

LONG BEACH STATE'S
7TH ANNUAL
TWILIGHT DISTANCE CARNIVAL
UNDER THE LIGHTS



*Jimmy Grabow-LBSU
2007 NCAA All-American
Indoor 5,000 meters*

DATE: Saturday, January 16, 2010
TIME: 5:00 pm
LOCATION: Long Beach State (Jack Rose Track)
DIVISIONS: Youth, High School, Community College, Univ./Open, Masters
ENTRY FEE: \$5.00 entry per person, unlimited events
SPECTATORS: \$2.00 admission charge
RESULTS: Official meet results will be posted on our website at www.longbeachstate.com and will be sent to www.dyestat.com

FACILITY: 8 lane South West All-weather Track.

NOTICE: 7mm spikes only!!! No exceptions.

“MUSIC” Our 6 speaker sounds system will be put to use with a musical arrangement specifically for distance runners and this special event. Our DJ has over 70,000 songs to choose from. Athletes may request songs for their races. Every effort will be made by our DJ to accommodate those requests.

“LIGHTS” . . . This meet will be conducted under the lights at Long Beach State.

“ACTION” . . . **DISTANCE EVENTS TIME SCHEDULE**

5:00pm	(Women)	1600m
5:30	(Men)	1600m
6:00	(Women)	2000m Steeple Chase (30" barriers)
6:15	(Men)	2000m Steeple Chase (36" barriers)
6:30	(Women)	800m
7:00	(Men)	800m
7:30	(Women)	3200m
7:50pm	(Men)	3200m

•Time schedule will vary depending upon number of entrants in each race.

PARKING: There is a fee for Special Events parking since there is a men's home basketball game. Maps and directions to campus can be found at: <http://daf.csulb.edu/maps/index.html>

INFORMATION: Call Distance Coach Patrick Cunniff at the Long Beach State Track & Field Office (562) 985-2318, or contact him at his email address: pcunniff@csulb.edu

For information on all meets at Long Beach State go to our website at: www.longbeachstate.com.