

Meet of Champions

April 28, 2024
Moorpark College
7075 Campus Road
Moorpark, CA 93021



This is a USATF sanctioned meet.

USATF membership required to compete. Join or renew at www.usatf.org

Open and Masters 25+ for men and women (5-year age division) . . . oldest to youngest.

\$50 first event **\$10** per additional event.

\$15 Late fee if postmarked after April 20, 2024.

Late entries are allowed until 12 noon day of event.

1st, 2nd and 3rd place medals; all awards must be picked up at the meet.

9 lane track; 1/4" spikes maximum. Parking fee may apply.

Implement check-in 6:45am-12:30pm. Athletes may begin check in at 6:30AM.

- **Men's hammer weighs in first followed by women then other implements!**

Six attempts for throws and jumps.

Contact cmcsuzette-lee@pacbell.net for more info. **PLEASE DO NOT CONTACT THE COLLEGE.**



**ALL START TIMES FOR THROWS ARE APPROXIMATE.
EVENTS FOLLOW ONE ANOTHER AND MAY RUN EARLIER OR LATER.**

TRACK EVENTS

Time	Group	Event
8:00 AM	All Race walkers	3000m
8:30	All	3000m Run
9:00	Women/Men	80H
9:15	Men	100H/110H
9:30	Women	400m
9:45	Men	400m
10:00	All	1500m
10:15	Women	100m
10:45	Men	100m
11:00	Women	200H
11:15	Men	200H
11:30	Women/Men	300H
11:45	Men/Women	400H
12:00-12:30PM	OFFICIALS	Lunch Break
12:30	Women	800m
12:45	Men	800m
1:00	Women	200m
1:15	Men	200m
1:30	All	4x100m Relay

FIELD EVENTS

Time	Group	Event
THROWS		
7:30 AM	Men	Hammer
Women follow		Hammer
9:15	Men	Weight
	Women	Javelin
10:30	Men	Javelin
	Women	Weight
12:00-12:30PM	OFFICIALS	Lunch Break
12:30	Men	Discus
	Women	Shot Put
1:45	Men	Shot Put
	Women	Discus
JUMPS/VAULT		
9:00 AM	All	High Jump
9:00-11:00AM	All-Open Pit	Long Jump
11:00AM	All	Pole Vault
12:00-12:30PM	OFFICIALS	Lunch Break
12:30-2:00	All-Open Pit	Triple Jump