

**21st Annual Rossi Relays
Tentative Time Schedule
Saturday, February 25, 2017**

Running Events			Field Events		
1:00	4 x 100 Relay	W	11:00	High Jump	W
1:10	4 x 100 Relay	M		Shot Put	W
1:20	Distance Medley	W		Hammer	M
	(1200-400-800-1600)			Long Jump (South Pit)	W
1:40	Distance Medley	M		Long Jump (follows W)	M
1:55	100 Meters	W		Javelin	M
2:20	100 Meters	M		Pole Vault	W
2:45	100 Hurdles	W			
3:00	110 Hurdles	M		Pole Vault (follows W)	M
3:15	4 x 800 Relay	W			
3:30	4 x 800 Relay	M	1:00	High Jump	M
3:45	400 Hurdles	W		Shot Put	M
4:00	400 Hurdles	M		Hammer	W
4:15	3000 Meters	W		Javelin	W
4:30	3000 Meters	M			
4:45	4 x 400 Relay	W	2:45	Discus (Main Field)	W
5:10	4 x 400 Relay	M		Discus (South Field)	M

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MEET INFORMATION

- TIME:** Field Events - 11:00 Running Events - 1:00
- ENTRIES:** This meet is for four year colleges and universities and individual open entries. Entries will be done through [Direct Athletics](#). Entries are due by Tuesday, February 21st at 7:00 pm. Heat/Flight entries will be posted on the CMS website by Wednesday at 8 pm.
<http://www.cmsathletics.org/meetresults/track/rossi/rossiheats13.htm> **Coaches: Please enter only those athletes you intend to compete to reduce the number of meet day scratches.**
- LIMITS:** Starting heights: HJ - men: (1.68) 5-6, women: 1.32 (4-4)
PV - men: (3.36) 11-0¼ , women: (2.60) 8-6¼
There will four attempts for the throws and horizontal jumps.
- FACILITIES:** 9 Lane Martin Polyurethane Track
HJ - PV - LJ - TJ and JT runways are Polyurethane; SP - DT - HT - Brushed Concrete
3/8" spikes for the High Jump & Javelin; 1/4" spikes for the rest
Great aiding breezes
- TIMING:** Finishlynx System. Results shown on Nevco Scoreboard.
- TRAINER:** Training Room and Trainer will be available. Bring your own supplies.
- RESULTS:** Results will be posted at: <http://www.cmsathletics.org/meetresults/track/rossi/Rossi13.htm>
- PARKING:** Please park in the parking lot located on the southwest corner of 6th and Claremont behind the children's school campus (southeast of the track) or in school lot north of the stadium.
- DIRECTIONS:** Off I-10 (San Bernardino Freeway) between 57 and 15 freeways.
Take Indian Hill Blvd. north one mile, turn right on 6th Street, ¾ of a mile to Mills Ave.
Burns Track is located on the the northeast corner of 6th and Mills directly behind Ducey Gym.
- QUESTIONS:** Contact Glenn Stewart at 909.607.7020
- FEES:** Relays are free. Individual events are \$7 each.
Make checks payable to: CMC - Track.
Send to: Glenn Stewart/Athletics - 500 E. 9th St., Claremont, CA 91711