

17th Annual Rossi Relays

Revised Time Schedule

Saturday, February 23, 2013

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)	M
1:40	Distance Medley	M		Long Jump (North Pit)	W
1:55	100 Meters	W		Javelin	M
2:20	100 Meters	M		Pole Vault (two pits)	W
2:40	100 Hurdles	W		↑ 7 attempts per competitor ↓	
2:55	110 Hurdles	M		Pole Vault (follows W)	M
3:10	4 x 800 Relay	W			
3:25	4 x 800 Relay	M	1:00	High Jump	M
3:40	400 Hurdles	W		Shot Put	M
3:55	400 Hurdles	M		Hammer	W
4:10	3000 Meters (under 11:20)	W		Javelin	W
4:25	3000 Meters (under 9:25)	M			
4:40	4 x 400 Relay	W	1:45	Triple Jump (North Pit)	W
5:00	4 x 400 Relay	M		Triple Jump (South Pit)	M
5:20	3000 Meters (11:20 & over)	W			
5:35	3000 Meters (9:25 & over)	M	2:45	Discus (South Field)	M
				Discus (Main Field)	W

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MEET INFORMATION

Heat/Flight entries are posted on the CMS website at:
<http://www.cmsathletics.org/meetresults/track/rossi/rossiheats13.htm>

DUE TO THE SIZE OF THE FIELDS, THERE WILL BE NO MEET DAY ADDITIONS AND NO CHANGING OF HEATS OR FLIGHTS. HEATS AND FLIGHTS WERE DETERMINED BASED ON THE MARKS ENTERED.

FIELD EVENTS: Weigh-ins only for D2 and NAIA competitors (inside gym at west end of the stadium).
Four attempts for the throws and horizontal jumps.
Starting heights: HJ - men: (1.68) 5-6, women: 1.32 (4-4)
PV - men: (3.36) 11-0¼, women: (2.60) 8-6¼

FACILITIES: 9 Lane Martin Polyurethane Track; Great aiding breezes
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

WARM-UP: All running warmup should take place on the field north of the track. The track will be closed for warmup once running events begin.

TIMING: Finishlynx System. Results shown on scoreboard and posted on bulletin board by press box.

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 southeast corner of 6th and Mills (across from Ducey Gym), along Mills Ave. (southwest of the track) or in school lot south 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 Kelly Beck at (909) 607-3138

FEES: Relays are free. Individual events are \$5 each. Make checks payable to: CMC - Track.