

11-24-08, Press Release-Pleasant Hill, California, Diablo Valley College will host Meets January 3, 10, 17, 24, 31.



DIABLO VALLEY COLLEGE WILL HOST Winter ALL-COMER Track & Field SERIES, meets will feature steeplechase (2000 and 3000 meter events, depending upon interest). DVC features a new 400 Meter Rekortan track surface and jumping area.

Winter All-comer track meet series is slated to begin with five (5) meets in January, beginning January 3rd. **All meets to begin at 2:00pm, Field Events, 2:30pm.** DVC Head Coach Daniel Cruz has announced that DVC will host an all-comer track & field series with the steeplechase listed as a feature event each week. The Men and Women's Hammer Throw will not be contested in the winter series. **Go to www.directathletics.com to register. Follow instructions for registering as an individual then go to the posted meet you wish to enter and follow the entry instructions. Pay your entry fees when you arrive at the meet. Please register on Directathletics. We will take race-day entries. However, for ease on meet management, use DA. Thank you!**

Where:	Diablo Valley College (3/16" spikes only, No Pin Spikes!) Shoes will be inspected. Spikes will be available for sale.
When:	January 3, 10, 17, 24, 31
Time:	2:00pm – Running Events, Steeplechase, then rolling schedule, see below. Field Events, 2:30pm (No Hammer in the Winter)
Who:	OPEN, COLLEGE, MASTERS, HIGH SCHOOL AND YOUTH; BOYS & GIRLS; MEN

	AND WOMEN
Entry Fee:	\$6.00 PER ENTRANT, Unlimited Events, SPECTATORS \$2.00
Contact:	Head Track Coach, Daniel Cruz (925) 437-6013; dcruz412@sbcglobal.net
cc:	<i>ALL COACHES AND ATHLETES</i>

Order of Events, Open Time Schedule (Running and Field Events), FAT Timing

2:00pm Steeplechase (2K, 3K)	Field Events, 2:30pm
4 x 100R	LJ (Open Pit)
1500 (Mile, last meet)	HJ (5 Alive)
55M HH-60MH	PV
400	SP
100	Discus (to follow SP)
800	Triple to follow LJ
IH (300)	TJ (Open Pit)
200	
3000, 5000 last meet	
4 x 400R	