

ACCAC Track & Field Championships
John D. Riggs Stadium, Mesa Community College - Friday, April 2, 2021

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Session: 1 (Field Events)
Day 1 - Friday, April 2, 2021 - Starts at 04:00 PM

Starts at: Event:

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4:00 PM Javelin Throw - Men & Women combined.

4:00 PM Men's Hammer Throw / Women to follow.

4:30 PM Men's & Women's Long Jump.
Note: Open pit. Closes at 6:00 PM (must get a mark in the first 3 jumps to get 3 more).

5:00 PM Men's High Jump / Women to follow.

5:00 PM Women's Pole Vault / Men to follow.

5:30 PM Men's Discus Throw / Women to follow.

6:30 PM Men's & Women's Triple Jump.
Note: Open pit. Closes at 7:30 PM (must get a mark in the first 3 jumps to get 3 more).

7:00 PM Men's Shot Put / Women to follow.

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Session: 2 (Running Events)
Day 1 - Friday, April 2, 2021 - Starts at 05:00 PM

Starts at: Event:

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5:00 PM Women 3000 Meter Steeplechase

5:15 PM Men 3000 Meter Steeplechase

5:30 PM Women 4x100 Meter Relay

5:35 PM Men 4x100 Meter Relay

5:40 PM Women 1500 Meter Run

5:50 PM Men 1500 Meter Run

6:00 PM Women 400 Meter Dash

6:05 PM Men 400 Meter Dash

6:15 PM Women 100 Meter Hurdles

6:25 PM Men 110 Meter Hurdles

6:35 PM Women 100 Meter Dash

6:40 PM Men 100 Meter Dash

6:50 PM Women 800 Meter Run

6:55 PM Men 800 Meter Run

7:05 PM Women 400 Meter Hurdles

7:15 PM Men 400 Meter Hurdles

7:25 PM Women 200 Meter Dash

7:30 PM Men 200 Meter Dash

7:40 PM Women 5000 Meter Run

8:05 PM Men 5000 Meter Run

8:25 PM Women 4x400 Meter Relay

8:30 PM Men 4x400 Meter Relay

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Meet Entry/Fees: Individuals and teams enter through Direct Athletics via the web link: <https://www.directathletics.com> Entries will close on Wednesday, March 31, 2021 at 11:59pm MST. \$150.00 entry fee per gender/per team.

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

Time Schedule: We will stay on time with the event schedules.

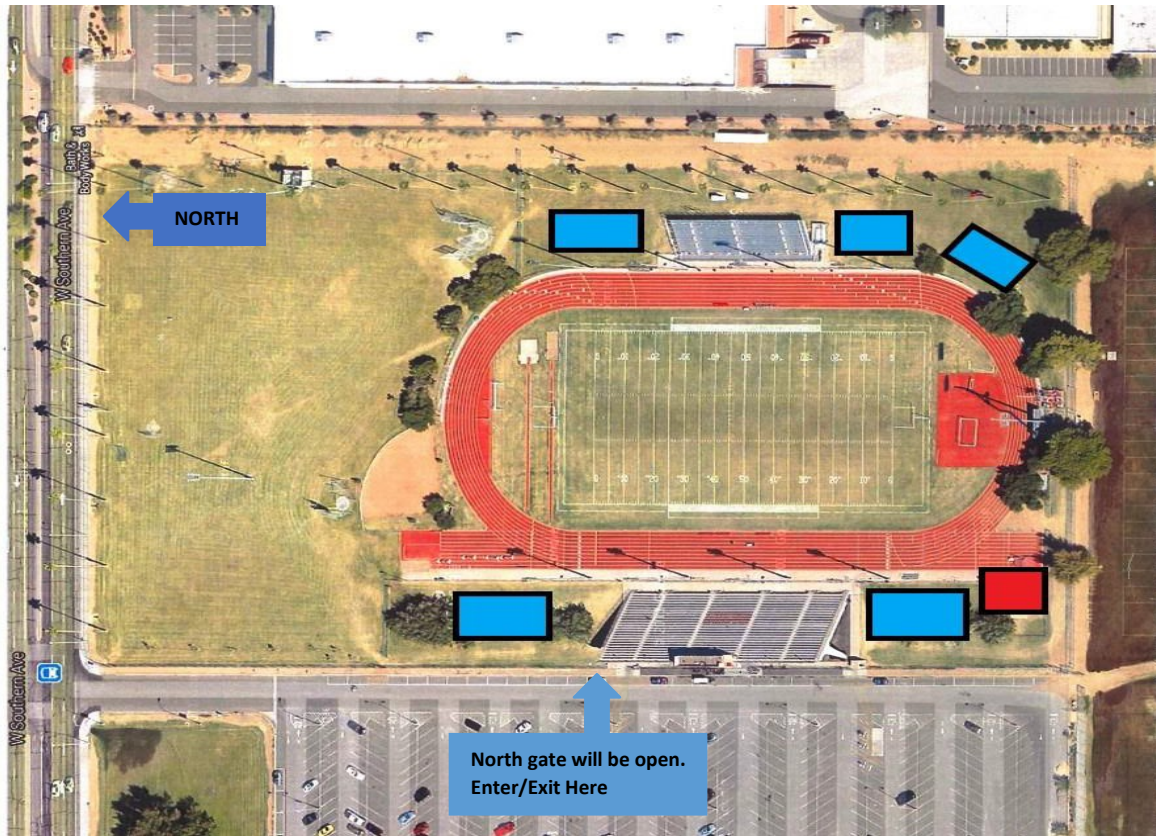
Timing/Results: All timing will be done electronically by *Wingfoot Finish*. Live results can be found at: live.wingfootfinish.com. Results will also be posted on **Direct Athletics.com** and **TFRRS.org** websites after the conclusion of the meet.

Coaches,

Please help us comply with MCCC 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.

Please note the map below indicating designated team camp areas (**blue**) and athletic training area (**red**). Bleacher areas can also be used as designated team camp areas:



Track & Field