



**All Comers Meets Return to Matador Track Complex in January**

Nine All Comers Meets Scheduled for Matador Track & Field Complex in 2010

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**NORTHRIDGE, Calif.** - Cal State Northridge Track & Field has announced the schedule for its 2010 All Comers Meets. The Matadors will host nine All Comers meets beginning January 9 and running through March 6.

Last year, an average of 450 participants competed at the nine All Comers Meets and Matador Director of Track and Field **Don Strametz** hopes for similar success in 2010.

"The All Comers Meets provide an opportunity for people of all ages to compete in a very informal setting," said Strametz. "But the meets are also important in that they provide our competitors training and preparation for the upcoming indoor and outdoor seasons."

The nine All Comers meets in 2010 will take place on the following dates:

- Saturday, Jan. 9
- Saturday, Jan. 16
- Saturday, Jan. 23
- Saturday, Jan. 30
- Saturday, Feb. 6
- Saturday, Feb. 13
- Saturday, Feb. 20
- Saturday, Feb. 27
- Saturday, Mar. 6

The hammer and weight throw events will only be contested on the following dates:

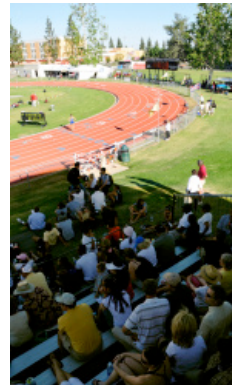
- Saturday, Jan. 9
- Saturday, Jan. 16
- Saturday, Jan. 23
- Saturday, Feb. 6
- Saturday, Feb. 20
- Saturday, Mar. 6

For all meets, running events will begin at 11:15 a.m. On the five Saturday's of the hammer and weight throw, competition will begin at 8:30 a.m at North Campus Stadium.

There will be three divisions contested each week: Open (College, Club and Unattached), Novice (High School, Junior High and Age Group) and Masters (35 years and older).

Admission to view the All Comers meets is \$5.00 and gates open at 9:45 a.m. There is also a \$5.00 fee to compete with unlimited entries.


- GO MATADORS -



The Matador Track & Field Complex will host nine All Comers Meets in 2010

Cal State Northridge Men's Track

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