



SOUTHERN CALIFORNIA SUMMER GRAND PRIX SERIES

Saturday, July 11, 2009

Saturday, July 25, 2009

Saturday, August 8, 2009

Santa Monica College, Santa Monica, CA

Sanctioned By



Contact for Additional Info:
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- MEET SITE:** Santa Monica College—Featuring a brand new Track & Field Complex with a Recordtan track and excellent throwing and jumping facilities.
- TIMING:** Fully automatic timing by Finish Lynx.
- ENTRY FEE:** Pre-Meet Entries: **\$15.00 per athlete** (*unlimited events*) Meet Day Entries: **\$20 per athlete** (*unlimited events*)
- PRE- MEET ENTRY DEADLINES:** Pre-meet entries must be emailed to hearst@roadrunner.com no later than 5:00pm on the THURSDAY prior to each meet. On meet day, athletes must enter no later than 45-minutes before the scheduled start of their event(s). **All entry fees will be paid on meet day.**
- PARKING:** Campus parking in the 3-story structure next to the track is **FREE**.
- FINAL CHECK-IN:** 15-minutes prior to each running event, competitors must report to the **CLERKS STATION** for their event to pick-up their **hip number** and **heat assignment**. Field event competitors report to the Head Judge for their event.
- ADMISSION FEE:** Spectator admission is **\$5.00**.
- RESULTS:** Results will be posted event by event and, afterwards, at www.scausatf.org.

SCHEDULE OF EVENTS:

SATURDAY, JULY 11	SATURDAY, JULY 25	SATURDAY, AUGUST 8
<i>Field Events:</i>	<i>Field Events:</i>	<i>Field Events:</i>
4:00 DISCUS	4:00 DISCUS	4:00 DISCUS
4:00 POLE VAULT	4:00 POLE VAULT	4:00 POLE VAULT
4:00 LONG JUMP	4:00 LONG JUMP	4:00 LONG JUMP
5:00 HIGH JUMP	5:00 HIGH JUMP	5:00 HIGH JUMP
5:30 SHOT PUT	5:30 SHOT PUT	5:30 SHOT PUT
5:30 TRIPLE JUMP	5:30 TRIPLE JUMP	5:30 TRIPLE JUMP
<i>Track Events:</i>	<i>Track Events:</i>	<i>Track Events:</i>
4:00 MEN'S 110m HURDLES	4:00 MEN'S 110m HURDLES	4:00 MEN'S 110m HURDLES
4:10 WOMEN'S 100m HURDLES	4:10 WOMEN'S 100m HURDLES	4:10 WOMEN'S 100m HURDLES
4:15 MEN'S 1500m RUN	4:15 MEN'S MILE RUN	4:15 MEN'S 1500m RUN
4:25 WOMEN'S 1500m RUN	4:25 WOMEN'S MILE RUN	4:25 WOMEN'S 1500m RUN
4:40 MEN'S 100m DASH	4:40 MEN'S 100m DASH	4:40 MEN'S 100m DASH
4:55 WOMEN'S 100m DASH	4:55 WOMEN'S 100m DASH	4:55 WOMEN'S 100m DASH
5:10 MEN'S 400m DASH	5:10 MEN'S 400m DASH	5:10 MEN'S 400m DASH
5:20 WOMEN'S 400m DASH	5:20 WOMEN'S 400m DASH	5:20 WOMEN'S 400m DASH
5:30 MEN'S 800m RUN	5:30 MEN'S 800m RUN	5:30 MEN'S 800m RUN
5:40 WOMEN'S 800m RUN	5:40 WOMEN'S 800m RUN	5:40 WOMEN'S 800m RUN
5:55 MEN'S 400m HURDLES	5:55 MEN'S 400m HURDLES	5:55 MEN'S 400m HURDLES
6:05 WOMEN'S 400m HURDLES	6:05 WOMEN'S 400m HURDLES	6:05 WOMEN'S 400m HURDLES
6:15 MEN'S 200m DASH	6:15 MEN'S 200m DASH	6:15 MEN'S 200m DASH
6:25 WOMEN'S 200m DASH	6:25 WOMEN'S 200m DASH	6:25 WOMEN'S 200m DASH
6:35 3000m RUN	6:35 2 MILE RUN	6:35 5000m RUN

FIELD EVENTS:

- Men & Women will compete together.
- 4 attempts in the throws and Long Jump/Triple Jump.
- Starting Heights: HJ- 4' 0" PV- 9' 0"
- High School & Masters athletes may throw their implement weights.

TRACK EVENTS:

Men & Women will compete together and seeded into heats by entry times.

VS ATHLETICS Grand Prix Competition: *Will take place in these seven (7) men's & women's event groups:*

Sprints (100-200-400) Middle Distances (800/1500) Horizontal Jumps (LJ/TJ) Throws (Shot/Discus)
Hurdles (100H/110H/400H) Long Distances (3000/2M/5000) Vertical Jumps (HJ/PV)

- **Grand Prix participants must be 2009 USATF members.** Athletes can join/renew their memberships at www.usatf.org/membership/application. Athletes entering the meet on-site will be able to join USATF for the annual fee of **\$30.00**.
- **GP throwers must use the college/international M&W weights:** Shot- Men 16lb/ Women 4kg Discus- Men- 2kg/ Women- 1kg
- **Scoring will use the IAAF Scoring Tables** and each participant's aggregate points for their best mark from two (2) of the three (3) meets.
- **VS Athletics Discount Coupons** will be awarded for the 1st, 2nd, and 3rd place finishers in each event group.
- A **Grand Prize** will be awarded to the highest men's and women's point scorers.

Directions to Santa Monica College

From the 405 Fwy North or South: Exit onto the **10 Fwy West**...exit **at Cloverfield Blvd**...Left (South) on Cloverfield to **Pico Blvd**...Right on Pico (West) 7-blocks to the stoplight at **17th Street**...Left into the parking structure adjacent to the track. *(There is no charge to park on Saturdays)*

