



# Westmont Sunshine Open

February 8, 2025

Westmont, Fresno Pacific, The Master's, SOKA, SBCC, Moorpark CC, Pacific, Pepperdine, Unattached

## Running Events

**3/16" or 1/4" pyramids only**

10:15 M Distance Medley Relay  
10:30 W 4 x 800 Relay  
10:45 W 5000m  
11:10 M 60m Hurdles  
W 60m Hurdles  
11:25 W 60m  
11:35 M 60m  
11:45 W 4 x 1600  
12:10 M 4 x 1600  
12:30 W 400m  
12:40 M 400m  
12:50 W 800m  
1:00 M 800m  
1:10 M 5000m  
1:30 W The Mile  
1:45 M The Mile  
2:00 W 600m  
2:10 M 600m  
2:20 W 200m  
2:35 M 200m  
2:50 W 1000m  
3:00 M 1000m  
3:10 W 3000m  
3:25 M 3000m  
3:40 W 4 x 400m  
3:55 M 4 x 400m

## Field Events (4 attempts in throws, jumps)

**3/16" or 1/4" pyramids only**

**11:00 am W Pole Vault (M follow 45:00 after)**

**Pole vaulters access PV area** on the path on the outside of the track below the start/finish line

**M High Jump (W follow 30:00 after)**

**M/W Weight Throw**

**M Shot Put (Women follow)**

**NOON M Long Jump W Long Jump follows**

**M/W Triple Jump 45:00 after LJ**

**2:30 pm M/W combined Javelin**

**2:30 M/W combined Discus**

## MEET DAY Instructions

**Runners** Check-in 30 minutes prior to event at the athlete's gate on the first turn of the track.

1. Spike check **3/16" or 1/4" pyramids only**
2. Pick up hip number
3. Entry to the track 10 minutes prior to event

**Field athletes** go to the field venue 40 minutes before their event begins.

**Running warm-ups** on Lovik Field below the tennis courts.

**The track and field is open only for competitors in current events.**

Coaches and Trainers may move about the facility in outside track lane to observe.