



# 37<sup>TH</sup> ANNUAL AZTEC TRACK AND FIELD INVITATIONAL

Thursday, Friday & Saturday - March 26<sup>th</sup> - 28<sup>th</sup> 2015

## Entry Guidelines

### **Men and Women Combined Events**

Thursday-Friday, March 26<sup>th</sup>-27<sup>th</sup> @ SDSU

- All decathlon and heptathlon entries will be accepted.
- Open and Invitation entries are competed as a single, combined section
- NCAA implements and hurdle heights

### **Hammer Throw**

Friday, March 27<sup>th</sup> @ UCSD

- Open and Invitational Sections of the hammer throw will be contested at UC San Diego

### **Open Section**

Friday, March 27<sup>th</sup> @ SDSU

- All Junior and Community College Team entries will be accepted.
- Individual/Unattached athletes that do not meet invitational standards will be placed in the Open section.
- Field event competitors in the Open section will receive four attempts in the horizontal jumps and throws. Only trials that achieve or exceed the minimum distances posted later in this package will be measured.

### **Distance Carnival**

Friday Evening, March 27<sup>th</sup> @ SDSU

- All Mile, 3000m Steeplechase, 1500m, 3000m and 5000m competition for the Open and Invitational sections will be held during the Distance Carnival in seeded heats.
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.

### **Invitational Section**

Saturday, March 28<sup>th</sup> @ SDSU

- All Invited College and University Team entries will be accepted.
- Invited College and University Teams may also enter athletes in Friday's Open Section.
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.
- Field event competitors in the horizontal jumps and throws of the Invitational section will have three preliminary attempts. The top nine marks will earn three final attempts.

### **High School Section**

Saturday, March 28<sup>th</sup> @ SDSU

- National Federation of State High School Associations (NFHS) national sanction through host Patrick Henry High School
- CIF-San Diego Section Sanctioned Events
  - 4x100m Relay
  - 4x400m Relay
  - 100m
  - 400m
  - 800m
  - 110/100m Hurdles
  - Shot Put
- Entries through DirectAthletics.
- Please contact the Meet Director if you have questions.

# Meet Information

## Entry Information

Entries will only be accepted online via the DirectAthletics website.

Invitational Section Entry Link: <http://www.directathletics.com/meets/track/36635.html>

Open Section Entry Link: <http://www.directathletics.com/meets/track/36636.html>

High School Section Entry Link: <http://www.directathletics.com/meets/track/36638.html>

Masters Mile Entry Link: <http://www.directathletics.com/meets/track/36637.html>

Entries must be submitted on the DirectAthletics website no later than **11:59 PM Monday, March 23<sup>th</sup>**. All submitted entries in the system at the entry deadline listed above will be considered FINAL. **NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline.** Late team entries will be charged a **\$100 late fee** that must be paid at the ticket office. Entry instructions questions should be e-mailed to [support@directathletics.com](mailto:support@directathletics.com).

All team entry adjustments must be submitted one hour prior to the start of competition at the timing tent located near the finish line. "Adjustment" entry note cards will be included in team packets and will also be available at the ticket office. There is no charge for entry adjustments.

Only Invited College and University Teams can enter directly into the invitational section on Direct Athletics. Individuals and Unattached athletes who meet the qualifying standards (2014 or 2015 season) and want to compete in the invitational section must enter and pay in the Open Section then send the Meet Director an email. The Meet Director will move the entrant to the Invitational section after review.

**Invited College and University Team athletes are not required to meet the Invitational Qualification Standards.** However, coaches may elect to enter those athletes in Friday's Open Section which typically includes a broader range of seed marks. Invited College and University Teams also have the option of competing athletes in both the Open and Invitational section in the same or different events.

**\*\*\*Please be sure to print a copy of your team's entries and bring it to the meet as confirmation\*\*\***

## Entry Marks

Please use accurate times/marks achieved during the 2014 outdoor or 2015 indoor or outdoor season—not lifetime PRs. If you do not enter a seed time/mark, the athletes and/or relay team(s) will be placed at the bottom of their respective event performance list. Please use metric distances on DirectAthletics (DA). Non-collegian athletes are encouraged to use DA entry notes with meet name and date so marks can be verified.

