

# 13th Annual Rossi Relays

## Tentative Time Schedule

### Saturday, February 28, 2009

<b>Running Events</b>			<b>Field Events</b>		
1:00	4 x 100m Relay	W	12:00	High Jump	W
1:05	4 x 100m Relay	M		Shot Put	W
1:15	Distance Medley	W		Hammer	M
	(1200-400-800-1600)			Long Jump (South Pit)	M
1:35	Distance Medley	M		Long Jump (North Pit)	W
1:55	100m Dash	W		Javelin	M
2:05	100m Dash	M		Pole Vault	W
2:20	100m Hurdles	W		Pole Vault (follows W)	M
2:35	110m High Hurdles	M			
2:50	Sprint Medley	W	1:30	High Jump	M
	(100-100-200-400)				
3:00	Sprint Medley	M	2:00	Shot Put	M
	(200-200-400-800)			Hammer	W
3:15	400m Hurdles	W		Javelin	W
3:30	400m Int. Hurdles	M			
3:45	3000m Run	W	2:30	Triple Jump (North Pit)	W
4:00	3000m Run	M		Triple Jump (South Pit)	M
4:15	4 x 400m Relay	W			
4:25	4 x 400m Relay	M	3:45	Discus (Main Field)	M
				Discus (South Field)	W

**Next page for meet information**

## **13<sup>th</sup> Annual Rossi Relays**

### **MEET INFORMATION**

- TIME:** Field Events - 12:00 Running Events - 1:00
- ENTRIES:** Entry forms are available at: <http://www.cmsathletics.org/meetresults/track/rossi/rossientry.pdf>  
Entries are due by FAX to (909) 621-8336 on or before Tuesday, February 24, 2009 at 2:00 pm.  
This is a collegiate meet. **Coaches: Please enter only those athletes you intend to compete to reduce the number of meet day scratches.**
- LIMITS:** Open running events: Maximum of 3 heats per gender (27); Unlimited entries in the 3000.  
Starting heights: HJ - men: 5-6, women: 4-4; PV - men: 11-0, women: 8-0  
Heat/Flight entries will be posted on the CMS website by Wednesday at 8 pm.  
<http://www.cmsathletics.org/meetresults/track/rossi/rossiheats09.htm>
- FACILITIES:** Recently Resurfaced 9 Lane Martin Polyurethane Track  
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  
Great aiding breezes
- TIMING:** Finishlynx System. Results shown on Daktronics Scoreboard.
- TRAINER:** Training Room and Trainer will be available. Bring your own supplies.
- RESULTS:** Results will be posted at: <http://www.cmsathletics.org/meetresults/track/rossi/Rossi09.htm>
- PARKING:** Please park in the parking lot located on the southeast corner of 6<sup>th</sup> 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 6<sup>th</sup> Street, 3/4 of a mile to Mills Ave.  
Burns Track is located on the the northeast corner of 6<sup>th</sup> 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.  
Send to: John Goldhammer/Athletics - 500 E. 9th St., Claremont, CA 91711