

**CMS Outdoor Indoor  
Distances Invite  
Saturday, January 25<sup>th</sup>, 2020  
Tentative Time Schedule**

| <b>Running Events</b> |                    |   | <b>Field Events</b>        |   |
|-----------------------|--------------------|---|----------------------------|---|
| 11:30                 | Distance Medley    | W | 11:00 Weight Throw (South) | W |
| 11:45                 | Distance Medley    | M | 11:00 High Jump            | W |
| 12:00                 | 60m Dash (prelims) | W | 11:00 Long Jump            | M |
| 12:10                 | 60m Dash (prelims) | M | 11:00 Pole Vault           | M |
| 12:20                 | 60m Hurdles        | W |                            |   |
| 12:35                 | 60m Hurdles        | M | Long Jump (follows M)      | W |
| 12:45                 | Mile Run           | W |                            |   |
| 12:55                 | Mile Run           | M |                            |   |
| 1:05                  | 400m Dash          | W | Weight Throw (follows W)   | M |
| 1:10                  | 400m Dash          | M | Pole Vault (follows M)     | W |
| 1:15                  | 60m Dash (Finals)  | W | High Jump (follows W)      | M |
| 1:20                  | 60m Dash (Finals)  | M |                            |   |
| 1:25                  | 800m Run           | W | Shot Put (follows MWT)     | W |
| 1:30                  | 800m Run           | M | Triple Jump (follows MLJ)  | M |
| 1:40                  | 200m Dash          | W | Shot Put (follows WSP)     | M |
| 1:50                  | 200m Dash          | M | Triple Jump (follows MTJ)  | W |
| 2:05                  | 3000 Meters        | W |                            |   |
| 2:20                  | 3000 Meters        | M |                            |   |
| 2:35                  | 4 x 400 Relay      | W |                            |   |
| 2:45                  | 4 x 400 Relay      | M |                            |   |

**Next page for meet information**

**CMS Outdoor Indoor  
Distances Challenge Meet**

**MEET INFORMATION**

- TIME:** Field Events – 11:00am Running Events - 11:30pm
- ENTRIES:** Entries will be done through [Direct Athletics](#). Entries are due by Wednesday 22<sup>nd</sup> at 7:00 pm. Performance List will be posted on the CMS website by Wednesday at 9 pm. Heat Sheets will be posted by noon on Thursday.  
There will be prelims in the 60m dash. Heat winners and next fast times will advance to a 9 person final.  
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- LIMITS:** Starting heights decided after entries are submitted  
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- FACILITIES:** 9 Lane Martin Polyurethane Track  
HJ - PV - LJ - TJ and JT runways are Polyurethane; SP - DT - HT - Brushed Concrete  
3/8” spikes for the High Jump & Javelin; 1/4” spikes for the rest  
Great aiding breezes
- TIMING:** Done by [Royal Results](#) with Finishlynx System.
- TRAINER:** Training Room and Trainer will be available. Bring your own supplies.
- RESULTS:** Results will be posted on CMS Track and Field webpage and on TFFRS.org
- PARKING:** Please park in the parking lot located on the southwest corner of 6<sup>th</sup> and Claremont behind the children’s school campus (southeast of the track) or in school lot north of the stadium.
- DIRECTIONS:** Off I-10 (San Bernardino Freeway) between 57 and 15 freeways.  
Take Indian Hill Blvd. north one mile, turn right on 6<sup>th</sup> Street, ¾ of a mile to Mills Ave.  
Burns Track is located on the northeast corner of 6<sup>th</sup> and Mills directly behind Roberts Pavilion.
- QUESTIONS:** Contact Glenn Stewart at 909.607.7020 or [Glenn.Stewart@cms.claremont.edu](mailto:Glenn.Stewart@cms.claremont.edu)
- FEES:** Teams \$125.00 per Gender (\$250.00 for both teams)