

Riverside Community College Track & Field  
2010 All-Comers Meet Schedule

Hosted by **VS Athletics**

Dates: January 23<sup>rd</sup>,

Admission: \$8.00 per Athlete: Unlimited events \$2.00 for spectators

Time: 11:00 a.m. Start of first field event. 2:00 p.m. Start of first track event

Where: Riverside Community College's Wheelock Stadium

Parking: Parking will be free, on the west end of the stadium.

Results: Fully Automatic Timing will be used for "Qualifying Races". Each competitor will be given a finishing time, posted on the board near the restrooms.

Awards: No awards will be given out

Spikes: 3/16 or smaller ONLY, no 1/4 spikes!!!

Spikes will be available for purchase at \$2.00 per set of 14

Heats: We will organize event heats according to the seed time given.

We will have a concession stand with pizza, hot dogs and nachos.

Directions to Riverside Community College

91 East. Exit 14<sup>th</sup> Street. Go left over freeway

Continue on 14<sup>th</sup> street, go left at Magnolia

Make a left on 15<sup>th</sup> Street

You will see the entrance to RCC and the stadium at the bottom of the hill. Park  
at the West end of the stadium

Or

60 East

Exit Market go right (take market down about 1 mile)

Make a left on 15<sup>th</sup> Street.

You will see the entrance to RCC and the stadium at the bottom of the hill. Park  
at the West end of the stadium

Further directions or questions: Call Mike Barbee (951) 640-3014

Or

Jim McCarron (951) 231-3739

## Track Event Schedule – January 23<sup>rd</sup>

2:00 pm – 1 mile Qualifying Race(s)  
1600m Run  
2:45 pm - 4\*100m Relay  
110m High Hurdles (39" & 42")  
100m Hurdles  
55m Hurdles Qualifying Race(s)  
600 meter Qualifying Race(s)  
300m Dash  
400m Dash  
100m Dash  
55m Dash Qualifying Race(s)  
800m Run Qualifying Race(s)  
200m Dash  
4\*200m Relay Qualifying Race(s)  
300m Hurdles  
2 mile Qualifying Race(s)  
4\*400m Relay Qualifying Race(s)  
4\*400m Relay

## Field Event Schedule

11:00 A.M

Men & Women Long Jump (pit open for 1 hour 4 attempts)  
Women High Jump (starting height 3"10")  
Men & Women Shot Put (open for 1 hour 4 throws)  
Men & Women Javelin (open for 1 hour 4 throws)  
Female Pole Vault (opening height 6")

12:30 A.M

Women & Men Triple Jump (open for 1 hour 4 attempts)  
Men Pole Vault (open height 9")  
Men High Jump (starting height 4"8")

After Completion of Shot Put

Men & Women Discus Throw (open for 1 hour 4 throws)  
After Completion of Discus – Hammer Throw  
After Completion of Hammer Throw – 25lb Weight Throw

Questions:

(951) 640-3014 Coach Barbee  
(951) 231-3739 Coach McCarron