**Entry Guidelines**

**Men and Women Combined Events**  
Thursday-Friday, March 24th-25th @ SDSU  
- All decathlon and heptathlon entries will be accepted.  
- Open and Invitation entries are competed as a single, combined section.  
- NCAA implements and hurdle heights.

**All Hammer & Open Javelin Throws**  
Friday, March 25th @ UCSD  
- Open and Invitational Sections of the hammer throw as well as Open Javelin will be contested at UC San Diego.

**Open Section**  
Friday, March 25th @ SDSU  
- All Junior and Community College Team entries will be accepted.  
- Individual/Unattached athletes that do not meet invitational standards will be placed in the Open section.  
- Field event competitors in the Open section will receive four attempts in the horizontal jumps and throws. Only trials that achieve or exceed the minimum distances posted later in this package will be measured.

**Distance Carnival**  
Friday Evening, March 27th @ SDSU  
- All Mile, 3000m Steeplechase, 1500m, 3000m and 5000m competition for the Open and Invitational sections will be held during the Distance Carnival in seeded heats.  
- Open and Invitational Sections will be formed based on seed times.

**Invitational Section**  
Saturday, March 26th @ SDSU  
- All Invited College and University Team entries will be accepted.  
- Invited College and University Teams may also enter athletes in Friday’s Open Section.  
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.  
- Field event competitors in the horizontal jumps and throws of the Invitational section will have three preliminary attempts. The top nine marks will earn three final attempts.

**High School Section**  
Saturday, March 26th @ SDSU  
- National Federation of State High School Associations (NFHS) national sanction through host San Diego High School.  
- CIF-San Diego Section Sanctioned Events  
  - 4x100m Relay  
  - 4x400m Relay  
  - 100m  
  - 200m  
  - 400m  
  - 800m  
  - Mile (During Friday Distance Carnival)  
  - 110/100m Hurdles  
  - Shot Put  
- Entries through Athletic.net.  
- Each event will be limited to 27 entries per gender—equitably divided amongst participating High Schools.  
- Contact Meet Director if you have questions.
Meet Information

Entry Information

Entries will only be accepted online at the following links

Invitational Section Entry Link: http://www.directathletics.com/meets/track/43053.html
Open Section Entry Link: http://www.directathletics.com/meets/track/43052.html
High School Section Entry Link: http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=263697
High School Mile Entry Link: http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=263698
Masters Mile Entry Link: http://www.directathletics.com/meets/track/43051.html

Entries must be submitted on the DirectAthletics website no later than 11:59 PM Monday, March 21st. All submitted entries in the system at the entry deadline listed above will be considered FINAL. NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline. Late team entries will be charged a $100 late fee that must be paid at the ticket office. Entry instructions questions should be e-mailed to support@directathletics.com.

All team entry adjustments must be submitted one hour prior to the start of competition at the timing tent located near the finish line. “Adjustment” entry note cards will be included in team packets and will also be available at the ticket office. There is no charge for entry adjustments.

Only Invited College and University Teams can enter directly into the invitational section on Direct Athletics. Individuals and Unattached athletes who meet the qualifying standards (2015 or 2016 season) and want to compete in the invitational section must enter and pay in the Open Section then send the Meet Director an email. The Meet Director will move the entrant to the Invitational section after review and verification.

Invited College and University Team athletes are not required to meet the Invitational Qualification Standards. However, coaches may elect to enter those athletes in Friday’s Open Section which typically includes a broader range of seed marks. Invited College and University Teams also have the option of competing athletes in both the Open and Invitational section in the same or different events.

***Please be sure to print a copy of your team’s entries and bring it to the meet as confirmation***

Entry Marks

Please use accurate times/marks achieved during the 2015 outdoor or 2016 indoor or outdoor season—not lifetime PRs. If you do not enter a seed time/mark, the athletes and/or relay team(s) will be placed at the bottom of their respective event performance list. Please use metric distances on DirectAthletics (DA). Non-collegian athletes are encouraged to use DA entry notes with meet name and date so marks can be verified.

