

Mt. SAC Season Opener All-Comers

February 10th, 2012, Friday

Start Time of 2:00 PM is solid and set in stone. The rest of the meets running events will follow in the listed order and be ran as soon as the preceeding event is completed.

Athletes must follow the running event order on the track.

Time	Running Events	Gender
2:00 PM	2000 METER SC	W
2:15 PM	2000 METER SC	M
2:30 PM	4 X 100 Relay	W
	4 X 100 Relay	M
	MILE	W
	MILE	M
	100 H	W
	110 H	M
	400	W
	400	M
	100	W
	100	M
	800	W
	800	M
	400 IH	W
	400 IH	M
	200	W
	200	M
	5000	W
	5000	M
	4 x 400 R	W
	4 X 400 R	M

Time	Field Events	Gender	SITE
11:30	HAMMER	WOMEN	SOUTH
11:30	JAVELIN	MEN	MAIN
1:00	HAMMER	MEN	SOUTH
1:00	JAVELIN	WOMEN	MAIN
2:30	DISC	WOMEN	MAIN
2:30	SHOT	MEN	SOUTH
4:00	DISC	M	MAIN
4:00	SHOT	W	SOUTH
2:00 PM	HIGH JUMP	W	MAIN
3:45 PM	HIGH JUMP	M	MAIN
1:30 PM	POLE VAULT	M	MAIN
4:00 PM	POLE VAULT	W	MAIN
2:00 PM	LONG JUMP	M	EAST
2:00 PM	LONG JUMP	W	WEST
4:00 PM	TRIPLE JUMP	M	EAST
4:00 PM	TRIPLE JUMP	W	WEST

OFFICIALS	AMOUNT
STARTER	ONE
LJ/TJ	ONE
HJ	ONE