## Masters Mile

Consistent with USATF Rule 320, this event is will be open to men and women competitors 30 and older on the day of the race. The men and women sections will be seeded by time if there are more competitors that a single section can accommodate. Results will be tabulated by the standard five year age groups.

## Heat Sheets

Heat sheets will be provided on [www.flashwest.com](http://www.flashwest.com) no later than 8:00 PM **Wednesday, March 25<sup>th</sup>**. Please check to make sure your athletes have been entered in the appropriate event(s) with the correct seed times/marks. Heat sheets & results also will be posted on the bulletin board located in the northwest corner of the stadium, directly above the clerk of the course / check-in area.

<b>Final Schedule</b>	The final meet schedule will be posted on Tuesday evening, March 25th, 2013.
<b>Entry Fees</b>	<p>There will be an entry fee of \$15 per individual entry per event, \$20 per combined event (decathlon and heptathlon) entrant, \$20 per relay team. Max of \$400 per gender per College, University and Club team. <b>High School teams are free.</b></p> <p>Individual/Unattached athletes must pay entry fees online in order to participate. All College, University and Club Teams must make payment on-line by credit card prior to registration deadline or by check at packet pick-up or by mail to:</p> <p style="text-align: center;">Women's Track &amp; Field Department of Athletics San Diego State University 5500 Campanile Dr San Diego, CA, 92182-4313</p> <p>Checks should be made out to: <u>San Diego State Track &amp; Field</u></p> <p><b>Important Notes:</b> Per University policy, we will not be able to accept cash. Credit cards cannot be accepted after on-line registration closes.</p>
<b>Facilities</b>	<p>Track: 9 – Lane Mondo surface.</p> <p><b>3/16 or 1/4" (5 or 7mm) pyramid spikes. No needle or Christmas tree spikes. A limited amount of spikes will be available for purchase.</b></p> <p>Men's and Women's Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.</p> <p>Long Throws (Javelin Throw, Hammer Throw and Discus Throw) will be measured electronically.</p>
<b>Parking</b>	<p>Track parking is available in Parking Structure (PS) 5, located directly underneath the track. Parking passes can be purchased from the yellow parking kiosk located on the top level of the parking structure for \$1/hr or \$10/day.</p> <p>Please be sure to display your parking receipt in order to avoid citation.</p>
<b>Packet Pick-up</b>	<p>Packet pick-up will be available at the ticket office, located just outside the track, two hours prior to the start of competition on each day.</p> <p>Each team will be supplied with athlete and coaches wristbands which will be used to gain admittance to the meet.</p> <p>Individual/unattached athletes can pick-up their wristbands at the ticket office anytime.</p>
<b>Spectator Entry</b>	Free Admission
<b>Awards</b>	First place awards will be presented to the winner of the Invitational section(s).

**Throwing Implements** All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. All hammers will be weighed at the UCSD competition location. No implements will be processed less than one hour before the start of the event.

**Seating** Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when not competing.

**Athletic Training Tent** All athletic trainers will be located on the northeast side of the stadium. Athletic trainers will be available one hour prior to the start of competition.

**Visiting teams may set-up tables in this area or warm-up area on lower field.**

**Warm-Up Area** All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track).

**Athlete Check-In** Track athletes are required to check-in at the clerk of the course a minimum of **30 minutes** prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located in the warm-up area, just west of the track.

After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course.

Field athletes may check-in at their respective event area no later than **30 minutes** prior to the start of the event.

Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

**Starting Heights** Open section starting heights are posted later in this package. Invitational starting heights and height progressions will be posted on heat sheets, and will also be available in team packets at packet pick-up. In the invitational section on Saturday, the ten lowest men and women seed heights will vault at 11:00 a.m., while the rest of the athletes will vault at 1:00 p.m.

**Vaulting Pole Shipment** Vaulting poles may be shipped to the following address:

San Diego State University  
Department of Athletics, Women's Track & Field  
Attn: Coach Richard Fox  
5500 Campanile Dr  
San Diego, CA, 92182-4313

Coach Fox, [richardfox5050@gmail.com](mailto:richardfox5050@gmail.com), +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.

**Directions**

The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55<sup>th</sup> St.

SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, Make a Right on Montezuma if coming from the EAST).

From The Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit East toward El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

**Facility Schedule**

Monday, March 23: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)  
4:30 p.m. – 6:00 p.m. (discus open, javelin open)  
Tuesday, March 24: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)  
4:30 p.m. – 6:00 p.m. (discus open, javelin open)  
Wednesday, March 25: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)  
4:30 p.m. – 6:00 p.m. (discus open, javelin open)  
Thursday, March 26: Track opens at 8:00 a.m.  
Friday, March 27: Track opens at 7:30 a.m.  
Saturday, March 28: Track opens at 7:30 a.m.

Hammer cage at UC San Diego will be available. Please contact Coach Anthony Salerno, [asalerno@ucsd.edu](mailto:asalerno@ucsd.edu), +1 (858) 229-2832, to schedule and for further info.

**Concessions**

We will have complete concession stands with multiple food vendors at the meet.

**Additional Info**

The official San Diego State Visiting Team Guide containing additional information can be found at: <http://tinyurl.com/2014-2015SDSUVisitingTeamGuide>

**NCAA “Counter”**

Due to the implications of NCAA Bylaws 20.9.7.1, 20.9.7.2, 20.9.7.3.2 we will make sure that our meet qualifies as a counter meet for sports sponsorship. Based off of the team entries into our meet a decision will be made if the meet falls under the 2/3rds rule or not. If the team entries do not have more than 2/3rds Division 1 institutions we will score the meet accordingly to allow institutions to use the meet as a counter for sports sponsorship. If we meet the 2/3rds requirements we will not score the meet.

**Results**

Live results will be available at: <http://www.flashwest.com>. Final results will be available at: [www.goaztecs.com](http://www.goaztecs.com). Coaches, team managers and unattached athletes are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.

**Contact Information**

Meet Director: Rick Reaser E-Mail: [rick-reaser@msn.com](mailto:rick-reaser@msn.com)  
Mobile: (310) 227 – 5534 Fax: (310) 647-3238

Head Coach: Shelia Burrell E-Mail: [sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)  
Office: (619) 594 – 5514

# INVITATIONAL QUALIFICATION STANDARDS

<b>Event</b>	<b>Men</b>	<b>Women</b>
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
Long Jump	7.15m (23-05.50)	5.85m (19-02.50)
High Jump	2.10m (6-10.75)	1.70m (5-07.00)
Triple Jump	15.00m (49-02.50)	12.35m (40-06.25)
Pole Vault	5.00m (16-04.75)	3.80m (12-05.50)
Shot Put	16.75m (54-11.50)	13.70 (44-11.50)
Discus Throw	51.80m (169-11)	48.80m (160-01)
Javelin Throw	57.90m (189-11)	44.20m (145-00)
Hammer Throw	54.85m (179-11)	51.80m (169-11)

# OPEN SECTION MINIMUM MEASURED DISTANCES AND OPENING HEIGHTS

<b>Event</b>	<b>Men</b>	<b>Women</b>
Long Jump	5.60m (18-04.50 )	4.50m (14-09.00)
High Jump	1.68m (5-06.00)	1.37m (4-06.00)
Triple Jump	12.20m (40-00.50)	10.00m (32-09.75)
Pole Vault	3.50m (11-05.75)	3.00m (9-10.00)
Shot Put	10.00m (32-09.75)	9.00 (29-06.50)
Discus	33.50m (109-11)	26.00m (85-04)
Javelin	30.50m (100-01)	26.00m (85-04)
Hammer	29.90m (98-00)	35.00m (114-10)

The Open Section will be using 2015/2016 NCAA Men's and Women's Track and Field and Cross Country Rule 6, Section 3. Alternate Procedures, Article 1 and Article 3. Open Section horizontal jumps and throws will be conducted as a four-attempt final competition. The minimum distances in the table above must be reached to guarantee a measurement of a trial in the Open Section. All trials that achieve or exceed the minimum distance will be measured.

# SAN DIEGO STATE



## ATHLETIC TRAINING

Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University Athletic Training Staff, we would like to take this opportunity to welcome you to San Diego State University and to the Aztec Track.

