

CMS OIDFE Meet
Saturday, January 27th, 2024
Time Schedule

Running Events			Field Events		
11:15	1000m Run	W	11:00	Weight Throw (South)	W
11:20	1000m Run	M	11:00	High Jump	W
11:30	Distance Medley	W	11:00	Long Jump	M
11:45	Distance Medley	M	11:00	Pole Vault	M
12:00	600m Run	W			
12:05	600m Run	M			
12:10	60m Dash (prelims)	W			
12:20	60m Dash (prelims)	M		Long Jump (follows M)	W
12:30	60m Hurdles	W			
12:40	60m Hurdles	M			
12:45	Mile Run	W		Weight Throw (follows W)	M
12:55	Mile Run	M		Pole Vault (follows M)	W
1:05	400m Dash	W		High Jump (follows W)	M
1:10	400m Dash	M			
1:15	60m Dash (Finals)	W		Shot Put (follows MWT)	W
1:20	60m Dash (Finals)	M		Triple Jump (follows MLJ)	M
1:25	800m Run	W		Shot Put (follows WSP)	M
1:30	800m Run	M		Triple Jump (follows MTJ)	W
1:40	200m Dash	W			
1:50	200m Dash	M			
2:05	3000 Meters	W			
2:20	3000 Meters	M			
2:35	4 x 400 Relay	W			
2:45	4 x 400 Relay	M			

**CMS Outdoor Indoor
Distances and Field Events
Challenge Meet**

MEET INFORMATION

TIME: Field Events – 11:00am Running Events - 11:15am

ENTRIES: Entries will be done through [Direct Athletics](#). Entries are due by Wednesday 24th at 11:59 pm. Performance List will be posted on the CMS website by Thursday at 9 pm. Heat Sheets will be posted by noon on Friday.
There will be prelims in the 60m dash. Heat winners and next fast times will advance to a 9 person final.

FIELD EVENTS: PV/HJ - Starting heights decided after entries are submitted
LJ/TJ/SP/WT - 4 jumps / 4 throws -- no finals

FACILITIES: 9 Lane Martin Polyurethane Track (**Newly Resurfaced in December 2019**)
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: Done by [Finished Results](#) with Finishlynx System.

TRAINER: Training Room and Trainers will be available but limited due to a large number of events CMS is hosting on this date. Please bring your own supplies.

RESULTS: Results will be posted on CMS Track and Field webpage and on TFFRS.org

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 northeast corner of 6th and Mills directly behind Roberts Pavilion.

QUESTIONS: Contact Glenn Stewart at 909.607.7020 or Glenn.Stewart@cms.claremont.edu

FEES: Teams \$300.00 per Gender (\$600.00 for both teams) Individual entries are \$20.00 per event.