



## 2010 CSU Stanislaus Alumni/All-Comers Meet Saturday, February 20, 2010

Warrior Stadium and Al Brenda Track, CSU Stanislaus-Turlock

The following information is provided as a lead up to the Stanislaus Alumni/All-Comers hosted by CSU Stanislaus. Please be sure to periodically check back at [www.warriorathletics.com](http://www.warriorathletics.com) for updated information prior to the meet.

### **Facility Specifications:**

The Al Brenda track features a newly installed full-pour Rekortan M99 polyurethane eight-lane track with polyurethane runways and javelin approach. Only **quarter inch (1/4") spikes** or smaller with no stacked spikes will be allowed on these surfaces.

**Long and Triple Jump runways:** north-south direction, 228 feet in length; removable wooden boards are placed at: west pit: 10 ft., 38 ft., and 44 ft; east pit: 8 ft., 35 ft., 40-08 ft.

**Pole Vault runways:** changeable to either north south direction, 140 feet in length

**Javelin runway:** throwing north, 133 feet in length

**Steeple Approach:** infield approach adjacent to 200m start.

**Shot Put and Discus:** Warrior stadium features brushed concrete discus and shot rings in both the stadium and west field behind the bleachers.

**Hammer Throw:** brushed concrete ring located in the west field

**Event Schedule:** Field events begin at 9:00am, with track events at 11:00am. Refer to attached schedule for event order.

Competitors will be afforded four (4) throws and horizontal jump attempts.

### **Performance Lists:**

Performance lists for this meet will be posted Thursday after 9:00pm at: [www.warriorathletics.com](http://www.warriorathletics.com), and then click on Men's track and field on the left.

### **Entering athletes into the meet:**

Please utilize the entry procedures on the [www.DirectAthletics.com](http://www.DirectAthletics.com) website. Entries close on Wednesday, 17 February at 6:00pm. For your records, make sure you make a 'printable copy' of your entries before you log-off. Entries not posted by this time are not entered into the meet. You may only make last-minute scratches upon arrival at the meet. Please note that NCCA rule 4.1 prohibiting the use of false marks for entry purposes will be followed.

### **Entry Fees:**

Entry fee is \$15.00 per athlete up to four (4) events; and \$20.00 per relay team. Collegiate team entry fee is \$150.00 per team, per gender (\$300.00 max). CSU Stanislaus alumni entry fees will be waived. Entry fees must be paid upon check-in. Payment or proof of purchase order is necessary to compete. Please make checks payable to: CSU Stanislaus Track and Field.

### **Restrooms and Changing Facilities:**

Restrooms are located behind the stands. There are locker rooms located 300m south-west of the stadium in the Warrior Arena. Please supply your own towel, soap and lock. CSU Stanislaus is not responsible for your valuables left in the locker rooms or in the stadium.

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***Parking:***

Parking is available throughout the campus on Saturdays free of charge. We ask that school vans and buses pick-up and drop off at the SW corner of the stadium and park beyond the baseball diamond further west.

***Athletic Trainer:***

The CSU Stanislaus trainer Gary Hogan will have limited training services available at the meet for any ice or emergency care that your athletes may require. Please supply your own tape for any routine taping treatments. For any specific concerns, please contact Gary directly at 209.667-3415.

***Concessions:***

Concessions are scheduled to be open during this meet for your convenience.

***Further information:***

If you require further information, please contact assistant coach Sally Roberts at [sroberts@csustan.edu](mailto:sroberts@csustan.edu), or office: 209.667-3716.

***We look forward to hosting you at CSU Stanislaus!***



## 2010 CSU Stanislaus Alumni/All-Comers Meet Saturday, February 20, 2010

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### Meet Schedule

#### Track Events

**11:00am start time with rolling schedule.**

Women's 4x100 Meter Relay

Men's 4x100 Meter Relay

Women's 1500m Run

Men's 1500m Run

Women's 60 Meter Hurdles

Men's 60 Meter Hurdles

Women's 400 Meter Dash

Men's 400 Meter Dash

Women's 100 Meter Dash

Men's 100 Meter Dash

Women's 800 Meter Dash

Men's 800 Meter Dash

Women's 60 Meter Dash

Men's 60 Meter Dash

Women's 300 Meter Hurdles

Men's 300 Meter Hurdles

Women's 200 Meter Dash

Men's 200 Meter Dash

Women's 3000m Run

Men's 3000m Run

Women's 4x400 Meter Relay

Men's 4x400m Relay

#### Field Events

**After 9:00am start time, all subsequent field events will follow a rolling schedule in event order noted below. Subsequent times are to serve only as a guide.**

##### 9:00am

Women's Hammer Throw

Men's Javelin Throw

Women's Long Jump

##### 10:30am

Men's Hammer Throw

Women's Javelin Throw

Men's Long Jump

Men's High Jump

Women's Pole Vault

##### 12:00noon

Men's Shot Put

Women's Discus Throw

Women's Triple Jump

Women's High Jump

Men's Pole Vault

##### 1:30pm

Men's Triple Jump

Men's Discus Throw

Women's Shot Put

##### 3:00pm

Women's Weight Throw

Men's Weight Throw

*All long throws will be contested on the west field*