

# Southern California Striders

## Meet of Champions

May 26, 2019  
 Santa Ana College  
 1530 W 17<sup>th</sup> Street  
 Santa Ana, CA 92706

This is a USATF sanctioned meet and a USTAF membership is required to compete. Join or renew at [www.usatf.org](http://www.usatf.org).

5 year age divisions beginning at age 30.

**Entry fee is \$35** for the first event and **\$5** for each additional event if registered online by 11:59 p.m. on May 18<sup>th</sup> or postmarked by May 18<sup>th</sup>

Late entry fee after the above dates is **\$45**.

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded. All awards must be picked up at the meet.

Maximum length of spikes is 1/4". Grass runway for javelin.

Check implements at least 45 minutes before event. All field events will get 6 attempts.

Online and mail in registration form at [scstriders.org](http://scstriders.org)

Times are approximate. Events may run early or late. Please plan accordingly.

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	Hammer
	Women	Shot Put
	All	High Jump
9:00-11:00	All	Long Jump Open Pit
10:00	Men	Weight
	Women	Javelin
11:00	All	Pole Vault
11:00	Men	Shot Put
	Women	Hammer
12:00 to 2:00	All	Triple Jump Open Pit
12:00	Men	Discus
	Women	Weight
1:00	Men	Javelin
	Women	Discus