



W E D N E S D A Y N I G H T TRACK AND FIELD ALL-COMER MEET SERIES

Where the world's best athletes compete

SUMMER ALL-COMERS TRACK AND FIELD COMPETITIONS ARE BACK AT MT. SAC!

GENERAL INFORMATION

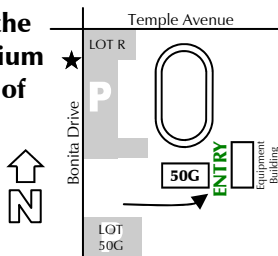
DATES: July 7, 14, 21 and 28, 2010

LOCATION Hilmer Lodge Stadium
Mt. San Antonio College
1100 North Grand Avenue
Walnut, CA 91789

COST: \$5.00 per athlete (unlimited entries)
\$3.00 per spectator

PARKING: \$2.00 parking (must purchase a permit)
Park in Lot R (south end) or Lot 50G
★Parking permit machine is located near the corner of Bonita and Temple (look for star below).

ENTRY: Entry will be at the back of the stadium on the east side of the Field House (building 50G).



ADDITIONAL INFO: visit our website at:
<http://events.mtsac.edu>
Maps, directions, hotels and additional information is located on this site

CONTACT: Phone: 909-274-4840
E-Mail: specialevents@mtsac.edu

TIME SCHEDULE

TIME: JULY 7th & 21st JULY 14th & 28th

RUNNING EVENT ORDER

6:00 pm	100M/110M Hurdles	800M
	"No Zone " 4 X 100M	Steeplechase (women)
	400M	Mile
	100 Yard Dash	Steeplechase (men)
	400M Hurdles	5,000M
	200M	4 X Mile Run
	800M	
	4 X 400M	

FIELD EVENTS

4:00 pm	<ul style="list-style-type: none"> Pole Vault (men) 	<ul style="list-style-type: none"> Hammer Throw High Jump Pole Vault (women)
5:00 pm	<ul style="list-style-type: none"> Javelin Long Jump 	
6:00 pm		<ul style="list-style-type: none"> Discus Throw
7:00 pm	<ul style="list-style-type: none"> Triple Jump Shot Put 	

ADDITIONAL INFORMATION

Field Events

All field events are considered closed once the first athlete in the competition has completed their first attempt. No exceptions.

Throws

Competitors will be placed in flights based on reported entry mark. Each athlete will be given **four throws** that will be marked and measured later.

Horizontal Jumps

Open pit for exactly two hours. Each competitor will receive **four jumps**.

Vertical Jumps

All vertical jumps will be run straight through the order. There will be no Five Alive regardless of the number of competitors at a height!!!!!!

Men's Pole Vault

Bar starts at 9 feet and will progress for two hours. After two hours, the competition will end and the runway will be open for a 30 minute warm-up period. The bar will then be raised to 14 feet and competition will resume. Remaining competitors will be given the choice to continue at 14' or withdraw. Competitors will be allowed a maximum of **8 attempts or 3 misses** in a row

Women's Pole Vault

Bar starts at 7 feet and will progress for two hours. After two hours, the competition will end and the runway will be open for a 30 minute warm-up period. The bar will then be raised to 10 feet and competition will resume. Remaining competitors will be given the choice to continue at 10' or withdraw. Competitors will be allowed a maximum of **8 attempts or 3 misses** in a row.

High Jump

Bar starts at 4'4 for men and women. Competition will progress for 2.5 hours. After that time, the competition will end and the runway will be open for a 30 minute warm-up period. The bar will then be raised to 6'4" and competition will resume. Competitors still in the competition at that time will be given the choice to continue at 6'4" or withdraw. Competitors will be allowed a maximum of **8 attempts or 3 misses** in row.

No Zone Relay

The No Zone Relay is a relay with NO ZONES. The baton must be touched by 4 athletes on your team and competitors must remain in their lanes, but they may pass anywhere they wish to.