

**2010 Nor-Cal Community College
Track & Field Master Schedule
As of 7 December 2009**

Any additions or corrections send ASAP to Daniel Cruz at dvc412@yahoo.com
No Rotational Meets arranged this season. All colleges arrange your own early-season meets

Date Competition Site

December

Sat/Sun 19-20 Dec. USATF Coaches Level 1 School, Sacramento City College

January

Sat 2, 9, 16 Jan. Diablo Valley College All-comer Series, 2pm

Sat/Sun 16-17 Jan. USATF Coaches Level 1 School, Chabot College

Sat 23 Jan. VS Athletics NorCal Super Clinic, Sacramento City College

Sat 23, 30 Jan. Diablo Valley College All-comer Series, 2pm

Fri/Sat. 29-30 Jan. National Pole Vault Summit Reno-www.polevaultsummit.com

February

Fri/Sat. 5-6 Feb. Conference Relays-Preview Meets

Fri/Sat. 12-13 Feb. Conference Relays-Preview Meets and Open Date (Colleges arrange own meets)

Fri/Sat. 19-20 Feb. Open Date (Colleges arrange own meets)

Sat 27 Feb. CSU-Stanislaus Open, CSU-Stanislaus State, Turlock

Sat. Feb 27 Feb Monterey-Peninsula College Invitational @ MPC

March

Wed/Thrs. 3-4 March, Chico Multi's, Chico State

Sat. 6 March, Beaver Relays, American River College

Sat. 6 March, Gator Preview, San Francisco State, San Francisco

Sat. 6 March, Kim Duyst Invitational, CSU-Stanislaus, Turlock

Wed/Thrs 10-11 March, Beaver Multi-Event Invitational, American River

Fri. 12 March, Jack Albiani Invitational, Modesto JC

Fri/Sat 12-13 March, Bakersfield Relays, Bakersfield College

Sat. 13 March, Aggie Open, UC Davis

Fri/Sat. 19-20 March, California Relays, Cerritos College, Norwalk

Sat. 20 March, Hornet Invitational Sacramento State

Wed/Thur. 24-25 March, UC Multi's, UC-Berkeley

Fri. 26 March, SF State Distance Carnival, CSU-San Francisco, San Francisco

Fri/Sat. 26-27 March, Chabot Distance Festival & Relays, Chabot College, Hayward

Fri/Sat. 26-27 March, Stanford Invitational, Stanford

April

Fri/Sat. 2/3 April, Johnny Mathis Invitational, San Francisco State, San Francisco

Sat 3 April, American River Beaver Invitational, American River College

Fri. 9 April, Coast Classic, Cerritos College, Norwalk

Fri/Sat. 9/10 April, Ed Adams Invitational Hartnell College, Salinas (April 9, 10,000)

Sat. 10 April, Mt. SAC Invitational (*JC portion*) Mt. SAC, Walnut

Sat. 17 April, Woody Wilson Twilight, UC Davis

Sat. 17 April, Maurice Compton Invitational, Merritt College

Tue/Wed. 20-21 April, Nor-Cal Multi-Event Championships, American River College

Fri. 23 April Harlan Anderson Memorial Invitational, Diablo Valley College

Mon/Sat. 26-1 Apr/May Conference Championships

Post Season competition:

May

Fri. 7 May Nor-Cal Championship Trials, American River College

Fri. 14 May Nor-Cal Championship Finals, American River College

Fri/Sat. 21-22 May, California State T&F Championships, Antelope Valley College, Lancaster, CA.