

Coast Conference Track and Field Preview Meet

Friday, February 12, 2010

San Jose City College Stadium

Meet Information

Entry Fee= \$75.00 per men's and women's team (\$150.00 per combined program).

Make checks payable to: "San Jose City College Track and Field".

Meet Schedule- Standard track & field and relay events, No steeplechase, 3000 meter run as voted at coast conference coaches meeting January 12, 2009.

Field Events: Due to crossing sectors and time limitations we will contest the hammer throw on Thursday, Feb 11th at SJCC at 2:30pm. You may choose to contest this event at your home site. Bring forward your results on Friday. **Officiating assignments:** Events will be assigned at the Coast Conference coaches meeting January 12, 2009.

Time Schedule

Running Events will start at 1:00 pm (sunset is at 5:45 PM). Official Running Schedule will be hand out after *deletions/ scratches have been made on meet day February 12, 2010.*

Field Event Schedule

11:00= Men's Javelin 11:00= Women's SP

12:00= Long Jump (Co-ed) 12:00= Pole Vault (Women will go first; men will follow at the conclusion of the women).

1:00= Women's Javelin 1:00= Men's SP

1:00= High Jump (Women will go first; followed by the men)

2:30= Discus (Co- Ed) 2:30= Triple Jump (Co- Ed)

• **Four attempts in the throws and horizontal jumps**

Coaches meeting at the long jump pit at 12:30 pm.

Only deletions/ scratches will be allowed on meet day

Any questions or concerns

David Flynn

408-674-3813

Please Note Spike Requirement:

6mm Pyramid Spike Requirement

No pin or needle spikes allowed

Spike Inspection prior to each race.

Official Running Schedule will be hand out after *deletions/ scratches have been made on meet day February 12, 2010.*

Tentative Running schedule: (unofficial schedule).

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|---------------------|------|----------|
| Women's 4x100 Relay | 1:00 | (05 min) |
| Men's 4x100 Relay | 1:05 | (05 min) |
| Women's 1500 | 1:10 | (10 min) |
| Men's 1500 | 1:20 | (10 min) |
| Women's 100HH | 1:30 | (15 min) |
| Men's 110MHH | 1:45 | (15 min) |
| Women's 400M | 2:00 | (10 min) |
| Men's 400M | 2:10 | (10 min) |
| Women's 100M | 2:20 | (10 min) |
| Men's 100M | 2:30 | (15 min) |
| Women's 800M | 2:45 | (10 min) |
| Men's 800M | 2:55 | (15 min) |
| Women's 400LH | 3:10 | (15 min) |
| Men's 400IH | 3:25 | (15 min) |
| Women's 200M | 3:40 | (15 min) |
| Men's 200M | 3:55 | (15 min) |
| Women's 3K | 4:10 | (10 min) |
| Men's 3K | 4:20 | (10 min) |
| Women's 4x400 Relay | 4:30 | (05 min) |
| Men's 4x400 Relay | 4:35 | |

Preview Meet Assignments:

Events

Relay Zones

Hammer- SJCC

Zone 1- De Anza/ San Francisco/ Fresno/ Sequoias

Javelin- Reedley/Sequoias

Zone 2- Hartnell/CSM/ Chabot/ Reedley

Shot- Chabot

Zone 3- West Valley/ Laney/ Monterey/ SJCC

Discus- De Anza

Long Jump- CSM/Laney

Triple Jump- West Valley/ Monterey

High Jump- Hartnell

Pole Vault-Fresno City

Coast Conference seeding meeting: Monday April 26, 2010 @ 5:00 PM San Jose City College Press Box. At 6:00 PM we will run the 10,000 Meters for women followed by the men.

Coast Conference Championships

Trials- Wednesday April 28, 2010 **Finals-** Saturday May 1, 2010

Jury of Appeals- Hartnell, Laney, and Chabot