

**Cerritos "All Comers" Meet  
Cerritos College  
January 23<sup>rd</sup>, 2010**

**Meet Info:**

Meet open to high school, college and open athletes

**Meet serves as a qualifier for the high school indoor meet in Fresno (February 6<sup>th</sup>)**

**Entry fee** - \$5 for spectators and athletes, unlimited entries

**Timing** – Finish Lynx automatic timing

**Spikes** – ¼ inch pyramid spikes only, **spikes will be checked.**

No food or drinks allowed on the track, snack bar will be open.

**Warm ups** - will be on the **south field only.**

**Jumps** – Long Jump (2 hours to get in 4 jumps)

**Throws** – 4 throws only.

**Schedule of Events**

**Running Events**

10:00am	55HH	Women
	55HH	Men
	55M	Women
	55M	Men
	1 Mile	Women
	1 Mile	Men
	4 x 200	Women
	4 x 200	Men
	550M	Women
	550M	Men
	800M	Women
	800M	Men
	2 Mile	Women
	2 Mile	Men

**4 x 400 Women**  
**4 x 400 Men**

**Field Events**

<b>10:00am</b>	<b>Pole Vault</b>	<b>Men &amp; Women</b>
	<b>25lb Weight Throw</b>	<b>Men</b>
	<b>Long Jump (2 hour pit)</b>	<b>Men &amp; Women</b>
	<b>Shot Put</b>	<b>Women</b>
<b>11:30am</b>	<b>High Jump</b>	<b>Men and Women</b>
<b>12:00pm</b>	<b>20lb Weight Throw</b>	<b>Women</b>
	<b>Shot Put</b>	<b>Men</b>
	<b>Triple Jump (2 hour pit)</b>	<b>Men &amp; Women</b>

**If you have any questions, you can email Coach Doug Wells at: [dwells@cerritos.edu](mailto:dwells@cerritos.edu)**