

MT. HOOD COMMUNITY COLLEGE

SAINTS & CAVALIERS INVITATIONAL

Track & Field Meet

Mt. Hood Community College and Concordia University welcome you to the 2009 outdoor Saints & Cavaliers Invitational. Earl Klapstein Stadium is one of the purest track & field venues in the Pacific Northwest. Our facilities are performance friendly and regularly elicit optimal performances from athletes of all calibers.

DATE OF MEET Saturday – April 25, 2009

REGISTRATION Register for this meet online at DirectAthletics.com <http://www.directathletics.com/>. First time users may need to create an account before registering. You will have until **Wednesday – April 22, 5:00 PM** to register or edit athletes/ marks.

ENRTRY FEE \$100.00 per single gender programs or \$150.00 for two gender programs entering the meet. Individual/ unattached entries will pay \$10.00 for entry into the meet which will give them unlimited entries into events. We will accept payment on the day of the meet or will welcome payment by check previous to April 25th.

Mt. Hood Community College
Track & Field
26000 SE Stark Street
Gresham, OR 97030

FACILITIES The track surface within Earl Klapstein Stadium is a 10mm thick polyurethane surface. It is currently 14 years old and its age is showing. As a result of the heavy traffic throughout the years, it is imperative that competitors use 1/4” spikes so as not to cause further damage to the starting areas and the runways. High jumpers and javelin throwers sometimes use shoes that have subset spikes. 3/8” spikes may be used in these shoes (in the heel of the planting shoe only)! Though it is an older track it is still very fast.

It is uncertain at this time whether athletes will have access to our indoor gym facilities so be prepared to warm-up, stretch and warm-down outside.

Locker rooms and shower facilities will be made available but please bring your own towels and locks. Caution: Unfortunately, Mt. Hood Community College has had locker break-ins in the past so use our lockers at your own risk.

CHECK-IN **Running Events:** Athletes competing in running events are to check-in at the clerk (located in the red & white clerk’s tent at the north end of the 100m strait) **30 minutes prior to the start** of their event. **Field Events:** Athletes competing in field events are to check-in with the head official at the site of the event.

Coaches, please make sure your athletes are aware of the finalized event schedule (provided on the day of the meet). Also, be aware of the flow of the meet as the schedule is only a tentative guideline and events may start after the time indicated.

WEIGH-INS Implements will be certified 8:00am – 9:30am on **Saturday – April 25, 2009**

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Tentative Time Schedule

We will modify the time schedule once registration has concluded and we have a better idea of the total number of entrants. We are hoping to start later and end earlier.

Field Events

8:00 – 9:30 AM Implement Weigh-ins

10:00 AM

Women's Discus

Men's Hammer

Women's High Jump

Men's Long Jump

Women's Pole Vault followed by

Men's Pole Vault

11:30 AM

Women's Hammer

Men's Discus

Women's Long Jump

Men's High Jump

1:00 PM

Women's Shot Put

Men's Javelin

Women's Triple Jump

Men's Triple Jump

2:30 PM

Women's Javelin

Men's Shot Put

Track Events

9:00 AM

Men's and Women's 10,000 Meters

10:00 AM

Women's 3,000 Meter Steeplechase

10:20 AM

Men's 3,000 Meter Steeplechase

10:35 AM

National Anthem

10:40 AM

Women's 4 x 100 Meter Relay

10:45 AM

Men's 4 x 100 Meter Relay

10:55 AM

Women's 1,500 Meters

11:10 AM

Men's 1,500 Meters

11:40 AM

Women's 100 Meter High Hurdles

11:55 AM

Men's 110 Meter High Hurdles

12:10 PM

Women's 400 Meters

12:20 PM

Men's 400 Meters

12:50 PM

Women's 100 Meters

1:00 PM

Men's 100 Meters

1:20 PM

Women's 800 Meters

1:30 PM

Men's 800 Meters

2:00 PM

Women's 400 Meter Intermediate Hurdles

2:10 PM

Men's 400 Meter Intermediate Hurdles

2:30 PM

Women's 200 Meters

2:40 PM

Men's 200 Meters

3:00 PM

Women's 5,000 Meters

3:30 PM

Men's 5,000 Meters

4:00 PM

Women's 4 x 400 Meter Relay

4:15 PM

Men's 4 x 400 Meter Relay