



RON KAMAKA OPEN

FEBRUARY 22, 2025

HILMER LODGE STADIUM - WHERE THE WORLD'S BEST ATHLETE

DATE: Saturday, February 22, 2025

MEET TYPE: Collegiate/Open Meet

ENTRY PROCESS: Enter online at: www.directathletics.com
Entry Deadline is Monday, February 17, 2025 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 the no later than day of competition!

ACCEPTED ENTRIES Will be posted on February 19 by 3:00 PM

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

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

SPECTATOR INFORMATION: No spectator fee. 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 or from the South at Gate 8.

DIRECTIONS: www.mtsac.edu/maps

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*
E-mail = glanaro@mtsac.edu
Office = 909.274.5224
Cell = 626.485.6278

COMPETITION WILL BE ELECTRONICALLY TIMED
REGISTER ON WWW.DIRECTATHLETICS.COM



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RUNNING EVENTS (will begin @ 12:00pm)

TIME	EVENT	GENDER ORDER	TIME	EVENT	GENDER ORDER
	4X100M Relay	W then M		800M	W then M
	1,500M	W then M		400M Hurdles	W then M
	100M Hurdles	W		200M	W then M
	110M Hurdles	M		3,000M	W then M
	400M	W then M		4X400M Relay	W then M
	100M	W then M			

FIELD EVENTS

TIME	EVENT	GENDER ORDER	LOCATION	NOTES
	Hammer	W then M	Lower Area	4 total throws per athlete
	Javelin	W then M	South	4 total throws per athlete
	Long Jump	M & W	East & West Pit	4 total jumps per athlete
	Pole Vault	M & W	Main	
	Shot Put	W then M	SP Arena	4 total throws per athlete
	High Jump	M then W	Main	
	Discus	W then M	Main	4 total throws per athlete
	Triple Jump	M & W	East & West Pit	4 total jumps per athlete

MEET DAY INFORMATION

Clerk of Course: White tent located at southwest entrance of the track.
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 posted on the bulletin board at the Clerk of the Course.

Results: We will have live results on finished results. Results will also be posted on directathletics.com

Implements: All implements must be weighed in. Weigh ins will be from 8am-11:30am in front of the storage shed.

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