

NOR-CAL MULTI CHAMPIONSHIPS
April 15-16, 2008
FRESNO CITY COLLEGE
Meet Information

- Parking:** Bus and van parking will be available in lot adjoining stadium.
- Entries:** Deadline 12:00pm Sunday, April 13th. 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 Fresno City College Track
- 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 Cerritos
- Qualifying Standards:**
- Decathlon:**
Automatic: 5500 pts. in verifiable marks (DirectAthletics), or 4600 pts. in eight events. If less than nine automatic qualifiers, the field will be filled to a maximum of 12 based upon total scores (at least 4100 pts in eight events).
- Heptathlon:**
Automatic: 3200 pts. in verifiable marks (DirectAthletics), or 2400 pts. in five events. If less than nine automatic qualifiers, the field will be filled to a maximum of 12 based upon total scores (at least 2100 pts. in five events).
- Marks:** All marks must be e-mailed directly to Kent Pagel at this e-mail address: pagelshot@aol.com. He will post weekly updates for all multi-events athletes on the norcalstat.com website. **You must convert all marks into metrics or they will not be accepted.**
- Start Times:** Day 1 – Dec at 11:00am and Hep at noon
Day 2 – Dec at 10:00am and Hep at 11:00am
- Technical:** Weigh-ins: Tuesday, April 15th 9:00-11:00am. Implements will be impounded.
- FCC Trainer, Scott Nelson will be on-site. Please bring your own supplies
- The javelin runway is an all-weather, polyurethane surface.
- Contact:** Gary Bluth if you have questions. Home: (559) 434-7945,
College: (559) 442-4600, extn. 8440
E-mail address: gofaster@comcast.net