Masters Mile

Consistent with USATF Rule 320, this event is will be open to men and women competitors 30 and older on the day of the race. The men and women sections will be seeded by time if there are more competitors that a single section can accommodate. Results will be tabulated by the standard five-year age groups.

Heat Sheets

Heat sheets will be provided on http://finishedresults.com/ no later than 8:00 PM Wednesday, March 23rd. Please check to make sure your athletes have been entered in the appropriate event(s) with the correct seed times/marks. Heat sheets & results also will be posted on the bulletin board located in the northwest corner of the stadium, directly above the clerk of the course / check-in area.
Final Schedule
The final meet schedule will be posted on Tuesday evening, March 22nd.

Entry Fees
There will be an entry fee of $15 per individual entry per event, $20 per combined event (decathlon and heptathlon) entrant, $20 per relay team. Max of $400 per gender per College, University and Club team. High Schools are $25 per gender per team with checks payable to San Diego High Track and Field at check-in the day of meet.

Individual/Unattached athletes must pay entry fees online in order to participate. All College, University and Club Teams must make payment on-line by credit card prior to registration deadline or by check at packet pick-up or by mail to:

Women’s Track & Field
Department of Athletics
San Diego State University
5500 Campanile Dr
San Diego, CA, 92182-4313

Checks should be made out to: San Diego State Track & Field

Important Notes: Per University policy, we will not be able to accept cash. Credit cards cannot be accepted after on-line registration closes.

Facilities
Track: 9 – Lane Mondo surface.

3/16 or 1/4” (5 or 7mm) pyramid spikes. No needle or Christmas tree spikes. A limited amount of spikes will be available for purchase.

Men’s and Women’s Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.

Long Throws (Javelin Throw, Hammer Throw and Discus Throw) will be measured electronically.

Parking
Track parking is available in Parking Structure (PS) 5, located directly underneath the track. Parking passes can be purchased from the yellow parking kiosk located on the top level of the parking structure for $1/hr or $10/day.

Please be sure to display your parking receipt in order to avoid citation.

Packet Pick-up
Packet pick-up will be available at the ticket office, located just outside the track, two hours prior to the start of competition on each day.

Each team will be supplied with athlete and coach wristbands which will be used to gain admittance to the meet.

Individual/unattached athletes can pick-up their wristbands at the ticket office anytime.

Spectator Entry
Free Admission

Awards
First place awards will be presented to the winner of the Invitational section(s).
Throwing Implements

All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. All hammers will be weighed at the UCSD competition location. No implements will be processed less than one hour before the start of the event.

Seating

Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when not competing.

Athletic Training Tent

All athletic trainers will be located on the northeast side of the stadium. Athletic trainers will be available one hour prior to the start of competition.

Visiting teams may set-up tables in this area or warm-up area on lower field.

Warm-Up Area

All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track).

Athlete Check-In

Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located in the warm-up area, just west of the track.

After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course.

Field athletes may check-in at their respective event area no later than 30 minutes prior to the start of the event.

Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

Starting Heights

Open section starting heights are posted later in this package. Invitational starting heights and height progressions will be posted on heat sheets, and will also be available in team packets at packet pick-up. In the invitational section on Saturday, the ten lowest men and women seed heights will vault at 11:00 a.m., while the rest of the athletes will vault at 1:00 p.m.

Vaulting Pole Shipment

Vaulting poles may be shipped to the following address:

San Diego State University
Department of Athletics, Women’s Track & Field
Attn: Coach Richard Fox
5500 Campanile Dr
San Diego, CA, 92182-4313

Coach Fox, richardfox5050@gmail.com, +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.
Directions

The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55th St.

SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, make a Right on Montezuma if coming from the EAST).

