

# POMONA-PITZER ALL-COMERS TRACK & FIELD MEET

## COLLEGE/OPEN ONLY

- DATE:** Saturday, February 21, 2009
- ENTRY FEE:** \$3.00 per athlete per event and \$3.00 per relay.
- ENTRIES:** All entries will be made day of meet. Coaches will need to purchase entry tags for each athlete's event in order for them to compete. Athletes must present their entry tag (filled out with name, school, expected mark) to the event official to compete (runners to Clerk at start lines at least 10 minutes prior to start of Heat 1; field eventers to event official at site at least 10 minutes prior to start of Flight 1).
- NOTE:** **No high school athletes will be allowed to enter.** Competition is limited to college/university/open athletes only.
- SPIKES:** Athletes must wear 1/4" spikes or shorter. The track and all runway surfaces are Martin IS-300.
- TIMING:** Fully automated.
- RESULTS:** IMPORTANT: Results will only be posted at the meet and NO post-meet results will be compiled. Please get all your marks at the meet. This is an all-comers format.
- LOCATION:** The track facility is located at 6th and Amherst on Pomona College's campus. Park in campus lots (no fee). To get to Pomona College from Interstate 10, take Indian Hill exit north 1 mile to 4th street. Turn right and go east six blocks, past College Avenue and College Way. Park just south of the baseball field. To get to Pomona College from Interstate 210, exit at Towne Ave, turn south and go 1/2 mile until Foothill stoplight. Turn left and go 1 mile until Indian Hill stoplight. Turn right, and go south to 4th street. Turn left and go east six blocks, past College Ave. and College Way. Park south of the baseball field. Handicapped access is available by entering the track from campus – not from Mills Avenue.
- LOCKERS:** No locker or shower facilities are available.
- TRAINER:** The trainer will be available from 9:30am through the duration of the meet at the blue tent on the west track edge.
- FIELD EVENTS:** 4 jumps / 4 throws -- no finals.
- CONTACT:** Kirk Reynolds by phone at 909-621-8429 or by email at: [kreynolds@pomona.edu](mailto:kreynolds@pomona.edu)

## TRACK & FIELD MEET SCHEDULE POMONA-PITZER ALL-COMERS

|       |              |           |               |
|-------|--------------|-----------|---------------|
| 10:30 | HAMMER       | W, then M |               |
|       | POLE VAULT   | W         |               |
| 11:00 | LONG JUMP    | M, then W |               |
| 11:15 | JAVELIN      | M, then W |               |
| 11:30 | SHOTPUT      | W, then M |               |
| 11:40 | 110m HURDLES | M         |               |
| 11:50 | 100m HURDLES | W         |               |
| 12:00 | HIGH JUMP    | M         |               |
|       | 3000m        | M (flat)  |               |
| 12:15 | 3000m        | W (flat)  |               |
| 12:35 | 4 X 100m     | M         |               |
| 12:45 | 4 X 100m     | W         |               |
| 12:50 | 400m         | M         |               |
| 1:00  | POLE VAULT   | M         |               |
| 1:00  | 400m         | W         |               |
| 1:00  | DISCUS       | W, then M | (Lower field) |
| 1:15  | 100m         | M         |               |
| 1:30  | 100m         | W         |               |
| 1:30  | HIGH JUMP    | W         |               |
| 1:45  | 800m         | M         |               |
| 1:55  | 800m         | W         |               |
| 2:10  | 400m HURDLES | M         |               |
| 2:20  | 400m HURDLES | W         |               |
| 2:30  | 200m         | M         |               |
| 2:40  | 200m         | W         |               |
| 2:50  | Mile         | M         |               |
| 3:05  | Mile         | W         |               |
| 3:20  | 4 X 400m     | M         |               |
| 3:30  | 4 X 400m     | W         |               |

\* TRIPLE JUMP (M, then W) TO FOLLOW Women's LJ