

MT. HOOD COMMUNITY COLLEGE

SAINTS OPEN

Track & Field Meet

Welcome to the 2009 outdoor Track & Field season. We are looking forward to hosting the **Saints Open** meet again this year and welcome you to attend. 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 – March 14, 2009

REGISTRATION You must 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 - March 11th, 5:00 PM** to register or edit athletes.

ENRTRY FEE **\$150.00** per single gender programs or **\$250.00** for two gender programs entering the meet. Individual/ unattached entries will require **\$15.00** 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 March 14th.

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

FACILITIES Please be prepared for late winter weather conditions. Also, 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. 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 before or after the time suggested.

SAINT'S OPEN

Saturday - March 14th, 2009

Tentative Time Schedule

Field Events

10:00 AM	Women's Discus Women's High Jump Women's Pole Vault followed by	Men's Hammer Men's Long Jump Men's Pole Vault
11:30 AM	Women's Hammer Women's Long Jump	Men's Discus Men's High Jump
1:00 PM	Women's Shot Put Women's Triple Jump	Men's Javelin Men's Triple Jump
2:30 PM	Women's Javelin	Men's Shot Put

Track Events

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
10:50 AM	Men's 4 x 100 Meter Relay
11:00 AM	Women's 1,500 Meters
11:20 AM	Men's 1,500 Meters
11:40 AM	Women's 100 Meter High Hurdles
11:50 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
3:55 PM	Women's 4 x 400 Meter Relay
4:15 PM	Men's 4 x 400 Meter Relay