From The Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit East toward El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

Facility Schedule

Monday, March 21: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)
4:30 p.m. – 6:00 p.m. (discus open, javelin open)
Tuesday, March 22: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)
4:30 p.m. – 6:00 p.m. (discus open, javelin open)
Wednesday, March 23: 8:00 a.m. – 12:00 p.m. (no javelin, no discus)
4:30 p.m. – 6:00 p.m. (discus open, javelin open)
Thursday, March 24:  Track opens at 8:00 a.m.
Friday, March 25:  Track opens at 7:30 a.m.
Saturday, March 26:  Track opens at 7:30 a.m.

Hammer cage at UC San Diego will be available. Please contact Coach Anthony Salerno, asalerno@ucsd.edu, +1 (858) 229-2832, to schedule and for further info.

Concessions

We will have complete concession stands with multiple food vendors at the meet.

Additional Info

The official San Diego State Visiting Team Guide containing additional information can be found at: http://tinyurl.com/2015-2016SDSUVisitingTeamGuide

NCAA “Counter”

Due to the implications of NCAA Bylaws 20.9.7.1, 20.9.7.2, 20.9.7.3.2 we will make sure that our meet qualifies as a counter meet for sports sponsorship. Based off of the team entries into our meet a decision will be made if the meet falls under the 2/3rds rule or not. If the team entries do not have more than 2/3rds Division I institutions, we will score the meet accordingly to allow institutions to use the meet as a counter for sports sponsorship. If we meet the 2/3rds requirements we will not score the meet.

Results

Live results will be available at: http://finishedresults.com/ after purchase of app. Final results will be available at: www.goaztecs.com. Coaches, team managers and unattached athletes are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.

Contact Information

Meet Director:  Rick Reaser  E-Mail: rick-reaser@msn.com
Mobile: (310) 227 – 5534  Fax: (310) 647-3238

Head Coach: Shelia Burrell  E-Mail: sburrell@mail.sdsu.edu
Office: (619) 594 – 5514
# Invitational Qualification Standards

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>10.70</td>
<td>11.90</td>
</tr>
<tr>
<td>200m</td>
<td>21.80</td>
<td>24.90</td>
</tr>
<tr>
<td>400m</td>
<td>48.50</td>
<td>56.00</td>
</tr>
<tr>
<td>800m</td>
<td>1:53.50</td>
<td>2:15.00</td>
</tr>
<tr>
<td>1500m</td>
<td>4:00.00</td>
<td>4:45.00</td>
</tr>
<tr>
<td>3000m</td>
<td>8:45.00</td>
<td>10:30.00</td>
</tr>
<tr>
<td>5000m</td>
<td>15:30.00</td>
<td>17:30.00</td>
</tr>
<tr>
<td>110H/100H</td>
<td>14.50</td>
<td>14.25</td>
</tr>
<tr>
<td>400H</td>
<td>53.50</td>
<td>1:01.50</td>
</tr>
<tr>
<td>3000 Steeple</td>
<td>9:30.00</td>
<td>11:00.00</td>
</tr>
<tr>
<td>Long Jump</td>
<td>7.15m (23-05.50)</td>
<td>5.85m (19-02.50)</td>
</tr>
<tr>
<td>High Jump</td>
<td>2.10m (6-10.75)</td>
<td>1.70m (5-07.00)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>15.00m (49-02.50)</td>
<td>12.35m (40-06.25)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>5.00m (16-04.75)</td>
<td>3.80m (12-05.50)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>16.75m (54-11.50)</td>
<td>13.70 (44-11.50)</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>51.80m (169-11)</td>
<td>48.80m (160-01)</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>57.90m (189-11)</td>
<td>44.20m (145-00)</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>54.85m (179-11)</td>
<td>51.80m (169-11)</td>
</tr>
</tbody>
</table>
The Open Section will be using 2015/2016 NCAA Men’s and Women’s Track and Field and Cross Country Rule 6, Section 3. Alternate Procedures, Article 1 and Article 3. Open Section horizontal jumps and throws will be conducted as a four-attempt final competition. The minimum distances in the table above must be reached to guarantee a measurement of a trial in the Open Section. All trials that achieve or exceed the minimum distance will be measured.

