



Sacramento State ***OPEN***

Friday - MAY 8, 2009

Hornet Stadium
Host site: 2000 & 2004 Olympic Trials
2003, 2005-07 Outdoor NCAA Track
Championships

- MEET:** Sacramento State Open / Senior Day
- DATE:** Friday, May 8, 2009
- WHERE:** Hornet Stadium, Sacramento State University
Host of the 2007 NCAA Division I Outdoor Track & Field Championships
- DIVISIONS:** This meet will be open to collegiate, club, and unattached athletes.
- ENTRIES:** Submit online entries via website www.runnercard.com. Entries will open on Friday, May 1st at noon and close at noon on Wednesday, May 6th, when the website will be closed. No additions or changes will be accepted after this deadline. **Telephone, email, and faxed entries will NOT be accepted.**
- ENTRY FEE:** Entry Fees for **collegiate teams** are \$250.00 per gender, or \$500.00 for combined teams. **Unattached athlete Entry Fees** are \$20.00 per individual athlete per event (example 2 events entered = \$40), and \$20.00 per relay team. Entry Fees must be paid prior to the start of competition. **Checks should be made payable to: The University Foundation at Sacramento State** and sent to: **Attn: Track & Field, Sacramento State University, 6000 J. Street, Sacramento, CA 98519**
- RULES:** NCAA rules will apply. The NO false start rule will be enforced. All running races are timed section finals. All field events are 3 attempt preliminaries with 8 advancing to a 3 attempt final. In the case where numbers are excessively large, we may allow only 4 attempts with no final.
- FACILITIES:** Hornet Stadium is furnished with a 400 meter MONDO surface. The horizontal jumps and javelin approach are also made of MONDO. On all MONDO surfaces, the required spike length and type is ¼ inch pyramid or xmas tree spikes. **NO needle spikes are permitted.** The throwing circles are of brushed concrete.
- WARM-UP AREA:** Hornet Stadium and the Alex G. Spanos Sports Complex has a 400 meter MONDO warm-up track. **All general warm-ups must be conducted on the warm-up track.**
- EVENT CHECK-IN:** All running event/relay teams must check-in with the clerk of the course 30 minutes prior to the event. Field event competitors will check-in at the respective event site at least 45 minutes prior to event.
- TIMING:** Fully automatic timing with Finish Lynx.
- WEIGH INS:** **All implements must be checked in between 8:00am to 10:30pm** in location TBA.
- RESTROOMS:** The facilities are located on the back side of the east and west grandstands.
- LOCKER ROOMS:** Locker rooms will NOT be available.
- INFORMATION:** For additional information contact Terry VanLaningham at trackcc@csus.edu.
- OPENING HEIGHTS:**
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|-------------------------|------------|
| Pole Vault: Women: 9'6" | Men: 13'0" |
| High Jump: Women: 4'8" | Men: 5'8" |

Sacramento State Open
SATURDAY, MAY 9, 2009
Tentative Meet Schedule*

Time schedule will be released by February 1.

Field events will not begin before 9:30am.