There will be a white tent set up at the track as an Athletic Training tent during the entirety of the event in which an Athletic Trainer will be stationed.

On the Track:

- Water
- Gatorade
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment
- Treatment tables
- Treatment ice with bags, and flexi-wrap

The Athletic Training room is located very near to the Track and can be utilized for any other modalities you or your athletes may need.

A physician will be present a few hours during each day of the meet and on-call for the rest of the meet. If you need his services prior please don't hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer please let us know in advance, and please send a medical kit and letter of any specific treatments so that we can provide the proper care for your athletes.

If you have any questions please feel free to contact me.

Sincerely,

Tom Abdenour, DHSc, ATC, CES  
Head Athletic Trainer  
tabdenour@mail.sdsu.edu  
+1-619-594-7650 office



# OFFICIAL MEET HOTEL



**Sheraton**  
**Mission Valley**  
SAN DIEGO  
HOTEL



## Sheraton Mission Valley San Diego Hotel

1433 Camino Del Rio South

San Diego, CA 92108

**Contact:** Johnathon Elko, Sports Sales Manager

619-321-4604 Direct

619-260-0111 Hotel

619-497-0808 Fax



<http://www.sheratonmissionvalley.com/>

### Teams/Individuals:

Please contact hotel representative  
**Johnathon Elko** for accommodations

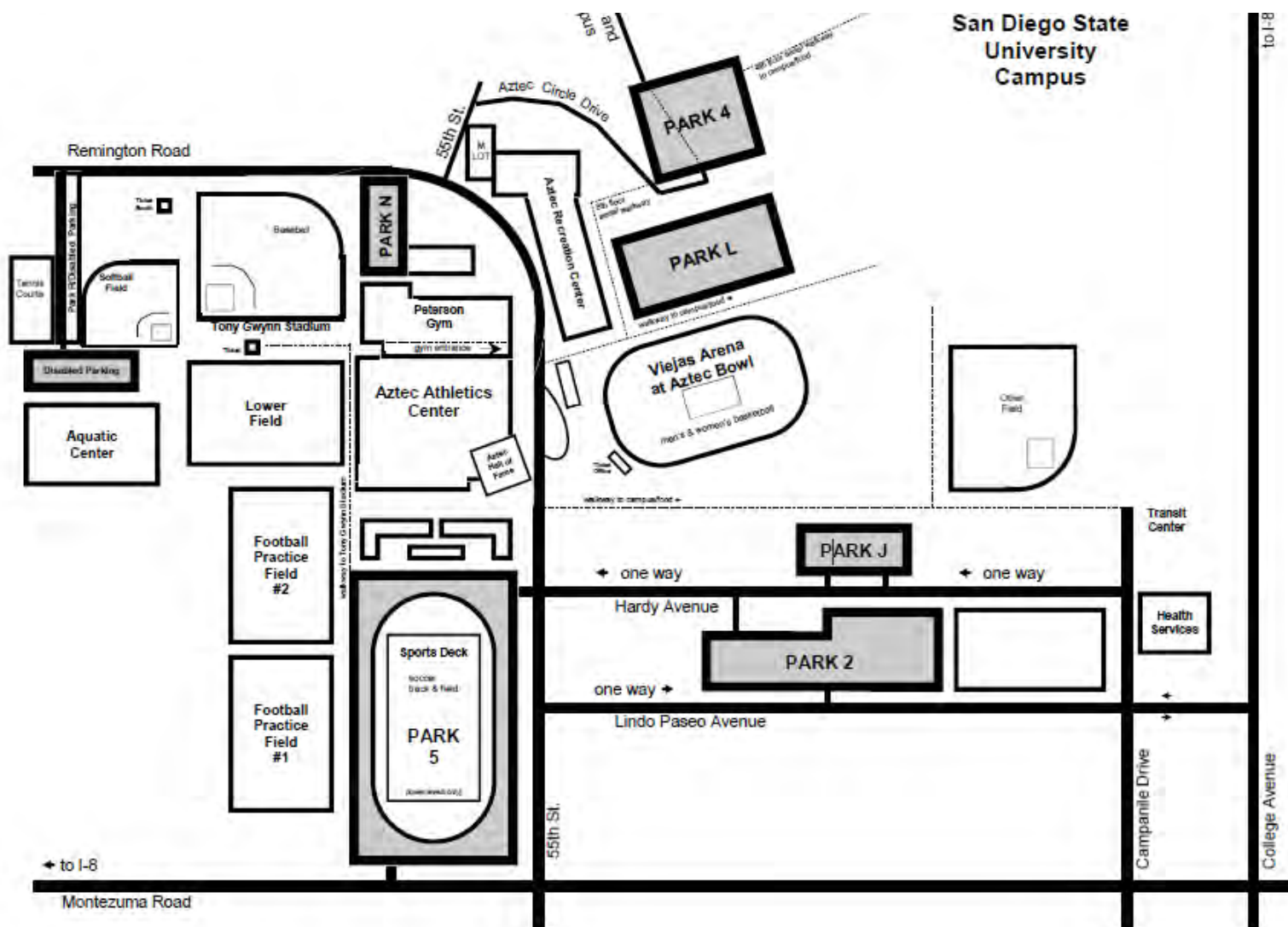
Meet Hotel is available for teams at a rate of  
\$106.00 without breakfast or \$113.00 with two  
(2) breakfasts per room included

