



The Sacramento State



***Track & Field
Mid-Major Challenge***

Thursday-Saturday / April 12-14, 2012

MEET: The Sacramento State MONDO Track & Field Mid-Major Challenge

EVENTS/DATES: April 12-14, 2012

WHERE: Hornet Stadium, Sacramento State University
Host of the 2003, 2005-07 NCAA Division I Outdoor Track & Field Championships, and 2000/2004 USA Olympic Trials.

PARTICIPANTS: Sacramento State, Idaho, Utah State, Fresno State, Portland State, Montana, UC Davis, UNR, **accepted post collegiate athletes**

ENTRIES: You must receive permission to enter. **Email your interest to participate to trackcc@csus.edu.** Submit online entries via website www.directathletics.com. Entries will begin Thursday, March 29 at 5:00pm and close at 5:00pm on Monday, April 9, when the website will be closed. Telephone, email, and faxed entries will NOT be accepted.

ENTRY FEE: \$200.00 per program / \$15.00 per Unattached/Individuals. Please make checks payable to: **The University Foundation at Sacramento State**

RULES: NCAA rules will apply. The NO false start rule will be enforced. All running races are timed section finals. All field events are 3 attempt preliminaries with 9 advancing to a 3 attempt final

FACILITIES: Hornet Stadium is furnished with a 400 meter MONDO surface. The horizontal jumps and javelin approach are also made of MONDO. On all MONDO surfaces, the required spike length and type is ¼ inch pyramid. **NO needle spikes permitted.** The throwing circles are of brushed concrete.

WARM-UP AREA: Hornet Stadium and the Alex G. Spanos Sports Complex has a 400 meter MONDO warm-up track. **All general warm-ups must be conducted on the warm-up track.**

FRIDAY PRE-MEET: The practice track will be available from approximately 5:00-7:00. The competition track will not be available because of the multi event competition and Friday night events.

EVENT CHECK-IN: All running event/relay teams must check-in with the clerk of the course 30 minutes prior to the event. Field event competitors will check-in at the respective event site at least 45 minutes prior to event.

TIMING: Fully automatic timing with Finish Lynx.

WEIGH INS: **All implements must be checked in between 2:00pm and 3:30pm on Friday and 8:15am to 10:15am on Saturday in the warm up track southwest storage building.**

RESTROOMS: The facilities are located on the back side of the east and west grandstands.

LOCKER ROOMS: Locker rooms not be available.

INFORMATION: For additional information contact Terry VanLaningham at trackcc@csus.edu.

TEAM PARKING: Please park all buses, vans, etc. in parking lot 10 which is directly south of the stadium.

HOTELS: <http://www.hornetsports.com/visitors/>

Sacramento State MONDO Track & Field Mid-Major Challenge

April 12-14, 2012

Tentative Meet Schedule*

Field Events

Friday, April 13th

3:45 PM Discus Throw Men followed by Women
4:00 Long Jump Men followed by Women
5:00 Pole Vault Men
5:45 High Jump Women

Saturday, April 14th

10:15 AM Hammer Throw Women followed by Men
10:45 Shot Put Throw Men followed by Women
11:15 Javelin Throw Women followed by Men
11:30 Triple Jump Women followed by Men
11:30 High Jump Men
11:45 Pole Vault Women

Running Events

Friday, April 13th

7:30 PM 5,000 Meter Run Women
5,000 Meter Run Men

Saturday, April 14th

11:00 AM 4x100 Meter Relay Women
11:05 4x100 Meter Relay Men
11:10 3,000m Steeplechase Women
11:25 3,000m Steeplechase Men
11:40 100 Meter Hurdles Women
11:55 110 Meter Hurdles Men
12:05PM 400 Meter Women
12:15 400 Meter Men
12:25 100 Meter Women
12:40 100 Meter Men
12:55 800 Meter Women
1:10 800 Meter Men
1:25 400 Meter Hurdles Women
1:35 400 Meter Hurdles Men
1:55 200 Meter Dash Women
2:10 200 Meter Dash Men
2:25 1,500 Meter Women
2:45 1,500 Meter Men
2:50 4x400 Meter Relay Women
3:00PM 4x400 Meter Relay Men

***Decathlon / Heptathlon
Schedule of Events***

Decathlon

Thursday, April 12

100m	12:15pm
Long Jump	12:50
Shot Put	2:15
High Jump	3:30
400m	5:15

Friday, April 13

110mH	11:00am
Discus	11:40
Pole Vault	1:15
Javelin	3:15
1500m	4:45

Times are estimated.

Heptathlon

Thursday, April 12

100mH	12:00pm
High Jump	12:40
Shot Put	2:10
200m	3:10

Friday, April 13

Long Jump	12:00pm
Javelin	1:15
800m	2:45

Times are estimated.