

2010 Coast Conference Track and Field Championships
San Jose City College
San Jose City College Stadium
Monday, Wednesday, and Saturday

Dates: April 26, 28 and May 1

Entry deadline: Sunday, April 25 at 6:00 PM.

Seeding meeting: Monday, April 26 at 5:00 PM at the San Jose City College Press Box.

Please refer to the Coast Conference bylaws for the conduct of this meet.

Entry Fee: \$140.00 per gender (\$280.00 for combined program).

Weigh-ins for both days will take place on Wednesday. All Hammers and Javelins must be in place by 1:30. All Saturday implements (Shot Puts and Discus) must be turned in by end of competition on Wednesday.

Jury of Appeals will be: The next 3 colleges in line to host the Coast Conference finals (Hartnell, Laney, and Chabot).

Spikes will be checked. 7 mm (1/4 in) pyramid or XMAS tree spikes are acceptable. Pin or needle spikes will not be allowed. Athletes will be instructed to change spikes or footwear.

Only starting blocks supplied by the host school will be allowed.

A coaches meeting will take place 30 minutes prior to running competition both days.

Time Schedule:

Monday, April 26, 2010

5:00 PM Coaches Meeting the San Jose City College Press Box.

6:00 PM Women's 10,000 Meter Run.

7:00 PM Men's 10,000 Meter Run.

Wednesday, April 28, 2010

Field Events

1:30= Women's Javelin, Men's Long Jump

3:15=Women's Long Jump, Men's Javelin, Women's Pole Vault,

4:30= Women's Hammer Throw, Men's PV,

5:30= Men's Hammer Throw

Running Events

Trial running events will be contested at 3:00 PM.

Saturday, May 1, 2010

Field Events

10:00= Men's High Jump, Men's Shot Put, Women's Triple Jump, Women's Discus

12:00= Men's Triple Jump, Women's Shot Put, Women's High Jump

2:00= Men's Discus

Running Events

First running event will be Women's Steeplechase to start at 11:00

Final Time Schedule confirmed at seeding meeting

Please feel free to contact me with any questions or concerns,

David Flynn

408-674-3813