



2010 ALL COMERS TRACK & FIELD MEETS

SECTIONS:

Men-

Novice- High School, Junior High,
Age groups
Open- Collegiate, unattached, club
Masters- 35 years and older

Women-

Novice- High School, Junior High,
Age groups
Open- Collegiate, unattached, club
Masters- 35 years and older

DATE OF MEETS:

January 23rd, 2010 start time: 11:00 a.m. Gates open at 8:45 a.m.
February 6th, 2010 start time: 11:00 a.m. Gates open at 8:45 a.m.

LOCATION:

These meets will be hosted and Directed by UC Davis. All Comers events will be held at the Woody Wilson Track on the UC Davis Campus. Our facility is a newly resurfaced Atlas-BMSS track, eight lanes all around. Spikes required on this track are 3/16" - 1/4".

There will be no locker room facilities available.

ENTRIES:

Athletes will register for events at the gate on the day of the meet. The Entry Table will open at 8:45 a.m.

FEES:

\$5.00 per athlete. \$3.00 per spectator/coach/children 12 and under

TRACK EVENTS SCHEDULE:

The first running event (Men's 300MH) will begin at 11:00AM and will continue on a rolling schedule in the following order.

TRACK:

WOMEN FOLLOW MEN

300MH
4X100M RELAY
600M
55M
1600M
400M
55MH/55MHH
200M
3200M
4X400M RELAY

FIELD EVENTS SCHEDULE:

The field events will begin at the start times listed below.

FIELD:

WOMEN FOLLOW MEN

11:00AM- POLE VAULT- starting height and progression determined at the meet
12:00PM- HIGH JUMP- starting height determined at the meet
12:00PM- LONG JUMP- 4 attempts
12:00PM- SHOT PUT- 4 attempts
1:45PM DISCUS- 4 attempts

*This date will serve as a qualifying meet for the California State High School Indoor Invitational. This meet will run in conjunction with the Run for the Dream meet in Fresno on Feb. 6th, 2010. The top 4 in each running event and relay, and the top 2 in all field events will be invited to run in the California State High School Indoor Invitational on Feb. 6th. All athletes wishing to compete in the California State High School Indoor Invitational must sign up on the day of the qualifying meet (Jan. 23, 2010), and pay the entry fee. The cost of entering the California State High School Indoor Invitational is \$25.

Please be advised that cost for entering the California State High School Indoor Invitational meet is separate from the entry fee to the all-comers meets at UC Davis. There will be a representative from the meet organization with flyers and accepting entry fee for the Feb. 6th meet present at the track.

ALL PARTICIPANTS MUST SIGN A WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT