:** All entries must be done through Direct Athletics. Their website is [www.directathletics.com](http://www.directathletics.com). All schools should have a password and a user name. If you do not have this password contact Mark Covert. The deadline for entering is Wednesday, March 9 at 5 pm.

**Entry Marks:** Coaches please enter realistic time or mark for your athlete. We know it is early in the year, but you need to put in what you think is an honest mark or time for seeding purposes. We will seed from fast to slow. If you do not put in a mark or time, you will be seeded into the slower section. An addition will only be made if lanes are available, otherwise there will be no adds. Please do not ask to run other athlete under someone else's name. Entry fees for late entries are \$5.00 per event per athlete.

**Payment of Entries:** In order to put in for your entry checks from your school early, hit the button that says click here to receive an e-mail copy of your entries. You can do this early and still change entries up to the deadline date. Entry fees are \$100.00 per gender per school. All entries will be accepted. Enter those athletes whom you intend to compete. There will be no refunds or scratches. Entry fees must be paid at the gate prior to entering the stadium. This meet will run rain or shine. Please make checks payable to Bakersfield College Track and Field. It is best to hand carry your checks, but they may also be mailed to

Dave Frickel  
Track and Field  
Bakersfield College  
1801 Panorama Drive  
Bakersfield, California 93305

**Results:** All results will be done on Hytek. These results will be uploaded to directathletics and will automatically go to the Best Marks list. You do not need to enter your results to the list.

## Technical Information

**Horizontal Jumps and Throws:** All competitors will receive three attempts. The top 6 will advance to the finals for three additional attempts. All competitors will need to report when the event is first called and based on the number of competitors that check in they will be assigned a flight.

**Throwing Areas:** Shot, Discus, and Hammer rings are brushed concrete. Both javelins will be thrown off the grass and long spikes are recommended.

**Horizontal Jumps:** The runways are tartan and ¼ inch spikes are recommended longer spikes will not be allowed and the competitor will be immediately disqualified.

**Stadium Entry:** Athletes and teams should enter from the west Side of the stadium. There is a gate right next to the parking lot that you can enter through. Spectators should enter through the South side upper level. Spectator cost will be \$5 for adults and \$3 for students and children. Programs will be on sale for \$2.

**Time Schedule:** Time schedule may be adjusted due to entries. Check [gocollegetrack.com](http://gocollegetrack.com) for updated schedule information. Remind athletes they must check in at the required times for the 100 and 200 or they will be scratched from that event. If we get ahead of the time schedule we will stay ahead. Athletes must check in with the clerk of the course to get hip numbers before the 2<sup>nd</sup> call for an event.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> medals will be given to the top three overall in each event. They may be picked up after the final results are announced.

**Team Score:** We will keep team scores based on overall places 1-8 (10-8-6-4-3-2-1).