

Southern California Striders

Meet of Champions

May 6, 2018
 Santa Ana College
 1530 W 17th Street
 Santa Ana, CA 92706

This is a USATF sanctioned meet.

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

5 year age division 30 and up for men and women.

\$35 first event **\$5** per additional event

\$45 late fee if postmarked after April 28

Online and mail registrations at www.scstriders.org

1st, 2nd and 3rd place medals (2" with red, white & blue ribbons) All awards must be picked up at the meet.

8 lane track (1/4) spikes maximum

Check implements at least 45 minutes before event.

Contact marklane1212@sbcglobal.net for more info



Track Events		
Time	Group	Event
9:00 AM	All	Race Walk
9:30	All	3000m
10:00	Women	80H
10:15	Men	100H 110H
11:00	Women	400M
11:15	Men	400M
11:30	All	1500
11:45	Women	100M
12:00 PM	Men	100M
12:15	Women	300H
12:25	Men	400H
1:00	Women	800M
1:10	Men	800M
1:35	Women	200M
1:45	Men	200M
2:00	All	4X100 relay

Field Events		
9:00 AM	Men (to age 74)	Hammer
	Women & 75+ Men	Shot Put
	All	High Jump
9:00-11:00	All	Long Jump Open Pit
10:15	Men (to age 74)	Javelin
	Women & 75+ Men	Weight
11:00	All	Pole Vault
11:15	Women & 75+ Men	Javelin
	Men (to age 74)	Weight
12:00 to 2:00	All	Triple Jump Open Pit
12:15	Women & 75+ Men	Hammer
	Men (to age 74)	Shot
1:00	Women & 75+ Men	Discus
Follow Women	Men (to age 74)	Discus