



Glendale Outdoor Track & Field Invitational #1

TRACK & FIELD

Meet Schedule | Information
MCCCD COVID-19 Guidelines Enforced (see page 2)
Glendale Community College
Matt O. Hanhila Field
Saturday, March 20, 2021

Event Schedule:

Running Events (men will follow the women)

10:30 AM 3000m STEEPLECHASE (W)
10:50 AM 3000m STEEPLECHASE (M)
11:05 AM 4X100 RELAY (W)
11:10 AM 4X100 RELAY (M)
11:15 AM 1500 (W)
11:25 AM 1500 (M)
11:35 AM 100 HURDLES (W)
11:40 AM 110 HURDLES (M)
11:45 AM 400 (W)
11:50 AM 400 (M)
12:00 PM 100 (W)
12:10 PM 100 (M)
12:20 PM 800 (W)
12:25 PM 800 (M)
12:35 PM 400 HURDLES (W)
12:45 PM 400 HURDLES (M)
12:55 PM 200 (W)
01:00 PM 200 (M)
01:10 PM 5000 Meters (W)
01:35 PM 5000 Meters (M)
01:55 PM 4X400 RELAY (W)
02:05 PM 4X400 RELAY (M)

Field Events (men will follow the women)

9:30 am W/M Hammer Throw
9:45 am W/M Long Jump
10:00 am W/M Pole Vault
10:30 am W/M Shot Put
9:30 am W/M Javelin Throw
11:00 am W/M Triple Jump
11:30 am W/M High Jump
11:45 am W/M Discus Throw

Meet Entry/Fees: Individuals and teams enter through Direct Athletics via the web link below: <https://www.directathletics.com>

Entries will close on Thursday, March 4, 2021 at 11:59pm MST. Fees are \$200.00 per team, per gender and \$25.00 per unattached individual athlete.

Athletic Trainer: GCC will have an Athletic Trainer available under the canopy on south end of track. **Time**

Schedule: We will stay on time with the event schedule.

Timing/Results: All timing will be done electronically by *Wingfoot Finish*. Live results can be found at: live.wingfootfinish.com. Results will also be posted on *Direct Athletics.com* and *TFRRS.org* websites after the conclusion of the meet.

Coaches,

Please help us comply with MCCCCD COVID-19 policy and procedures properly by reviewing and adhering to the following information:

- Athletes must wear face masks in team camp areas, when going to the restroom, when visiting the athletic trainer, and at any time where they are not physically moving as part of their warm-up, competition, or cool-down.
- Coaches and Officials are required to wear masks at all times.
- Please have your athletes bring their own water bottles. Disposable cups will be provided but should be disposed after one-time use. Grab a new cup for a refill.
- All athletes must be COVID-19 screened (using ACCAC COVID-19 screening protocols) prior to, or upon arrival at Mesa Community College.
- Absolutely **NO SPECTATORS** will be allowed.

Looking forward to seeing you all out. Thank you and Go Gauchos!!