

## WSC INLAND MEET TIME SCHEDULE 3/30/12

### FIELD EVENTS

1:00	HAMMER (W)
1:00	JAVELIN (M) GRASS
1:00-3:00	LONG JUMP M&W OPEN PIT
1:00	POLE VAULT (W)
1:30	HIGH JUMP (W)
2:30	HAMMER (M)
2:45	JAVLIN (W)
3:00	POLE VAULT (M)
3:00	HIGH JUMP (M)
3:30-5:00	TRIPLE JUMP M&W OPEN PIT
3:45	DISCUS (M)
3:45	SHOT (W)
5:00	DISCUS (W)
5:00	SHOT (M)

### TRACK EVENTS

2:00	4 X 100 (W)
2:05	4 X 100 (M)
2:15	1500 (W)
2:25	1500 (M)
2:40	100 HURDLES (W)
2:50	110 HURDLES (M)
3:00	400 (W)
3:05	400 (M)
3:15	100 (W)
3:25	100 (M)
3:40	800 (W)
3:50	800 (M)
4:05	400 HURDELS (W)
4:20	400 HURDLES (M)
4:35	200 (W)
4:50	200 (M)
5:10	3000 (W)
5:30	3000(M)
5:45	4 X 400 (W)
5:55	4 X 400 (M)

TIME SCHEDULE MAY CHANGE BASED ON ENTRIES

**March 30, 2012**

**Technical Information for Mini Meet**

1. On the runways and track, spikes longer than  $\frac{1}{4}$  inch will not be permitted.
2. Entries will be made on directathletics and are due by 5 pm on March 28.
3. For relays we will not use lane #1. Any "B" teams will be assigned outside lanes. "B" relay teams will not score.
4. **All throwers and jumpers will get four attempts.**
5. Hip numbers will be used to help with the finish line. The hip number will coincide with the lane assigned.
6. The javelin approach is grass and long spikes are recommended.
7. The shot, discus and hammer approach are brushed concrete.
8. If you want to change anything let us know immediately so we can communicate with the other colleges.

In case of inclement weather or transportation problems please call the office before 9 am (661) 337-0646.