



SCIAC Multi-Dual Meet No. 2—Saturday, April 2, 2022 CMS La Verne Chapman Pomona-Pitzer Cal Lutheran

TIME: Field Events - 10:00 AM, Running Events 11:00 AM. The SCIAC meet schedule is listed below.

ENTRIES: Entries are due by Thursday, March 31 at 1:00 PM through **Direct Athletics**. Entry marks must have been achieved in 2022 or the entry should be listed as no time or no mark.

By the same Thursday, March 31 deadline, please also email your Heat/Flight 1 running, throws, and horizontal jumps entries to Glenn Stewart Glenn.Stewart@CMS.Claremont.edu.

Include in the email which one male and one female athlete you would like in your assigned lane in the lane races (100,200,400,100/110 H, 400H) and which three males and three females in the 800/LJ, TJ, SP, DIS, HAM, JAV . Entries will be posted on <http://www.cmsathletics.org/sports/wtrack/index> by Thursday evening at 9PM.

COACHES MEETING: Coaches may enter or scratch athletes from events at a mandatory coaches' meeting at 9:45 AM on meet day. If necessary, heats and lanes will be revised following the meeting.

CHECK-IN: Athletes must declare for their event(s) no later than 10 minutes prior to their event's scheduled time. Additions that would require adding an additional heat will be discouraged.

Field events athletes check in at their event site. Running events athletes check in at the tent by the 110 Hurdles start. Running events athletes are encouraged to check in early.

Field events athletes check in at your event site at least 10 minutes prior to the start of the first flight of your event.

WEIGH-INS: Implements weigh-ins will take place underneath the stadium from 8:30 to 9:30 AM

FACILITIES: Track is 9 lane Martin Polyurethane track. HJ-PV-LJ-TJ and JT runways are Polyurethane; SP-DT-HT- Brushed Concrete

Men and the women will jump on the north pit.

Athletes may wear 3/8" spikes for High Jump & Javelin; 1/4" spikes for the rest

TIMING: **FinishedResults.com** Finish Lynx Electronic FAT System. Results will be available online, and on bulletin board during the meet, and will be posted online following the meet.

DIRECTIONS: Off I-10 (San Bernardino Freeway) between 57 and 15 freeways.

Take Indian Hill Blvd. north one mile, turn right on 6th Street, 3/4 of a mile to Mills Ave. Burns Track is located on the northeast corner of 6th and Mills directly behind Roberts Pavilion.

PARKING: Please park in the parking lot located on the southwest corner of 6th and Claremont Ave. (next to the hammer throwing area), or in lot north of stadium on 9th St.

QUESTIONS: Contact Glenn Stewart Glenn.stewart@cms.claremont.edu or 909.607.7020



Schedule of Events

10:00 Hammer (HT) W/M

Javelin (JT) M/W

Long Jump (LJ) M/W

Pole Vault W/M

Shot Put (SP) W/M (W SP follows M HT)

Discus (DT) M/W (M DT follows W JT)

Triple Jump (TJ) M/W (M TJ follows W LJ)

10:45 High Jump M/W

11:00 110m Hurdles M

11:10 110m Hurdles W

11:20 3000m Steeplechase M

11:40 3000m Steeplechase W

12:00 4x 100m Relay M

12:05 4x 100m Relay W

12:10 1500m Run M

12:20 1500m Run W

12:30 400m run M

12:35 400m run W

12:40 100m dash M

12:45 100m dash W

12:50 800m run M

1:00 800m run W

1:15 400m Hurdles M

1:25 400m Hurdles W

1:35 200m dash M

1:40 200m dash W

1:45 5000m run M

2:05 5000m run W

2:35 4x400m Relay M

2:45 4x400m Relay W