

Ventura College Track & Field

WSC Coastal Meet - April 9, 2010

1:00 p.m. Field Events / 2:00 p.m. Running Events

Cuesta, Santa Barbara, Moorpark, Hancock, Santa Monica @ Ventura College

Entries: Must be made through Direct Athletics by Tuesday, April 6, 2010 @ 6 p.m.

Entry Fee: \$100 per gender, \$200 per school. Make checks payable to V.C. Track & Field Trust

Parking: Area behind the stadium is for drop off only. Parking for vans and busses in West lot off West Campus Way

Lane Assignment: Lanes will be assigned by conference code. Each college will be assigned a lane position for each track event and guaranteed two spots in the first heat of each sprint. We may run additional heats in the sprint events. Be sure to enter your top runners with appropriate times to ensure proper seeding. Relays will not use lane #1. "A" teams will be assigned preferred lanes. "B" relay teams will not score.

Scratches & Adds: All entries are final at the start of the first events at 1:00 p.m. Please try to get scratches and adds to us early to ensure an on-time start to the events. Scratches may be made at any time during the meet.

Check-In: Please check in approximately 15 minutes prior to the event. Running events check in at table behind the finish line. Field events check in at event site.

Horizontal Jumps and Throws: Each athlete will get 4 attempts only.

Spikes: Spikes longer than ¼" on the track and runway will not be permitted. Javelin approach is grass. Long spikes recommended.

Hip numbers: we will use hip numbers in the running events for use in identifying athletes.

Coaches Meeting: We will have a coaches meeting at 12:45 p.m.

In case of inclement weather or transportation problems please call Nancy Fredrickson before 10 a.m. Office: 805-654-6348 x3235 Cell: 805-218-0178