

Diablo Valley College All-Comer's Meets

Jan 2, 9, 16, 23, 30, 5 Saturdays in Jan 2010!

Pleasant Hill, California - **DIABLO VALLEY COLLEGE WILL HOST Winter ALL-COMER Track & Field SERIES, Series will feature steeplechase (2000 and 3000 meter events, depending upon interest).**

Winter All-comer track meet series is slated to begin with five (5) meets in January, beginning January 2nd. **All meets to begin at 2:00pm, Field Events, 2:30pm.** DVC Head Coach Daniel Cruz has announced that DVC will host an all-comer track & field series with the steeplechase listed as a feature event each week. Goto www.directathletics.com to register. The Men and Women's Hammer Throw **will not** be contested in the winter series.

Order of Events, Open Time Schedule (Running and Field Events), FAT (Fully Automatic Timing) Where:	Diablo Valley College (3/16" spikes only, No Pin Spikes!) Shoes will be inspected.
When:	January 2, 9, 16, 23, 30
Time:	2:00pm – Running Events, Steeplechase, then rolling schedule, see below. Field Events, 2:30pm (No Hammer in the Winter)
Who:	OPEN, COLLEGE, MASTERS, HIGH SCHOOL AND YOUTH; BOYS & GIRLS; MEN AND WOMEN
Entry Fee:	\$6.00 PER ENTRANT, Unlimited Events, SPECTATORS \$3.00
Contact:	Head Track Coach, Daniel Cruz (925) 437-6013 cell
cc:	<i>ALL COACHES AND ATHLETES</i>

2:00pm Steeplechase (2K, 3K)	Field Events, 2:30pm
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| Steeplechase | LJ (Open Pit) |
| 4 x 100R | |
| 1500-Mile | HJ (5 Alive) |
| 1/30 | |
| 55M HH | PV |
| 400 | SP |
| 100 | Discus (to follow SP) |
| 800 | Triple to follow LJ |
| IH (300) | TJ (Open Pit) |
| 200 | |
| 3000, 5000 | |
| 4 x 400R | |