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>5.60m (18-04.50)</td>
<td>4.50m (14-09.00)</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.68m (5-06.00)</td>
<td>1.37m (4-06.00)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>12.20m (40-00.50)</td>
<td>10.00m (32-09.75)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>3.50m (11-05.75)</td>
<td>3.00m (9-10.00)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>10.00m (32-09.75)</td>
<td>9.00 (29-06.50)</td>
</tr>
<tr>
<td>Discus</td>
<td>33.50m (109-11)</td>
<td>26.00m (85-04)</td>
</tr>
<tr>
<td>Javelin</td>
<td>30.50m (100-01)</td>
<td>26.00m (85-04)</td>
</tr>
<tr>
<td>Hammer</td>
<td>29.90m (98-00)</td>
<td>35.00m (114-10)</td>
</tr>
</tbody>
</table>
Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University Athletic Training Staff, we would like to take this opportunity to welcome you to San Diego State University and to the Aztec Track.

Athletic Trainers will be stationed in clearly marked room at the north end of the track.

On the Track:
- Water
- Gatorade
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment
- Treatment tables
- Treatment ice with bags, and flexi-wrap

The Athletic Training room is located very near to the Track and can be utilized for any other modalities you or your athletes may need.

A physician will be present a few hours during each day of the meet and on-call for the rest of the meet. If you need his services prior please don’t hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer please let us know in advance, and please send a medical kit and letter of any specific treatments so that we can provide the proper care for your athletes.

If you have any questions, please feel free to contact me.

Sincerely,

Tom Abdenour, DHSc, ATC, CES
Head Athletic Trainer
tabdenour@mail.sdsu.edu
+1-619-594-7650 office
Official Meet Hotel

Sheraton Mission Valley San Diego Hotel
1433 Camino Del Rio South
San Diego, CA 92108

Contact: Sabra Baran, Sales Manager
619-321-4604 Direct
619-260-0111 Hotel
619-497-0808 Fax
http://www.sheratonmissionvalley.com/

Teams/Individuals:

Please contact hotel representative Sabra Baran for accommodations

Meet Hotel is available for teams at a rate of $109.00 without breakfast or $119.00 with two All American buffet breakfasts per room included

Both of these packages come with complimentary parking and internet

Team Charter Buses $10.00 per day

Head Coach upgrade (as available)

Sheraton Mission Valley San Diego Hotel

- Newly Renovated: Brand new Guestrooms, Restaurant, Lobby, Fitness Center, and Meeting Space

- Preferred Hotel Partner of San Diego State Athletics

- Centrally located off the 8 freeway just 5 miles from SDSU, walking distance to Mission Valley Mall, San Diego Trolley and 30+ restaurants and just 10 minutes from all major attractions

- Team Friendly, past host of NCAA tournament teams, designated bus parking

- 260 Guestrooms; 160 rooms with Double Queen beds; all beds have signature Sheraton Sweet Sleeper Mattresses

- All Rooms are equipped with Brand New Sheraton Sweet Sleeper Mattresses, (2) Queen Beds, mini-refrigerator, 42” HD TVs, and self-brew Starbucks coffee
MAP TO SAN DIEGO STATE

Map is not to scale
DIRECTIONS TO UC SAN DIEGO

UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.

