



**Presents the**



***Sacramento State***  
***OPEN***

***Saturday - MAY 5, 2012***

***Hornet Stadium***

***Host site: 2000 & 2004 Olympic Trials***  
***2003, 2005-07 Outdoor NCAA Track***  
***Championships***

- MEET:** Sacramento State Open / Senior Day
- DATE:** Saturday, May 5, 2012
- WHERE:** Hornet Stadium, Sacramento State University  
Host of the 2003, 2005-07 NCAA Division I Outdoor Track & Field Championships and the 2004, 2008 USA Track & Field Olympic Trials
- DIVISIONS:** This meet will be open to collegiate, club, and unattached athletes.
- ENTRIES:** Submit online entries via website [www.directathletics.com](http://www.directathletics.com). Entries will open Friday, April 27th at noon and close at noon on Thursday, May 3rd, when the website will be closed. No additions or changes will be accepted after this deadline. **Telephone, email, and faxed entries will NOT be accepted.**
- ENTRY FEE:** Entry Fees for **collegiate teams** are \$250.00 per gender, or \$500.00 for combined teams. **Unattached athlete Entry Fees** are \$20.00 per individual athlete per event (example 2 events entered = \$40), and \$20.00 per relay team. *Unattached entry fees must be paid online at the time of registration.* Entry Fees must be paid prior to the start of competition. **Checks should be made payable to: The University Foundation at Sacramento State** and sent to: **Attn: Track & Field, Sacramento State University, 6000 J. Street, Sacramento, CA 98519**
- 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 8 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 or Xmas tree spikes are 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.**
- 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:** Will be conducted in the southwest storage building at the practice track and open at 8:45am. All men and women shot put and hammers must be submitted for weigh-ins by 9:15am and will be returned to the athlete. All discus and javelins must be checked in by 11:30am and will be returned to the athlete.
- RESTROOMS:** The facilities are located on the back side of the east and west grandstands.
- LOCKER ROOMS:** Locker rooms will NOT be available.
- INFORMATION:** For additional information contact Terry VanLaningham at [trackcc@csus.edu](mailto:trackcc@csus.edu).
- OPENING HEIGHTS:**
- |                         |            |
|-------------------------|------------|
| Pole Vault: Women: 9'6" | Men: 13'0" |
| High Jump: Women: 4'8"  | Men: 5'8"  |

# Sacramento State Open

SATURDAY, MAY 5, 2012

Tentative Meet Schedule

<b>Start</b>	<b>Field Event</b>	<b>Round</b>
10:30 AM	Hammer Throw Men	Final
	followed by Women	Final
10:45 AM	Shot Put Throw Women	Final
	Followed by Men at conclusion of Men's hammer	Final
11:00 AM	Pole Vault Women	Final
	followed by Pole Vault Men	Final
12:30 PM	High Jump Men	Final
	followed by High Jump Women	Final
1:00 PM	Long Jump Men (West Pit)	Final
1:00 PM	Long Jump Women (East Pit)	Final
1:45 PM	Javelin Throw Women	Final
	followed by Men	Final
	Discus Throw Men (30 minutes after Women's Hammer and Men's Shot Put)	Final
	Followed by Women	Final
2:45 PM	Triple Jump Men (West Pit)	Final
2:45 PM	Triple Jump Women (East Pit)	Final

<b>Start</b>	<b>Running Event</b>	<b>Round</b>
11:30 AM	5,000m Women	Final
11:55 AM	5,000m Men	Final
12:40 PM	4x100 Meter Relay Women	Final
12:45 PM	4x100 Meter Relay Men	Final
1:00 PM	3,000m Steeple Chase Women	Final
1:20 PM	3,000 Steeple Chase Men	Final
1:40 PM	100 Meter Hurdles Women	Final
1:45 PM	110 Meter Hurdles Men	Final
1:55 PM	400 Meter Dash Women	Final
2:00 PM	400 Meter Dash Men	Final
2:10 PM	100 Meter Dash Women	Final
2:15 PM	100 Meter Dash Men	Final
2:20 PM	800 Meter Run Women	Final
2:30 PM	800 Meter Run Men	Final
2:40 PM	400 Meter Hurdles Women	Final
2:45 PM	400 Meter Hurdles Men	Final
2:55 PM	200 Meter Dash Women	Final
3:00 PM	200 Meter Dash Men	Final
	Senior Recognition	
3:20 PM	1,500 Meter Run Women	Final
3:30 PM	1,500 Meter Run Men	Final
3:45 PM	4x400m Meter Relay Women	Final
3:50 PM	4x400 Meter Relay Men	Final