

Coast Classic - Track & Field Invitational

(OCC, Vanguard, Cuyamaca, AVC, San Mateo, Santiago Canyon, DVC, LASW and Glendale Ari.)

Order of Events

4/09/10

Tentative Schedule

FIELD EVENTS *3/16" pyramid spikes on jump runways including Javelin*
Each field event competitor (with the exception of the HJ & PV) will be given 4 attempts and each attempt must meet event standard to be measured.

9:00	AM	Men's Hammer (120') followed by Woman's Hammer (80')
10:00	AM	Woman's Pole Vault (7'0") Women's High Jump (4'4") Men's Long Jump (20'0") Women's Long Jump (14'0") (Open pit: 10-11:45pm, 2pits)
10:30	AM	Men's Shot Put (35')
11:00	AM	Women's Javelin (80')
12:00	PM	Men's Pole Vault (12'0") Men's High Jump (5'8")
12:30	PM	Women's Shot Put (25') Men's Javelin (140') Men's Triple Jump (40') Women's Triple Jump (28') (Open pit, 12:30-1:45pm, 2pits)
2:30	PM	Men's Discus (120') followed by Women's Discus (80')

RUNNING EVENTS *3/16" pyramid spikes*

12:00	3,000 Meter Steeple Chase	Women	1 heat
12:20	3,000 Meter Steeple Chase	Men	1 heat
12:45	400 Meter Relay	Women	# heats
12:50	400 Meter Relay	Men	# heats
1:00	1500 Meter Run	Women	# heats
1:15	1500 Meter Run	Men	# heats
1:30	100 Meter Hurdles	Women	# heats
1:40	110 Meter Hurdles	Men	# heats
1:50	400 Meters	Women	# heats
2:00	400 Meters	Men	# heats
2:10	100 Meters	Women	# heats
2:20	100 Meters	Men	# heats
2:30	800 Meters	Women	# heats
2:40	800 Meters	Men	# heats
2:50	400 IH	Women	# heats
3:00	400 IH	Men	# heats
3:10	200 Meters	Women	# heats
3:15	200 Meters	Men	# heats
3:30	3000 Meter Run	Women	1 heat
3:45	3000 Meter Run	Men	1 heat
4:00	1600 Meter Relay	Women	# heats
4:10	1600 Meter Relay	Men	# heats

Enter on Direct Athletics by Tuesday April 6th by 6pm. Meet entry fee \$150 per program (Men and Women combined) to cover cost of meet officials and timing. Make checks payable to "Orange Coast Track & Field". Any help you could provide (athletes that aren't competing, event coaches) in regards to the field events (pulling tape, raking pits etc.) would be appreciated.