Both of these packages come with  
complimentary parking and internet

### *Sheraton Mission Valley San Diego Hotel*

- Newly Renovated: Brand new Guestrooms, Restaurant, Lobby, Fitness Center, and Meeting Space
- Preferred Hotel Partner of San Diego State Athletics
- Centrally located off the 8 freeway just 5 miles from SDSU, walking distance to Mission Valley Mall, San Diego Trolley and 30+ restaurants and just 10 minutes from all major attractions
- Team Friendly, past host of NCAA tournament teams, designated bus parking
- 260 Guestrooms; 160 rooms with Double Queen beds; all beds have signature Sheraton Sweet Sleeper Mattresses
- All Rooms are equipped with Brand New Sheraton Sweet Sleeper Mattresses, (2) Queen Beds, mini-refrigerator, 42" HD TVs, and self-brew Starbucks coffee

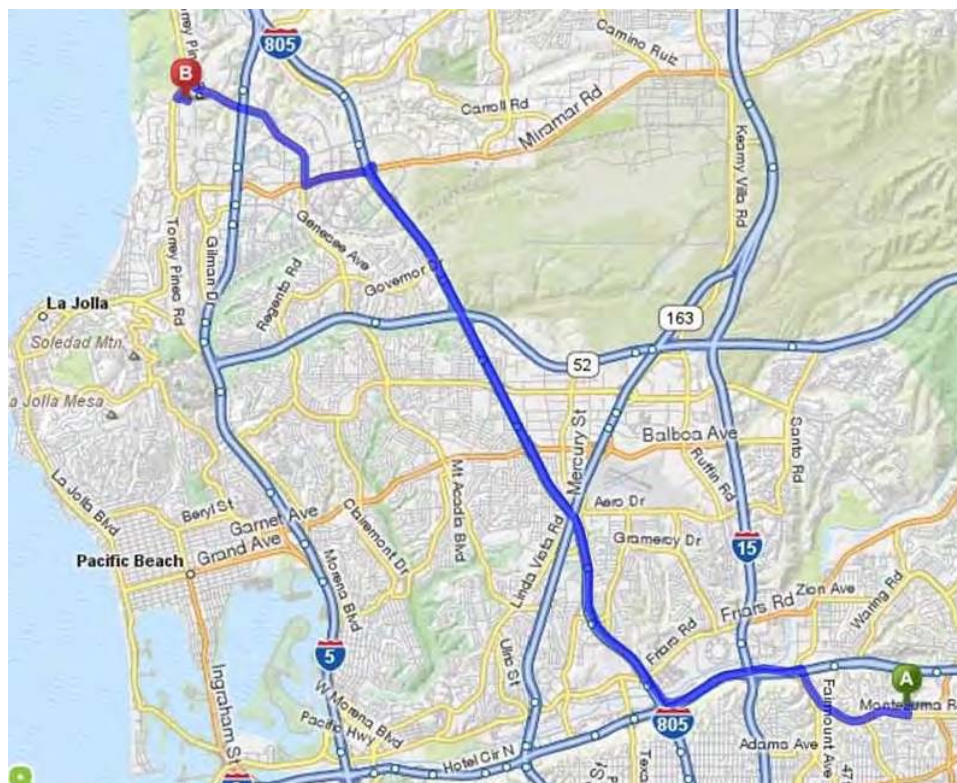
# SAN DIEGO STATE WEST CAMPUS MAP



# MAP TO SAN DIEGO STATE

# DIRECTIONS TO UC SAN DIEGO

UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.



