

2008 FRESNO CITY COLLEGE TRACK and FIELD INVITATIONAL

MEET INFORMATION

- Date:** Saturday, April 5, 2008
- Site:** Ratcliffe Stadium
- Entry Fee:** **\$5.00 per athlete per event, \$20.00 per relay, maximum team amount for each gender is \$175.00.** You must pay for each athlete entered even if she or he does not compete.
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- Make checks payable to FCC Track.**
- Entries:** Use Directathletics.com - **Deadline is Tuesday, April 1, 2008 @ 7:00 PM.**
- A performance list will be e-mailed out by Thursday evening. Any additions up to Saturday morning at 11:30 AM will be assessed a late fee of \$10.00 per athlete per event.
- Coaches Meeting:** A brief meeting will be held on the Finish Line @ 11:30 AM to make last minute scratches.
- Check-in:** Athletes entered in track events must check in **at least 20 minutes prior to their event at the Clerk's Table** located near the 100m start line. All athletes must have **a hip number placed on the right side of their shorts/singlet.**
- Field event athletes must check in at their specific event site.
- Rest Rooms:** Rest Rooms and locker facilities are located in the Fieldhouse (Upper Field). Shower facilities are available but athletes must provide their own locks and towels.
- Trainer:** Scott Nelson, our Head Trainer, will be available for all athletes requiring his services. Please supply your own athletic tape.
- Track Surface:** Nine (9) lane track with all of the runways plus the Javelin and High Jump approaches having a polyurethane surface.
- Spikes:** Only ¼ inch spikes are allowed.
- Warm-up Area:** Upper grass field on the south (track) side of the flagged hammer sector.

- Starting Heights:** Will be determined on meet day at the event site.
- Attempts:** Each athlete will be allowed three (3) attempts in the trials and the top nine competitors will receive three (3) additional attempts in the finals.
- Rules:** Current NCAA or COA modifications.
- Time Schedule:** May be revised according to the number of entries per event.
- Officials:** We should have all of the events covered, however, help with the hurdle crew is always appreciated.
- Weigh-ins:** Will be held from 9:30 – 11:30 AM at the storage shed to the left of the fieldhouse as you enter the track .
- Admission:** Tickets prices for spectators will be as follows : Adults - \$5.00; Students \$3.00, and children under 12 are free.
- Awards:** Each individual event winner, including all four members of a relay team will receive a Fresno City College Track & Field Invitational T-shirt, with the word “CHAMPION” emblazoned on the back.

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Time Schedule

Running Events

1:00 Steeplechase (W)
Steeplechase (M)

4 x 100m Relay (W)
4 x 100m Relay (M)

1500m (W)
1500m
(M)

100m Hurdles (W)
100m Hurdles (M)

400m
(W)
400m (M)

100m
(W)
100m (M)

800m
(W)
800m (M)

400m Hurdles (W)
400m Hurdles (M)

200m Women
200m
Men

5000m Women
5000m Men

4 x 400m Relay (W)

**Men's
Field Events**

**Women's
Field Events**

12:00 Hammer
Long Jump

1:30 Javelin
Pole Vault

3:00 Shot Put
Triple Jump

4:30 Discus
High Jump

Javelin
Pole Vault

Hammer
Long Jump

Discus
High Jump

Shot Put
Triple Jump

**Note: Throws and Jumps
Trials = 3 attempts

Finals = 3 attempts (Top 9)**

4 x 400m Relay (M)

Please Note: A rolling time schedule will be followed to avoid unnecessary delays.