



MONTEREY PENINSULA COLLEGE

DEPARTMENT OF ATHLETICS

980 FREMONT ST. MONTEREY, CA 93940-4799

PHONE: 831.646.4220 FAX: 831.645.1334

2019 MPC Open

Saturday February 16, 2019

Start Time: Field Events: 10am

Track Events: 11am

Entry Fees: Please make checks payable to **MPC Track and Field**

Teams: \$200 per gender, \$400 for both

Unattached Athletes/Teams less than 10 athletes: \$20 per athlete

ALL entry fees will be collected at the Clerk of the Course prior to 1st event

No charge for spectators

Entry Registration:

Teams must register through Direct Athletics by **Wednesday February 13th 11:59pm.**

<http://www.directathletics.com>

This meet will include the following Events:

Field Events: (Throw Events - 4 Throws – No Finals / Horizontal Jump Events - 4 Jumps - No Finals)

***Javelin and Hammer Throw will not be contested at MPC (You may choose to contest these events at your home site and bring forward your results on Saturday to the timer. Heat sheets will be provided Thursday evening February 14th).**

Pole Vault (Women followed by Men) 10am

Shot Put (Women followed by Men) 10am

Long Jump (Men followed by Women) 10am

High Jump (Women followed by Men) 1pm or after Pole Vault concludes

Triple Jump (Men followed by Women) 1pm or after Long Jump concludes

Discus (Women followed by Men) 1pm or after Shot Put and Pole Vault concludes





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Track Events: (Will feature electronic timing)

***Track Events will start at 11am and then proceed with the following order of events. Time Schedule will be provided to participating teams on Friday morning February 15th.**

W/M 3000m

W/M 4x100m Relay

W/M 1500m

W 100m Hurdles

M 110m Hurdles

W/M 400m

W/M 100m

W/M 800m

Officials Break

W/M 400m Hurdles

W/M 200m

W/M 5000m

W/M 4x400m 'Cass Jackson' Relay

Concessions: A Snack Bar will be available and located on the West end of the stadium.

First Aid: MPC Athletic trainers will be On Site. Teams and individual athletes are responsible for supplying their own Athletic Tape, Medical Supplies, etc.

Warm-up area: Will be located on the Women's Softball Field adjacent to the track.

Check-in:

Track Events: 30 Minutes prior to the start of the event at the Clerk's table.

Field Events: 30 Minutes prior to the start of the event at the field event site.

Parking: Parking is free and nearest to the Track in parking Lot C





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Questions Contact:

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Men's and Women's Track & Field

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