MT. HOOD COMMUNITY COLLEGE

MT. HOOD MULTI MEET

Monday and Tuesday April 13-14, 2009

Entry Procedure: Please email or Fax (503-491-7397) your entries by 12:00pm on **Saturday April 11, 2009**.

Facilities: 1/4" spikes are required. High jumpers and javelin throwers may use 3/8" spikes in the heel of the planting shoe only! Showers and dressing facilities are available in the Mt. Hood HPE/ Athletic Department, but the athlete must supply their own towels.

Vertical Jumps: If a jumper/vaulter has not jumped within the previous hour he/she may have up to 3 warm-up jumps. **Starting heights** will be determined by the coaches during the coaches meeting and will proceed in 3-centimeter increments for the high jump and 10 centimeter increments in the pole vault.

Monday – April 13		**Tuesday – April 14**	
10:00 AM	**Women's 100M High Hurdles**	**9:00 AM**	**Men's 110m Hurdles**
10:30 AM	**Men's 100M**	9:40 AM	Men's Discus
10:45 AM	Women's High Jump	**10:00 AM**	**Women's Long Jump**
11:10 AM	Men's Long Jump	11:00 AM	Men's Pole Vault
12:15 PM	Men's Shot Put	11:10 AM	Women's Javelin
12:55 PM	Women's Shot Put	12:30 AM	Men's Javelin
1:10 PM	Men's High Jump	12:25 PM	Women's 800m
1:35 PM	Women's 200m	1:45 PM	Men's 1500m
2:40 PM	Men's 400m		

Note: This schedule is tentative. Events will start 30 minutes from the conclusion of previous event.

ENTRY FORM

School: _____Coach:_____

Phone: _____ FAX: _____

Athlete - Name (Please type)	**Mark**
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

We are looking forward to hosting you and your athletes at the 2009 Mt. Hood Multi Meet.

KNOWLEDGE *for* SUCCESS

MATT HART • MT. HOOD COMMUNITY COLLEGE • 26000 SE STARK STREET • GRESHAM, OREGON 97030 • (503) 491-7455