On Your Marks Season Opener
@ Westmont College
January 30, 2016

11:00      Hammer   combined (lower Lovik Field)
11:15      Long Jump  W (S runway) M (N runway)
          Pole Vault  W (M to follow)
          High Jump  M (W to follow)
30:00 after Hammer  Shot Put  W (W ring) M (E ring)
30:00 after LJ    Triple Jump  W (S runway) M (N runway)
1:45      Discus/Javelin  W (E ring) M (W runway)
20:00 after prior event  Javelin/Discus  M (W ring) W (E runway)
(3 preliminary attempts followed by 3 finals if a fair mark achieved in preliminary)

12:15    4 x 100m Relay            W
          4 x 100m Relay            M
12:30    The Mile             W
12:40    The Mile             M
12:50    100m hurdles          W
1:00     110m hurdles          M
1:10     400m                 W
          400m                 M
1:20     800m                 W
          800m                 M
1:30     400 IH                W
2:00     400 IH                M
2:10     3000m                 W
2:25     200m                 W
          200m                 M
2:35     3000m                 M
2:50     4 x 400m Relay        W
3:00     4 x 400m Relay        M

Scoring: Individual  7-5-4-3-2-1  Relays  5-3
Spikes:  3/16” or ¼” pyramids or needles on track and runways
Entries: due on Direct Athletics by Wednesday January 27 by 5:00 pm. Unlimited entries.
          No mark necessary. Updates allowed on meet day up to 30 minutes before an event.
PARKING: Adjacent lot to the track or at Physical Plant and Tennis Court lots just up the hill from the
          track. BUS parallel parking in the rock area behind the track building.
Warm-up: Runners on Lovik Field below the tennis courts. Athletes may use the track infield outside the
          flags for final warm-up strides. Field event warm-ups at event sites.
CHECK-IN: Field events check-in 30 minutes before start of event at the event site
          Runners check-in at the starting line 5:00 before race time to obtain hip number
TEAM TENTS to be set up on the grass outside the fence on the first turn.
Coaches and trainers may move about the field outside of the flags. BE SAFE!
Warning:  there is the possibility of baseballs being hit over the right field fence into the bleachers or
          on to the track during the baseball doubleheader.