<b>A</b>	1	<b>South on 55th St</b>	0.1 mi
	2	Turn <b>right</b> onto <b>Montezuma Rd.</b>	1.1 mi
	3	Stay <b>straight</b> to go onto ramp.	0.2 mi
	4	Merge onto <b>Fairmount Ave.</b>	0.2 mi
	5	Merge onto <b>I-8 W.</b>	1.8 mi
	6	Merge onto <b>I-805 N</b> via <b>EXIT 6B</b> toward <b>Los Angeles.</b>	8.2 mi
	7	Take the <b>La Jolla Village Dr/Miramar Road</b> exit.	0.1 mi
	8	Turn <b>slight left</b> to take the <b>La Jolla Village Dr</b> ramp.	0.2 mi
	9	Merge onto <b>La Jolla Village Dr.</b>	1.1 mi
	10	Turn <b>right</b> onto <b>Genesee Ave.</b>	2.3 mi
	11	Turn <b>left</b> onto <b>N Torrey Pines Rd.</b>	0.2 mi
	12	Turn <b>left</b> onto <b>Northpoint Dr.</b>	0.1 mi
<b>B</b>	13	<b>Hammer Cage</b> is on NW corner of <b>Northpoint Dr.</b> and <b>Northpoint Ln.</b>	0.05 mi

