

California Community College Athletic Association

Track & Field Southern Regional Championships

May 8 & 15, 2010

Hosted @ Saddleback College by the Orange Empire Conference

Warm-up. Warm-up areas will be available on the softball fields adjacent to the hammer/discus throwing area, or across the street from the stadium on the football practice fields. Hurdles will be provided at both warm-up sites.

Track Surface and Event Facilities. All track events, long jump, triple jump, high jump, javelin and pole vault will be contested on Mondo Super X surfaces that were installed in March 2009. The shot put will be thrown in the southeast corner of the stadium. The hammer and discus will be thrown on the lower field, next to the softball stadium.

Team Camp Areas. The parking lot north of the stadium and the grass area outside and to the east of the stadium are available for team tents/camp areas. No vehicles will be permitted beyond Lot 1A at the southeast corner of the stadium. Tents will only be allowed in the stadium at the very top row, against the railing.

Spikes. All spikes must be ¼", or shorter, pyramids or Xmas trees. No needle, pin, or longer spikes will be allowed on any track or field event surface. Spikes will not be sold at the meet.

Starting Blocks. Newton International blocks will be provided by meet management. No other blocks will be allowed in the stadium.

Packet Pick-up. Packets will be available for pick-up at the ticket booth next to the main stadium entrance 1-1/2 hours prior to the first event each day. Be prepared to provide proof of entry fee payment or to pay your entry fees at that time.

Hotel Information. For those schools seeking lodging, the following hotel has agreed to provide a special rate for teams competing in the championships:

Hilton Garden Inn—Irvine East/Lake Forest
27082 Towne Centre Drive
Foothill Ranch, CA 92610
949-859-4000

Ask for the "Track & Field" special rate: \$75/night, May 7-9 & 14-16

Entry Fee. Per CCCAA bylaws, entry fees are set at \$200 per men's and \$200 per women's program for each member school. Invoices were mailed to each school on March 1, 2010. If you have not received an invoice, use the following form.

**2010 CCCAA Track & Field Southern Regional Championships
Entry Fee Invoice**

School Name _____

Men's Team

of Boxes Checked

X

\$200

=

Women's Team

Total Fee

Make Check Payable to:

Saddleback College Foundation

Send Payment to:

Mark Blethen

Saddleback College

28000 Marguerite Parkway

Mission Viejo, CA 92692

Time Schedules. Event schedules for both prelims and finals are as follows:

May 8, 2010

		Heats/Comp			Flights
W 3000sc	2:00	2/14	W Javelin	9:00	3
M 3000sc	2:30	2/14	M Hammer	9:00	3
W 4X100	3:00	4/7	W Hammer	11:30	3
M 4X100	3:15	4/7	W Javelin	11:30	3
W 1500m	3:30	2/14	W High Jump	12:00	1
M 1500m	3:45	2/14	M Long Jump	1:00	3
W 100H	4:00	4/7	W Long Jump	1:00	3
M 110H	4:15	4/7	M Discus	2:00	3
W 400m	4:30	4/7	W Shot Put	2:00	3
M 400m	4:40	4/7	W Pole Vault	2:00	1
W 100m	4:50	4/7	M High Jump	3:00	1
M 100m	5:00	4/7	M Triple Jump	4:00	3
W 800m	5:15	4/7	W Triple Jump	4:00	3
M 800m	5:30	4/7	W Discus	4:30	3
W 400H	5:45	4/7	M Shot Put	4:30	3
M 400H	6:00	4/7	M Pole Vault	5:00	1
W 200m	6:15	4/7			
M 200m	6:25	4/7			
W 10,000m	6:35	FINAL			
W 4X400	7:35	4/7			
M 4X400	7:55	4/7			
M 10,000m	8:15	FINAL			

May 15, 2010

Flights

W 3000sc	2:30	W Javelin	9:00
M 3000sc	2:50	M Hammer	9:00
W 4X100	3:10	W Hammer	11:00
M 4X100	3:15	W Javelin	11:00
W 1500m	3:20	W High Jump	1:00
M 1500m	3:30	W Pole Vault	1:30
W 100H	3:40	M Long Jump	2:00
M 110H	3:50	W Long Jump	2:00
W 400m	4:00	M Discus	2:00
M 400m	4:05	W Shot Put	2:00
W 100m	4:10	M High Jump	3:00
M 100m	4:15	M Triple Jump	4:00
W 800m	4:20	W Triple Jump	4:00
M 800m	4:25	W Discus	4:00
W 400H	4:35	M Shot Put	4:00
M 400H	4:45	M Pole Vault	4:00
W 200m	4:55		
M 200m	5:00		
W 5,000m	5:05		
M 5,000m	5:35		
W 4X400	6:00		
M 4X400	6:10		