

Meet of Champions

June 10th, 2023

Pomona Pitzer College
522 North Mills Ave Claremont CA



- USATF sanctioned meet.
- USATF membership required to compete. Join or renew at www.usatf.org
- 5-year age divisions 30 and up for men and women . . . oldest to youngest.
- **\$40** first event **\$10** per additional event.
- **\$15 Late fee** if postmarked after June 7th
- 1st, 2nd and 3rd place medals; all awards must be picked up at the meet.
- 9 lane track; 1/4" spikes maximum.
- Implement check-in 7:00 am-1:00pm. Athlete check in begins at 7:00.
- Six attempts for throws and jumps.
- Contact Brenda Matthews at marklane1212@sbcglobal.net for more information

Final Schedule

Times are approximate. Events will follow one another

TRACK EVENTS

Time	Group	Event
8:00 a.m.	All Race walkers	3000m
8:30	All	3000m Run
9:00	Women	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	300H
11:45	Men	400H
12:00-12:30	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		
<i>Times are approximate. Events will follow one another</i>		
8:00 a.m.	Men	Hammer
Follows hammer	Men	Weight
8:00	Women	Shot
9:15	Women	Javelin
10:30	Men	Javelin
10:30	Women	Hammer
Follows hammer	Women	Weight
12:00-12:30	OFFICIALS	Lunch Break
12:30	Men	Shot
	Women	Discus
1:45	Men	Discus
JUMPS/VAULT		
8:00	All	High Jump
9:00-10:30	All-Open Pit	Long Jump
11:00	All	Pole Vault
12:00-12:30	OFFICIALS	Lunch Break
12:30-2:00	All-Open Pit	Triple Jump