

CAL STATE NORTHRIDGE

2010 ALL COMERS TRACK SCHEDULE

DATES: January 9, January 16, January 23, January 30, February 6, February 13, February 20, February 27, March 6

TIME: Running 11:15 AM - Field 8:30 North Campus
Weight Throw to follow

NOTE: HAMMER AND WEIGHT THROW WILL ONLY BE CONDUCTED ON THE FOLLOWING DATES:
January 9, 16, 23 February 6, 20; March 6, 2010

NOTE:
Hammer- North Campus is located -North of Lassen- west of Zelzah -Near Fullerfarm Street

DIVISIONS: Open - College, Club and Unattached
Novice - High School, Junior High and Age Group
Masters - 35 years and older

SPIKE LENGTH
¼" Needle or Pyramid
NO CHRISTMAS TREE ALLOWED

ADMISSION: \$5.00 to view -Gates to track open at 9:45AM
\$5.00 to compete (unlimited entry)
\$3.00 Children 12 and under

MEET SITE: Cal State Northridge - new 9-lane, Tartan all weather surface.
Entrance - south - soccer field. Hammer, weight throw- North Campus

PARKING: **NEW \$5.00 FEE, INCLUDING SATURDAYS & SUNDAYS**
Parking lot G4, on Zelzah, between Plummer and Nordhoff.

NO AWARDS: Officials will time all places

EVENT SCHEDULE

11:15	300 M hurdles 36"	8:30	Hammer - North Campus
11:30	300 M hurdles 30"	9:30	Weight throw North Campus
11:45	4 x 100 Relay	10:45	Pole vault - bar starts at 7'
			NOTE TIME CHANGE
12:00	800 M - open & novice		
12:25	60 M	11:30	Javelin - novice & open
12:55	Mile	11:30	Long Jump - open & novice
1:25	400 M	12:30	High jump- bar starts at 4'0
1:50	60MH / 60 HH	12:45	Pole vault - bar starts at 11'0
2:20	200 M	1:00	Shot put - open & novice
2:45	2 Mile - open & novice	1:30	Pole Vault- bar starts at 14'0
3:00	8 x 220 relay	1:45	Triple Jump - Open & novice
3:10	4 x 400 relay	2:15	Discus - open & novice

The time schedule will be followed as closely as possible. After the first events, however, the exact starting times may vary according to the number of events entries.

PLEASE NOTE: PARK IN LOT G4, OFF ZELZAH
No parking or entrance from Lindley

UPCOMING HOME EVENTS !!!

January 9, 2010	All Comers	February 27, 2010	All Comers
January 16, 2010	All Comers	March 6, 2010	All Comers
January 23, 2010	All Comers	March 12, 2010	Northridge Relays- Hammer Only
January 30, 2010	All Comers	March 13 2010	Northridge Relays
February 6, 2010	All Comers	March 18-19 2010	Northridge Relays - Multi- Event
February 13, 2010	All Comers	May 7-8 2010	Big West Conference Multi-Event
February 20, 2010	All Comers	May 14-15 2010	Big West Conference Championships

For information call (818) 677-7680 / fax (818) 677-2661

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