

Second Annual Bob Rush Community College Track and Field Meet
Thursday and Friday- March 28-29, 2008
College of San Mateo

Meet Information

We will accept **ALL** running event entries. With this in mind, we are endeavoring to keep entry fee cost down to all participating colleges. Therefore, we will not be distributing awards at this meet. We are charging a fee that we believe will cover the administrative expenses related to this event.

Due to time and field limitations, we will have to limit the field event numbers to a maximum of 24 athletes per event. Each athlete will be allowed 4 attempts in the throws and horizontal jumps.

Entry deadline is Friday, March 22 at noon. Please enter using www.directathletics.com. **No additions will be allowed after this deadline. Only scratches will be accepted on meet. A list of alternates will be developed in the field events. Heat and flight information will be posted on www.norcalstat.com no later than Monday, March 25th at 6:00 pm. Alternates will be moved into competition when space allows.**

Entry fee: \$10. 00 per athlete and relay team. With a maximum of \$100. 00 per school, per gender. (\$200.00 total for combined programs) Please make your payment or proof of impending payment available upon arrival. Payable to: College of San Mateo Track and Field Trust Fun.

Time Schedule

Thursday, March 28th

1:30= Men's Hammer
3:30= Women's Hammer

Friday, March 29th

Field Events

10:00= Women's Javelin
Women's and Men's Long Jump
Women's Pole Vault
Noon= Men's Pole Vault
Men's Javelin
Women's SP
1:00= Men's High Jump
2:00= Men's Women's Triple Jump
Men's SP
Women's Disc
3:00= Women's High Jump
4:00= Men's Disc

Running Events

10:30= Women's Steeplechase
10:50= Women's 10K
11:40= Men's Steeplechase
Noon= Women's 4 x 100 Re
Men's 4 x 100 Re
Women's 1500
Men's 1500
Women's 100 H
Men's 110 HH
Women's 400
Men's 400
Women's 100
Men's 100
Women's 800

Running Events(cont)

Men's 800
Women's 400 H
Men's 400 IH
Women's 200
Men's 200
Men's 5K
Women's 4 x 400
Men's 4 x 400

Exact time schedule will be determined and posted after close of entries. Faster seeded heats in each event will compete first in each event.

Please help us to ensure that your athletes compete in the proper length and type of spike. No spikes longer than ¼ inch (7 mm) or pin/needle spikes will be allowed. As a point of safety, ceramic spikes may not penetrate the LJ-TJ boards. Which may cause injury to your athlete.

Parking

Parking is available in the lot adjacent to the Tennis Court. All non- school vehicles should buy a daily permit.

Accommodations

Crowne Plaza, 1221 Chess Drive, Foster City (exit Foster City Blvd. from Highway 92) Call Marie at 650-570-5700 Mention that you are attending a CSM track and field function

Marriott Courtyard, 550 Shell, Foster City (exit Foster City Blvd from Highway 92, across the street from Costco) ask for Jason Wilcox, 650-377-0600

Any questions or concerns, please direct them to:

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OR

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