



**Nor Cal Rotational
February 16th, 2008
Sacramento City College
Hughes Stadium**

Merced, Laney, Marin, Modesto

All entries must register at <http://www.directathletics.com/>
registration begins Feb 4th

Facility: Nine 48" lanes; CalTrax surface, including all runways and javelin approach. ¼" spikes maximum including high jump, pole vault and Javelin. Cement circles for shot, discus and hammer.

NCAA rules apply

Weigh-Ins will be held in the southeast shed from 9:30 a.m. – 11:30 a.m.

Athletic Trainers will be on hand to take care of your athletes' needs. Please bring your own supplies depending on your treatment needs.

Throwing and Horizontal Jump Events: Will receive 6 attempts, no finals. Please remind your athletes we are on a strict time schedule for the field events to be able to give all athletes 6 attempts. If they leave to participate in another event, they **MUST** inform the official at that event and they **MUST** return promptly; otherwise they will be scratched from remaining attempts.

Entry Deadline: Thursday, February 14th by 6:00 p.m.

Entry Changes: Scratches or changes can be made up to 10:30 a.m. for field events or 12:00 for running events on site with our clerk at the finish line.

Direct any questions to: bauduil@scc.losrios.edu or Lisa Bauduin (916) 558-2610 or dewarr@scc.losrios.edu or Rob Dewar (916) 558-2305.

Nor Cal Rotational
Saturday 02/16/2008 - Starts at 11:00 AM

Field Events

11:00 AM	#23	Women Hammer Throw	Finals
11:00 AM	#38	Men Shot Put	Finals
11:00 AM	#32	Men High Jump	Finals
11:00 AM	#25	Women Long Jump	Finals
11:30 AM	#27	Women Pole Vault	Finals
12:00 PM	#26	Men Long Jump	Finals
12:15 PM	#29	Women Javelin Throw	Finals
12:15 PM	#24	Men Hammer Throw	Finals
12:30 PM	#31	Women High Jump	Finals
01:00 PM	#28	Men Pole Vault	Finals
01:00 PM	#35	Women Triple Jump	Finals
01:30 PM	#30	Men Javelin Throw	Finals
01:30 PM	#33	Women Discus Throw	Finals
02:00 PM	#36	Men Triple Jump	Finals
02:45 PM	#34	Men Discus Throw	Finals
02:45 PM	#37	Women Shot Put	Finals

Running Events

12:15 PM	#3	Women 4x100 Meter Relay	Finals
12:25 PM	#4	Men 4x100 Meter Relay	Finals
12:35 PM	#5	Women 1500 Meter Run	Finals
12:45 PM	#6	Men 1500 Meter Run	Finals
12:55 PM	#7	Women 100 Meter Hurdles	Finals
01:05 PM	#8	Men 110 Meter Hurdles	Finals
01:15 PM	#9	Women 400 Meter Dash	Finals
01:25 PM	#10	Men 400 Meter Dash	Finals
01:35 PM	#11	Women 100 Meter Dash	Finals
01:45 PM	#12	Men 100 Meter Dash	Finals
01:55 PM	#13	Women 800 Meter Run	Finals
02:05 PM	#14	Men 800 Meter Run	Finals
02:15 PM	#15	Women 400 Meter Hurdles	Finals
02:25 PM	#16	Men 400 Meter Hurdles	Finals
02:35 PM	#17	Women 200 Meter Dash	Finals
02:45 PM	#18	Men 200 Meter Dash	Finals
02:55 PM	#19	Women 3000 Meter Run	Finals
03:05 PM	#20	Men 5000 Meter Run	Finals
03:25 PM	#21	Women 4x400 Meter Relay	Finals
03:35 PM	#22	Men 4x400 Meter Relay	Finals