1. South on 55th St
2. Turn right onto Montezuma Rd.
3. Stay straight to go onto ramp.
4. Merge onto Fairmount Ave.
5. Merge onto I-8 W.
7. Take the La Jolla Village Dr/Miramar Road exit.
8. Turn slight left to take the La Jolla Village Dr ramp.
9. Merge onto La Jolla Village Dr.
10. Turn right onto Genesee Ave.
11. Turn left onto N Torrey Pines Rd.
12. Turn left onto Northpoint Dr.
13. Hammer Cage is on NW corner of Northpoint Dr. and Northpoint Ln.
Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track.
## Local Area Food

<table>
<thead>
<tr>
<th>Number</th>
<th>Location</th>
<th>Type</th>
<th>Phone Number</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shake Smart</td>
<td>Shakes</td>
<td>(619) 752-7577</td>
<td>Inside Aztec Recreation Center</td>
</tr>
<tr>
<td>2</td>
<td>Porter's Market</td>
<td>Convenience Store</td>
<td>(619) 583-1774</td>
<td>Corner of Granada on Hardy</td>
</tr>
<tr>
<td>3</td>
<td>Brick Oven Bistro</td>
<td>Pizza</td>
<td>(619) 583-4182</td>
<td>Inside the Suites on Paseo</td>
</tr>
<tr>
<td>4</td>
<td>University Towers</td>
<td>Salads, Sandwiches</td>
<td>(619) 594-8016</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Chipotle</td>
<td>Mexican</td>
<td>(619) 265-2778</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Buddie's Burgers</td>
<td>Hamburgers</td>
<td>(619) 955-5323</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Domino's Pizza</td>
<td>Pizza</td>
<td>(619) 287-9050</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>California Kebab</td>
<td>Mediterranean</td>
<td>(619) 582-5222</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Jack in the Box</td>
<td>Hamburgers</td>
<td>(619) 286-0433</td>
<td>Aztec Sponsor</td>
</tr>
<tr>
<td>A</td>
<td>7 Eleven</td>
<td>Convenience Store</td>
<td>(619) 287-0616</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>Pita Pit</td>
<td>Wraps</td>
<td>(619) 265-7482</td>
<td>Aztec Sponsor</td>
</tr>
<tr>
<td>C</td>
<td>Trujillo’s Taco Shop</td>
<td>Mexican</td>
<td>(619) 583-4182</td>
<td></td>
</tr>
</tbody>
</table>

Link to other on-campus food options: [http://www.eatatsdsu.com](http://www.eatatsdsu.com)
How to Submit Entries - Track & Field

STEP 1 – ACCESSING YOUR DIRECTATHLETICS ACCOUNT
Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click HERE. You will use the same account to enter all meets run through DirectAthletics.

**NOTE ABOUT MEN’S AND WOMEN’S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women’s team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field Team: Guilford (M)

This indicates that you are controlling the Guilford Men’s team (M=MEN). To switch to your Women’s team, you would select “Guilford (W)”.

STEP 2 – SETTING UP YOUR ONLINE ROSTER
Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green “Add Athletes” link.
3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
4) Enter your athletes’ First Name, Last Name, and School Year and click “Submit”.
5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green “Add Athletes” link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red “Delete Selected” link or the blue “Edit Selected” link respectively.

STEP 3 – SUBMITTING ONLINE MEET ENTRIES
Once your athletes are added to your roster, you must submit your entries.

1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW “Enter by Athlete” method.
3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
4) When you are finished with your entries, click the “Finish” link.
5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.
Combined Events

Thursday, March 24, 2015

DECATHLON

Start Time:  11:00 AM  100 Meters

The next event will start approximately 30 minutes following the end of the previous event

HEPTATHLON

Start Time:  12:00 PM  100 Meter Hurdles

The next event will start approximately 30 minutes following the end of the previous event

Friday, March 25, 2015

DECATHLON

Start Time:  8:30 AM  110 Meter Hurdles
  9:10 AM  Discus
  10:15 AM  Pole Vault
  12:45 PM  Javelin
  2:00 PM  1500 Meters

HEPTATHLON

Start Time:  9:00 AM  Long Jump
  11:00 AM  Javelin
  1:00 PM  800 Meters
## Friday, March 25, 2015