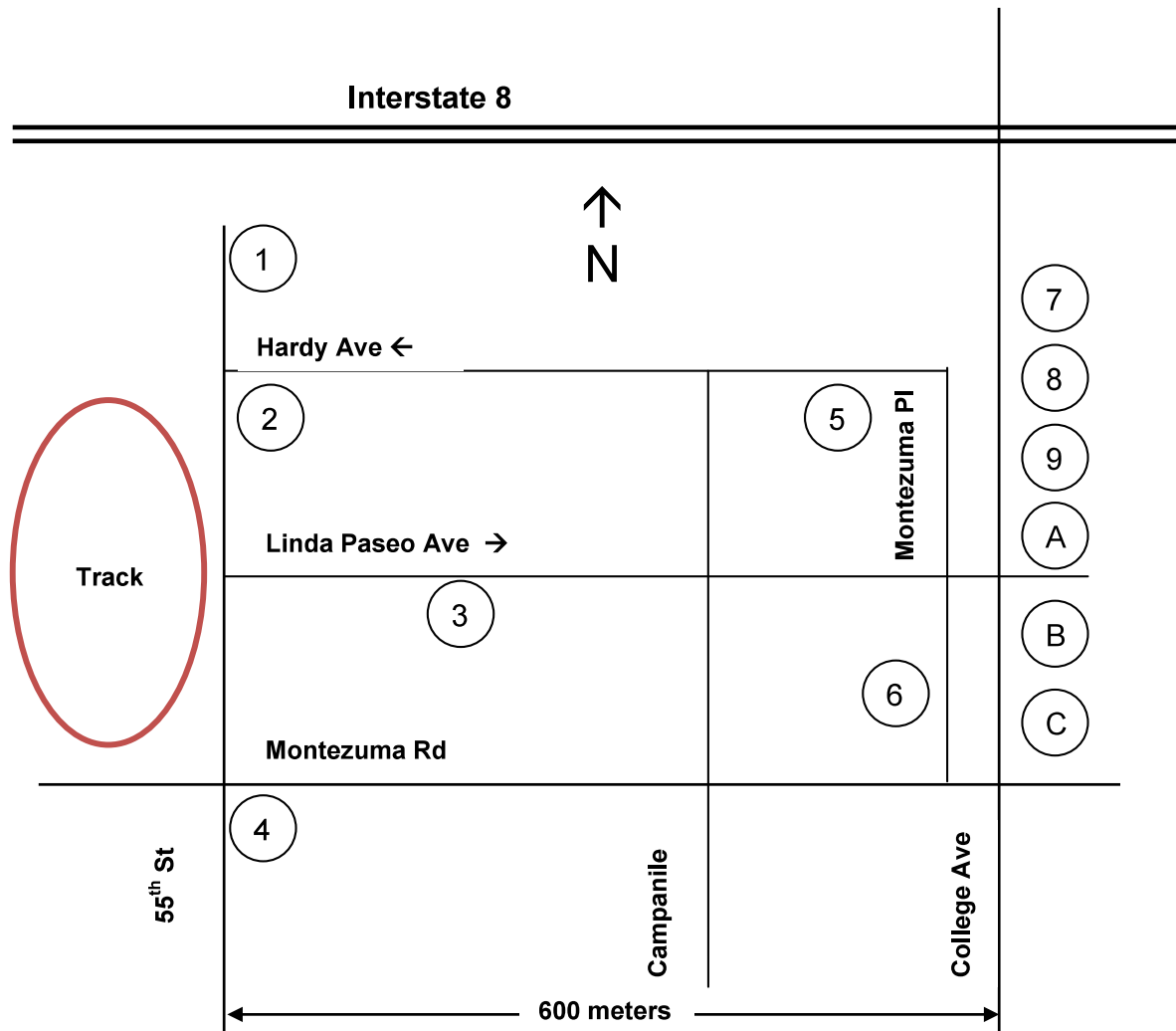


# PARKING AT UC SAN DIEGO

Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track.



# LOCAL AREA FOOD



1	Shake Smart	Shakes	(619) 752-7577	Inside Aztec Recreation Center
2	Porter's Market	Convenience Store		Corner of Granada on Hardy
3	Brick Oven Bistro	Pizza	(619) 583-1774	Inside the Suites on Paseo
4	University Towers	Salads, Sandwiches	(619) 594-8016	
5	Chipotle	Mexican	(619) 265-2778	
6	Buddie's Burgers	Hamburgers	(619) 955-5323	
7	Domino's Pizza	Pizza	(619) 287-9050	
8	California Kebab	Mediterranean	(619) 582-5222	
9	Jack in the Box	Hamburgers	(619) 286-0433	<b>Aztec Sponsor</b>
A	7 Eleven	Convenience Store	(619) 287-0616	
B	Pita Pit	Wraps	(619) 265-7482	<b>Aztec Sponsor</b>
C	Trujillo's Taco Shop	Mexican	(619) 583-4182	
Link to other on-campus food options: <a href="http://www.eatatsdsu.com">http://www.eatatsdsu.com</a>				

# DIRECT ATHLETICS



## How to Submit Entries - Track & Field

### STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

### STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

### STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

**37TH ANNUAL AZTEC TRACK & FIELD INVITATIONAL  
FINAL SCHEDULE**

**Combined Events**

**Thursday, March 26, 2015**

**DECATHLON**

Start Time: 11:00 AM 100 Meters

The next event will start approximately 30 minutes following the end of the previous event

**HEPTATHLON**

Start Time: 12:00 PM 100 Meter Hurdles

The next event will start approximately 30 minutes following the end of the previous event

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**Friday, March 27, 2015**

**DECATHLON**

Start Time: 8:30 AM 110 Meter Hurdles  
9:10 AM Discus  
10:15 AM Pole Vault  
12:45 PM Javelin  
2:00 PM 1500 Meters

**HEPTATHLON**

Start Time: 9:00 AM Long Jump  
11:00 AM Javelin  
1:00 PM 800 Meters



# 37TH ANNUAL AZTEC TRACK & FIELD INVITATIONAL

## FINAL SCHEDULE

### Friday, March 27, 2015

#### Field Events

Hammer at UCSD (Times subject to number of entries)

8:00	Hammer	Men	Open
10:00	Hammer	Women	Open
1:00	Hammer	Women	Invite
3:00	Hammer	Men	Invite

