

Long Beach City College All Comers Meet @ Cerritos College

Start Time: 8:30am

Saturday 1/14/17

Participation Fee: \$5.00

Parking: \$2.00 Permit Meter Required

Eligibility: Open to All Competitors /College, HS, Club, Masters, or Unattached.

These are Unattached Pre-Season Meet. No School/Club Regulated Uniforms Required

Results: Will be scanned and post on – [www.prepcaltrack.com](http://www.prepcaltrack.com)

Spikes: Required 3/16 for Sale \$2.00 at the Clerk of the Course and Front Gate

Info Sat Meets:

Order of Running Events (Rolling Time Event Schedule)

Running Events will continue \* Light Rain or Shine\* with the Exception of the Hurdles on a Light Rainy Day – TBD on Sat.

8:30am 3200m

9:00am 4x200 Relay

1600 meters (waterfall start)

60m Hurdles (Women first followed by Men)

60m

600 meters (waterfall start)

300 meters

100m

800m (waterfall start)

200m

4x400 Relay

Shot Put

Long Jump

Triple Jump to follow LJ

Pole Vault

Hammer/Javelin