

WSC Conference Meet

Hosted by Santa Monica College and Bakersfield College

Preliminaries – Thursday, April 21 at Santa Monica College

Finals – Friday, April 29 at Bakersfield College

Entry Fees – \$400.00 make checks payable to Santa Monica College Track and Field

Entry Deadline – Monday, April 18 noon

Tickets – Adults \$5.00

Students, seniors and 5-18 \$3.00

Under 5 free

Performance lists will be posted by Tuesday noon. You will have until noon on Wednesday prior to prelims and finals to make scratches. Each school will have the opportunity for two adds. Only marks on directathletics will count. NT or NM will not be accepted except in the case of the Steeplechase, 5,000m and 10,000m. In those races the athlete must have run a 3,000 to be eligible. Please e-mail Eric Barron, Pam Kelley and Nancy Fredrickson all scratches.

Technical Information

1. Coaches and non-competing athletes and spectators shall not be permitted on the field of play or in the grass area under the scoreboard. Coaches on the field may result in disqualification of athletes. Altering of the facilities will result in disqualification of athletes.
2. No personal sound systems, cell phones, etc. are permitted in areas of competition. In addition no boom boxes will be allowed. Infractions may lead to disqualifications.
3. The warm up area is adjacent to the track. Warm ups are not permitted inside the stadium.
4. All competitors in the pole vault and long jump may not enter the field of competition until the javelin is completed.
5. All competitors in the field events will receive three attempts. At that point, the top eight athletes will receive three more attempts.
6. The COA decorum policy is in effect as well as the NCAA (page 52).

7. For Preliminaries: Implements must be weighted in between 9:00 a.m. and 10:30 a.m.
For Finals: Implements must be weighed in between noon and 1:30. Illegal implements will

be impounded until the conclusion of the meet. Implements will be delivered to the event site 30 minutes before the competition. Implements will also be checked for approval at the site of the event.

8. Athletes must check in with the official at the event. Track athletes must check in at the Clerk of the Course prior to the start of competition. Failure to do so will invoke the "Failure to Participate Rule" (NCAA page 63.)

9. Competing athletes must be in school issued attire in competition and in the field of play. Failure to do so will result in a yellow card and the possibility of disqualification. Remember speed suits can not be taken down and women's uniforms must touch. Relay members must wear undergarments of the same color.

10. There will be a coaches meeting immediately following the Finals meet in the field house to go over scratches for So Cals. The top 6 in every event advance.

11. For Finals, the trainers will be located in the northeast corner of the practice field.

12. Protest forms are in the packet. You must use the form provided and turn it into the announcer no more than 30 minutes after the announcement of the results. Protest fee is \$25. Protests must be signed by the head coach

Protest Committee for Prelims: To be determined

Meet Referee:

Games Committee:

Protest Committee for Finals: To be determined

Meet Referee

Games Committee:

13. Uniform rules are in effect. See NCAA rules. Remember uniforms must be school issued.

14. Spikes 3/16" or 1/4" needle spikes.

15. Qualifying for Southern Cals and State Championships

Each college is expected to furnish three helpers. The assignments are as follows:

High Jump Ventura

Hurdles Glendale

Hammer West LA

Long Jump Cuesta

Shot Put Moorpark

Block Crew Hancock

Pole Vault Canyons

Discus LA Valley

Triple Jump Citrus

Javelin Citrus

WSC Preliminaries
Thursday, April 21, 2011

Field Events

11:00	Men's discus	
11:00	Women's triple jump	
11:00	Women's shot put	
12:00	Women's high jump	Opening height: t.b.d.
1:00	Men's shot put	
1:00	Women's discus	
2:00	Men's triple jump	
3:00	Men's high jump	Opening height: t.b.d.

Track Events

12:00	Women's 1500m	<u>Advancement to WSC Finals</u> top 4 in each heat plus next 4 fastest times
12:20	Men's 1500m	top 4 in each heat plus next 4 fastest times
12:40	Women's 100m hurdles	to be determined by number of heats
1:00	Men's 110m hurdles	to be determined by number of heats
1:20	Women's 400m	to be determined by number of heats
1:40	Men's 400m	to be determined by number of heats
2:00	Women's 100m	to be determined by number of heats
2:15	Men's 100m	to be determined by number of heats
2:45	Women's 800m	heat winners plus next fastest times
3:05	Men's 800m	heat winners plus next fastest times
3:35	Women's 400m hurdles	to be determined by number of heats
3:55	Men's 400m hurdles	to be determined by number of heats
4:15	Women's 200m	to be determined by number of heats
4:35	Men's 200m	to be determined by number of heats
5:15	Women's 10km – Final	top 6 advance to So. Cal. Prelims
6:15	Men's 10km – Final	top 6 advance to So. Cal. Prelims

Directions to Santa Monica College, 1900 Pico Boulevard, Santa Monica, 90405: Exit the 10 West at Cloverfield. Turn left (south) onto Cloverfield. Turn right (west) onto Pico. Teams should offload from buses on 16th Street near Pico. The track entrance is off 16th Street just south of the pool and parking lot. Buses can park in the lot at 14th Street and Pico

WSC Championships
Friday, April 29, 2011

FIELD EVENTS

EVENT #	TIME	EVENT
	2:00	JAVELIN (M)
	2:00	HAMMER (W)
	4:30	HAMMER (M)
	4:30	JAVELIN (W)
	2:00	POLE VAULT (W)
	4:30	POLE VAULT (M)
	3:00	LONG JUMP (W)
	5:30	LONG JUMP (M)

TRACK EVENTS

EVENT #	TIME	EVENT
17	4:00	3000 STEEPLE (W)
18	4:20	3000 STEEPLE (M)
19	4:40	4 X 100 (W)
20	4:45	4 X 100 (M) RACE 1
20	4:50	4 X 100 (M) RACE 2
21	5:00	1500 (W)
22	5:10	1500 (M)
23	5:20	100 HURDLES (W)
24	5:30	110 HURDLES (M)
25	5:40	400 (W)
26	5:45	400 (M)
27	5:55	100 (W)
28	6:00	100 (M)
29	6:10	800 (W)
30	6:15	800 (M)
31	6:25	400 HURDLES (W)
32	6:35	400 HURDLES (M)
33	6:45	200 (W)
34	6:50	200 (M)
35	6:55	5,000 (W)
36	7:20	5,000 (M)
37	7:40	4 X 400 (W)
38	7:50	4 X 400 (M) RACE 1
38	7:55	4 X 400 (M) RACE 2