



# RON KAMAKA OPEN

FEBRUARY 21, 2026

HILMER LODGE STADIUM - WHERE THE WORLD'S BEST ATHLETE COMPETE

**MEET TYPE:** Collegiate/Open (No high school or youth)

**ENTRY PROCESS:** Enter online at: [www.athletic.net](http://www.athletic.net)

**Entry Deadline:** Monday, February 16, 2026, at 10:00 pm

**ENTRY FEE:** \$800 per school (\$400 men's and \$400 women's team), \$40 per open entry (unlimited events) **Please make checks payable to: Mt. SAC Track and Field Trust**

**Payment must be provided no later than the day of the competition at the clerk of the course! No payment no participation.**

**ACCEPTED ENTRIES:** Will be posted on February 18.

**LATE ENTRIES:** No Late Entries will be accepted!

**PARKING:** Parking is free if you park in a student parking spot. All buses can park in parking lot F north of the stadium.

**TEAM CAMP:** You can set up your team tents on the grass field south of the scoreboard, not in the stands.

**SPECTATOR INFORMATION:** No spectator fees. Spectators are not allowed in the competition area and must remain in the stands or designated spectator areas. Sorry NO PETS are allowed on the Mt. SAC Campus.

**ENTERING THE STADIUM:** Athletes, Coaches and Spectators may enter the stadium from the Main North Gate.

**DIRECTIONS:** [www.mtsac.edu/maps](http://www.mtsac.edu/maps). 1100 N. Grand ave. Walnut, CA. 91789

**HOTELS:** Please visit our Special Events Hotel Website at: <https://runmtsac.com>  
Please mention "Mt. SAC Special Events" to receive special hotel rates with our partner hotels.

**CONTACT:** Giovanni Lanaro - Head Track and Field Coach  
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## (Tentative Schedule)

### Running Events

Time	Event	Gender	Heats	Time	Event	Gender	Heats
12:00 PM	4x100 relay	W		3:00 PM	800m	W	
12:05 PM	4x100 relay	M		3:15 PM	800m	M	
12:10 PM	1500m	W		3:45 PM	400m hurdles	W	
12:30 PM	1500m	M		4:00 PM	400m hurdles	M	
1:05 PM	100m hurdles	W		4:20 PM	200m	W	
1:20 PM	110m hurdles	M		4:40 PM	200m	M	
1:35 PM	400m	W		5:10 PM	3,000m	W	
1:45 PM	400m	M		5:40 PM	3,000m	M	
2:05 PM	100m	W		6:30 PM	4x400m relay	W	
2:30 PM	100m	M		6:45 PM	4x400m relay	M	

### Field Events

Time	Event	Gender Order	Location	Notes
9:00am	Hammer	W then M	Hammer	4 throws
11:00 AM	Javelin	W then M	South Runway	4 throws
11:00 AM	Long Jump	W & M	East & West Pit	4 jumps
12:00 PM	Shot Put	W then M	SP Arena	4 throws
1:00 PM	Pole Vault	W then M	North Pit/South pit	
2:30 PM	High Jump	W & M	Southwest/Southeast	
3:00 PM	Discus	W then M	Stadium	4 throws
3:00 PM	Triple Jump	W & M	East & West Pit	4 jumps

**Clerk of Course:** White tent located at southwest entrance of the track.

**Check in:** All running events must check in at the Clerk of the Course and receive a hip number(s)  
All field events will check in at the event site.

**Heat sheets:** Will be at the Clerk of the Course.

**Results:** We will have live results on Finished Results. Results will also be posted on  
directhathletics.com

**Implements:** All implements must be weighed in. Weigh ins will be from 7:15am-1:00pm in front of  
the storage shed.