### Field Events
- Hammer and Open Javelin at UCSD
- **8:00** Hammer-Man Open
- **9:00** Javelin-Women Open
- **10:00** Hammer-Women Open
- **11:00** Javelin-Men Open
- **1:00** Hammer-Women Invite
- **3:00** Hammer-Men Invite

### Track Events
- **8:30** 110m Hurdles-Man Open
- **9:30** 4 x 100 Relay-Women Open
- **9:40** 4 x 100 Relay-Men Open
- **9:55** 100 Hurdles-Women Open
- **10:10** 110 Hurdles-Men Open
- **10:30** 400 Meters-Women Open
- **10:50** 400 Meters-Men Open
- **11:10** 100 Meters-Men Open
- **11:40** 100 Meters-Men Open

### Decathlon
- **12:30** High Jump-Women Open
- **12:45** Pole Vault M/W Open
- **1:45** Discus-Men Open
- **2:30** Triple Jump-Men Open
- **2:30** Pole Vault Sec 2 M/W Open
- **3:00** Discus-Women Open
- **3:15** Shot Put-Men Open
- **4:30** Shot Put-Women Open

### Heptathlon
- **9:00** Long Jump-Heptathlon
- **9:10** Discus-Decathlon
- **10:00** Pole Vault-Decathlon
- **11:00** Javelin-Heptathlon
- **11:10** Long Jump M/W Open
- **12:45** Javelin-Decathlon

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### Saturday, March 26, 2015

### Field Events
- **9:00** Shot Put-Girls High School
- **10:00** Discus-Women Invite
- **10:30** Long Jump M/W Invite
- **11:00** High Jump Women Invite
- **11:00** Pole Vault Sec 1 M/W Invite
- **11:30** Discus Men Invite
- **11:30** Shot Put Boys High School
- **1:00** Shot Put Men Invite
- **1:00** Javelin Women Invite
- **1:00** Pole Vault Sec 2 M/W Invite
- **1:30** Triple Jump M/W Invite
- **1:30** High Jump Men Invite
- **3:00** Shot Put Women Invite
- **3:00** Javelin Men Invite

### Track Events
- **9:30** 4 x 100 Relay Girls High School
- **9:40** 4 x 100 Relay Boys High School
- **9:50** 4 x 100 Relay Women Invite
- **10:00** 4 x 100 Relay Men Invite
- **10:10** 100 Hurdles Girls High School
- **10:20** 100 Hurdles Women Invite
- **10:35** 110 Hurdles Boys High School
- **10:45** 110 Hurdles Men Invite
- **11:00** 400 Meters Girls High School
- **11:15** 400 Meters Boys High School
- **11:30** 400 Meters Women Invite
- **11:45** 400 Meters Men Invite

### Break
- **12:00** Senior Recognition

### 800 Meters
- **12:30** 800 Meters Men Open
- **12:45** 800 Meters Women Open
- **1:00** 400 Hurdles Women Open
- **1:15** 400 Hurdles Men Open
- **1:30** 200 Meters Women Open

### Heptathlon
- **2:00** 1500 Meters-Decathlon
- **2:15** 200 Meters Men Open
- **2:30** 4 x 400 Relay Women Open
- **2:45** 4 x 400 Relay Men Open

### Decathlon
- **4:30** Mile Girls High School
- **4:40** Mile Boys High School
- **4:50** Mile Men/Women Masters Invite/Open

### Distance Carnival
- **5:00** 3000 Steeple Women Invite/Open
- **5:20** 3000 Steeple Men Invite/Open
- **5:35** 5000 Meters Women Invite/Open
- **6:20** 5000 Meters Men Invite/Open
- **7:00** 1500 Meters Women Invite/Open
- **7:25** 1500 Meters Men Invite/Open
- **7:50** 3000 Meters Women Invite/Open
- **8:05** 3000 Meters Men Invite/Open

**Athletes must check in 30 minutes prior to their event**

**3/16 or 1/4” (5 or 7mm) pyramid spikes only**