

UC RIVERSIDE ALL COMERS TRACK & FIELD

HIGH SCHOOL, AGE GROUP, COLLEGE, CLUB, MASTERS AND OPEN
ATHLETES WELCOME

- DATES:** SATURDAY -- JANUARY 6 & 20 & FEBRUARY 17 & 24
- TIME:** BOTH RUNNING AND FIELD EVENTS START AT NOON.
REGISTRATION BEGINS AT 11:00AM.
- ADMISSION:** \$5 TO VIEW OR COMPETE IN UNLIMITED EVENTS
- SITE:** UC RIVERSIDE 9 LANE URETHANE TRACK! ONLY _”
PYRAMID SPIKES ALLOWED.
- AWARDS:** NO AWARDS BUT MARKS FOR ALL ATHLETES.
- QUESTIONS:** CONTACT NATE WIENS @ 951-827-5207 or nathan.wiens@ucr.edu

EVENT SCHEDULE

	Running Events	Field Events
12:00	300M WOMEN’S HURDLES - 30”	12:00 HAMMER
	300M MEN’S HURDLES - 36”	12:00 JAVELIN
	4x100 RELAY	12:00 LONG JUMP
	800M	12:00 HIGH JUMP (OPEN HT 4’)
	100M	1:15 HIGH JUMP (OPEN HT 6’)
	1600M	1:30 SHOT PUT
	400M	1:30 TRIPLE JUMP
	100M WOMEN’S HURDLES – 33”	1:30 DISCUS
	110M MEN’S HURDLES – 39”	
	110M MEN’S HURDLES – 42”	
	200M	SPECIAL NOTE:
	3200M	NO POLE VAULT CONTESTED!!
	4 X 400 RELAY	

THIS IS A ROLLING SCHEDULE. WOMEN THEN MEN COMPETE IN THE RUNNING EVENTS. THIS SCHEDULE DOES NOT PROVIDE INDIVIDUAL STARTING TIMES FOR THE RUNNING RACES AS STARTING TIMES AFTER THE FIRST EVENT WILL DEPEND ON THE NUMBER OF ENTRIES AND THEREFORE THE NUMBER OF HEATS REQUIRED. THE FIELD EVENT TIMES WILL BE ADHERED TO AS CLOSELY AS POSSIBLE.