

CCCAA Track & Field Northern California Heptathlon & Decathlon
April 20-21, 2010
AMERICAN RIVER COLLEGE

Meet Information

Parking: Bus and van parking will be available in the stadium lot. All vehicles except busses need a parking pass. Please get them from Rick Anderson immediately upon arrival.

Entries: Deadline 12:00pm Sunday, April 18th. Athletes must be entered into the www.directathletics.com database. Scratches will be accepted at any point in time. Entries will be posted on www.directathletics.com following the deadline.
LATE ENTRIES WILL NOT BE ACCEPTED.

Fees: \$30.00 per athlete. Payable to ARC Athletics

Awards: Nor Cal medals for top 4 places.

Scoring: As a part of the Nor Cal Championships, the top 8 places are scored, and the top 6 qualify for the State Championships in Antelope Valley.

Qualifying Standards:

Decathlon: 5500 points in decathlon competition **OR** verifiable (verified through direct athletics) seasonal marks in 8 events which add up to 4600 points. In the event fewer than 12 qualify, the field will be filled to 12 based on the next best scores down to a minimum score of 4100 in 8 events.

Heptathlon: 3200 points in heptathlon competition **OR** verifiable seasonal marks (verified through direct athletics) in 5 events which add up to 2400 points. In the event of fewer than 12 qualify, the field will be filled to 12 based on the next best scores down to a minimum of 2100 points in 5 events.

Marks: All marks must be e-mailed directly to Rick Anderson at this e-mail address: andersr@arc.losrios.edu. I will post weekly updates for all multi-event athletes on Google Documents through the norcalstat.com website. The address is: <https://spreadsheets.google.com/ccc?key=0AjpW-O-doUwddE5PdHdxN0dZYnUtRjNsNUx4SUI6SIE&hl=en>

You can copy and paste the link into your address bar on the internet or click on the link on NorCalStat. If you notice something is not up-to-date by 5:00pm Tuesday each week let me know.

You must convert all marks into metric or they will not be accepted.

Start Times: Day 1 – Hep at 10:30am and Dec at 11:00am
Day 2 – Dec at 10:00am and Hep at 11:00am

Technical: Weigh-ins: Tuesday, April 20th 9:00-11:00am. Both days implements will be impounded. ARC Athletic Trainers will be on-site. Please bring your own supplies.

The javelin runway is an all-weather, polyurethane surface.

Contact: Rick Anderson if you have questions:
916-484-8143 office, 916-296-6635 cell