



SCIAC Multi-Dual Meet No. 1—Saturday, March 7, 2015
University of Redlands Occidental CMS Whittier

Entries: Unlimited number of entries per team per race. Please submit entries **by 1 PM on Thursday, March 5th** at **Direct Athletics**. Send all possible entries. There will be no penalty for scratches.

For information on entries, see instructions, which will be emailed soon.

Scoring: Team scores will be based off of a dual-meet scoring system. The top three spots in each individual event will be worth 5, 3, and 1 point respectively. Relays will follow a scoring method of 5 points for first, and 0 points for second.

Facilities: 9-lane Mondo surfaced track with surfaced HJ, LJ, TJ, and Jav areas. Shotput ring located on north side of stadium, discus held on inside field, hammer ring located directly outside stadium in dirt lot. $\frac{1}{4}$ " spikes preferred. No "Christmas tree" spikes allowed.

Check-In: Athletes must check in at least 20 minutes prior to the scheduled start of their event, regardless of heat or flight. Running event athletes will check in at the tent located inside the track near the finish line. Field event athletes will check in at the event.

Weigh-Ins: Implements will be weighed in and certified underneath the stadium on the home side between 9:30am and 10:30am. Weigh-ins will close at 10:30am, so please be on time.

Results: Results will be available as soon as possible after the conclusion of each event. They will also be available at <http://goredlands.com/sports/track/2014-15/schedule>

Athletic Trainer & Shower Facilities: An athletic trainer will be available on the east side of the track near the end of the stadium. Restrooms are available underneath the bleachers and locker rooms are located in the Field House east of the stadium.

Parking: Parking is available in the dirt lot behind the stadium as well as the Chapel parking lot across the street from the stadium.

Questions: Call Mike Schmidt at (909) 748-8403 or e-mail mike_schmidt@redlands.edu



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Schedule of Events

- 11:00 Hammer (HT) M/W
Shot Put (SP) M/W (M SP follows W HT)
Long Jump (LJ) W/M
Triple Jump (TJ) W/M (W TJ follows M LJ)
Javelin (JT) W/M
Discus (DT) W/M (W DT follows M JT)
Pole Vault M/W
- 11:45 High Jump W/M
- 12:00 100m Hurdles W
12:10 110m Hurdles M
12:20 Steeplechase W
12:40 Steeplechase M
- 1:00 4x 100m Relay W
1:05 4x 100m Relay M
1:10 1500m Run W
1:20 1500m Run M
1:30 400m run W
1:35 400m run M
1:40 100m dash W
1:45 100m dash M
1:50 800m run W
2:00 800m run M
2:15 400m Hurdles W
2:25 400m Hurdles M
2:35 200m dash W
2:40 200m dash M
2:45 5000m run W
3:05 5000m run M
3:35 4x400m Relay W
3:45 4x400m Relay M