Golden State Athletic Conference Track and Field Championships
April 23-24, 2010 @ Westmont College

Friday
8:30 – NOON Implement Weigh-ins
   (Impounded at track shed)
10:00 Heptathlon (HH–HJ-SP- 200)
10:30 Decathlon
   (100-LJ-SP-HJ-400)

Field Events
11:30 am W Hammer
NOON M Pole Vault
1:00 pm M Long Jump
   W Long Jump
   M Javelin
3:00 M Discus
   W Javelin
   W Pole Vault

Running Trials
1:00 W 1500 meters
1:15 M 1500 meters
1:30 W 100 hurdles
1:45 M 110 hurdles
2:00 W 400 meters
2:15 M 400 meters
2:30 W 100 meters
2:45 M 100 meters
3:00 W 800 meters
3:15 M 800 meters
3:30 W 400 hurdles
3:45 M 400 hurdles
4:00 W 200 meters
4:15 M 200 meters

Running Finals
4:30 W 4 x 800
4:45 M 4 x 800
5:00 W Steeplechase
5:20 M Steeplechase
5:40 W 10,000 meters
6:30 M 10,000 meters

Saturday
10:30 Heptathlon (LJ-Javelin-800)
10:30 Decathlon
   (110 HH-Discus-PV-Jav-1500)

Field Events
10:30 M Hammer
10:30 Noon W Shot put
1:00 M High Jump
1:00 W Triple Jump (S runway)
2:00 M Triple Jump (N runway)

Running Finals
1:00 W 4 x 100
1:10 M 4 x 100
1:20 W 1500 meters
1:30 M 1500 meters
1:45 W 100 hurdles
1:55 M 110 hurdles
2:05 W 400 meters
2:15 M 400 meters
2:25 W 100 meters
2:35 M 100 meters
2:45 W 800 meters
2:55 M 800 meters
3:10 W 400 meters
3:20 M 400 hurdles
3:30 W 200 meters
3:40 M 200 meters
3:50 W 5000 meters
4:15 M 5000 meters
4:35 W 4 x 400
4:45 M 4 x 400
5:15 Awards
Entries are due by Noon on Wednesday April 21 on Direct Athletics. This is final entry and declaration. All entered athletes must compete in the events in which they are entered or be disqualified from competing in the remainder of the meet. Heats/flights available on Thursday.

1. Only 3/16 spikes (needles or pyramid) are allowed for track or runways. Inspection at check-in.
2. Triple Jump boards: Men 36’-41’ Women 29’-34’ Long Jump board: 10’
3. Check-in: 20 minutes prior for running events at track storage building
   30 minutes prior for field events at track storage building
   Athletes will be escorted to their field venue and starting lines
4. Weigh-ins: Friday 8:30 AM to noon at track storage building – implements will be impounded.
5. Only competing contestants will be allowed at venues and on the track.
6. Coaches alley will be the outside walking lane on the track only. Coach credentials will be issued.
7. Friday warm-up will be on Lovik Field below the tennis courts.
   Saturday the baseball outfield will be the designated warm-up area.
   No athletes allowed on the track infield as a safety precaution.
8. In the shot put, hammer, discus, javelin, long jump, and triple jump, each athlete will receive 3
   attempts. The top 9 athletes receive 3 more attempts in the finals. All attempts will be measured.
   Missed attempts in the finals are not retrievable.
   Field events will have a 20 minute warm up as sections, compete and then leave for the next section.
   There will be a 15 minute warm-up for finalists.
9. The training area will be located in the southeast corner of the track.
10. Scoring will be 10-8-6-5-4-3-2-1
11. The athlete entrance and exit to the track will be through the southeast track gate next to the rest rooms.
12. Team camp area: Outside the fence on the east end in the grass area. Bring tents.
13. Athletes are to leave the finish line area as soon as they are dismissed by the finish line clerk.
14. Results will be posted on the fence at the top of the bleachers.
15. Running athletes will wear bib numbers along with lane numbers.
16. Each school may enter up to 8 athletes for individual events and one relay team per relay.
17. Showers are available at the locker rooms next to the pool. Bring your own towels.
18. NCAA rules will govern the conduct of the meet except for Games Committee adjustments.

COACHES MEETING: 11:00 am on Friday at Track Storage Building to review meet information.

PARKING: Please send me the number of vehicles you will be using to attend the meet. You will receive
directions for parking in an assigned place. Due to construction and no parking at the track, it will be
important to have prepared place for your vehicles or bus. Friday will be an active day on campus with
classes and construction traffic. Allow an extra 10 minutes for unloading and parking on campus.

DINING COMMONS: Open 7 am to 7 pm. Cost is $6.00 per individual for supper.

DIRECTIONS: north on 101, exit at Olive Mill Road and turn right
Next stop sign, turn left on Hot Spring Road
Next stop sign, turn right on Sycamore Canyon
Next stop sign, go straight on Sycamore Canyon
Next stop sign, go right on Cold Spring Road
Use either first or second left into campus and follow campus road to the bottom of the
hill at the track and then proceed to parking. It is a short walk to the track from parking.

DRIVING TIME: From Carpinteria 20 minutes after 9:30 am on Friday
From Ventura 40 minutes after 9:30 am on Friday
From Goleta 25 minutes after 9:30 am on Friday