

Cerritos “All Comers” Meet

Cerritos College

February 5, 2011

Meet info:

Meet open to high school, college and open athletes

Entry fee – \$5 for spectators and athletes, unlimited entries

Timing – Finish Lynx automatic timing

Spikes – ¼ inch pyramid spikes only, spikes will be checked.

No food or drinks allowed on the track, snack bar will be open.

Warm ups – will be on the infield

Jumps – long jump, triple jump (1 ½ hours to get in 4 jumps)

Throws - 4 throws only

Schedule of events

Running Events

10:00	4 x 100	Women
	4 x 100	Men
	1500	Women
	1500	Men
	55HH	Women
	55HH	Men
	55M	Women
	55M	Men
	600M	Women
	600M	Men
	300M	Women
	300M	Men

	3000	Women
	3000	Men
	4x400	Women
	4x400	Men

Field Events

10:00 am	Pole Vault	Men and Woman
	Weight Throw	Men
	Long Jump (1 ½ hour pit)	Men and Woman
	Shot Put	Woman
11:00 am	High Jump	Men and Woman
11:30 am	Weight Throw	Woman
	Shot Put	Men
	Triple Jump (1 ½ hour pit)	Men and Woman
1:00 pm	Hammer	Men and Woman

If you have any questions, you can email Coach Doug Wells at: Dwells@cerritos.edu