**9:00 Long Jump Heptathlon**

**9:10 Discus Decathlon**

**10:15 Pole Vault Decathlon**

10:30 High Jump Men Open

**11:00 Javelin Heptathlon**

11:00 Long Jump M/W Open

**12:45 Javelin Decathlon**

12:30 High Jump Women Open

12:45 Pole Vault Gp B M/W Open

1:45 Discus Men Open

2:30 Triple Jump M/W Open

2:30 Pole Vault Gp A M/W Open

3:00 Discus Women Open

3:15 Shot Put Men Open

4:00 Javelin Men Open

4:30 Shot Put Women Open

5:15 Javelin Women Open

#### Track Events

**8:30 110m Hurdles Decathlon**

9:30 4 x 100 Relay Women Open

10:00 4 x 100 Relay Men Open

10:30 100 Hurdles Women Open

10:50 110 Hurdles Men Open

11:10 400 Meters Women Open

11:25 400 Meters Men Open

11:45 100 Meters Women Open

12:00 100 Meters Men Open

**1:00 800 Meters Heptathlon**

1:05 800 Meters Women Open

1:15 800 Meters Men Open

1:30 400 Hurdles Women Open

1:45 400 Hurdles Men Open

**2:00 1500 Meters Decathlon**

2:15 200 Meters Women Open

2:30 200 Meters Men Open

2:45 4 x 400 Relay Women Open

3:00 4 x 400 Relay Men Open

#### Distance Carnival

4:30	Mile	Men/Women	Masters
4:40	3000 Steeple	Women	Invite/Open
5:00	3000 Steeple	Men	Invite/Open
5:15	5000 Meters	Women	Invite
5:35	5000 Meters	Women	Open
6:00	5000 Meters	Men	Invite
6:20	5000 Meters	Men	Open
6:45	1500 Meters	Women	Invite/Open
7:05	1500 Meters	Men	Invite/Open
7:30	3000 Meters	Women	Invite/Open
7:45	3000 Meters	Men	Invite/Open

### Saturday, March 28, 2015

#### Field Events

9:00	Shot Put	Girls	High School
10:00	Discus	Women	Invite
10:30	Long Jump	M/W	Invite
11:00	High Jump	Women	Invite
11:00	Pole Vault Gp B	M/W	Invite
11:30	Discus	Men	Invite
11:30	Shot Put	Boys	High School
1:00	Shot Put	Men	Invite
1:00	Javelin	Women	Invite
1:00	Pole Vault Gp A	M/W	Invite
1:30	Triple Jump	M/W	Invite
1:30	High Jump	Men	Invite
3:00	Shot Put	Women	Invite
3:00	Javelin	Men	Invite

#### Track Events

9:30	4 x 100 Relay	Girls	High School
9:50	4 x 100 Relay	Boys	High School
10:10	4 x 100 Relay	Women	Invite
10:25	4 x 100 Relay	Men	Invite
10:40	100 Hurdles	Girls	High School
10:50	100 Hurdles	Women	Invite
11:05	110 Hurdles	Boys	High School
11:15	110 Hurdles	Men	Invite
11:25	400 Meters	Girls	High School
11:35	400 Meters	Boys	High School
11:45	400 Meters	Women	Invite
12:00	400 Meters	Men	Invite
12:30	<b>Break</b>	Senior Recognition	
1:00	100 Meters	Mixed	Wheelchair
1:05	100 Meters	Girls	High School
1:10	100 Meters	Boys	High School
1:15	100 Meters	Women	Invite
1:30	100 Meters	Men	Invite
1:40	800 Meters	Girls	High School
1:50	800 Meters	Boys	High School
2:00	800 Meters	Women	Invite
2:20	800 Meters	Men	Invite
2:35	400 Hurdles	Women	Invite
2:45	400 Hurdles	Men	Invite
2:55	200 Meters	Mixed	Wheelchair
3:00	200 Meters	Women	Invite
3:25	200 Meters	Men	Invite
3:50	4 x 400 Relay	Girls	High School
4:00	4 x 400 Relay	Boys	High School
4:10	4 x 400 Relay	Women	Invite
4:20	4 x 400 Relay	Men	Invite

**Athletes must check in 30 minutes prior to their event  
3/16 or 1/4" (5 or 7mm) pyramid spikes only**