

MPC ROTATIONAL MEET INFORMATION

CCSF, WEST VALLEY, SEQUOIAS, HARTNELL @ MPC

Date: Friday, February 15th 2008

Site: Community Stadium

Entries: Use Directathletics - Deadline is Wednesday Feb. 13 @ 7:00pm

Coaches Meeting: A brief meeting will be held @ 11:30 to make last minute scratches.

Check-In - Athletes entered in track events must check in at 20 minutes prior to their event. All track athletes must have hip number.

Field events athletes must check in at their specific event site.

Starting Times: 12:00 Field Events - 1:00pm Running Events

Running Events will be on rolling schedule.

Field Events

12:00 Javelin (Men followed by Women)

12:00 Pole Vault (Women followed by Men)

12:30 Shot Put (Men followed by Women)

1:00 Long Jump (Men south pit)

Long Jump (Women north pit)

1:30 High Jump (Women followed by Men)

3:00 Discus (Men followed by Women)

3:30 Triple Jump (Coed)