



Moorpark College Season Opener & Multi January 30-31, 2025 Hosted By: Moorpark College Raiders

Starting Times

SEASON OPENER (FRIDAY)
Field Events: Start at 11:00 AM
Running Events: Start at 12:30 PM

MULTIS (THURSDAY/FRIDAY)
Decathlon: Day 1 @ 2:30 PM, Day 2 @ 9AM
Heptathlon: Day 1 @ 2:40 AM, Day 2 @ 9:30 AM

Entries & Fee: **Entries Close Tuesday, January 28 at 7pm**
\$400/gender or \$800 for a men's & women's team
Unattached/Open athletes/Small Teams: \$30 per event (pay on Direct Athletics)
Heptathlon/Decathlon: \$100 per athlete
Make checks payable to "Moorpark College Track"

Scratch Deadline: Email adds/scratches to:
tkephart@vccd.edu by Thursday, January 30th 6PM
Limited adds on the day of the meet
Final scratches can be made at the 10:30am coaches meeting, however, sooner is preferred

Parking Procedures for Teams

- Parking in Lot H (by Field Hockey). Busses can park at the top of campus or by the baseball field.

Concessions: Provided by L & T Catering

Dressing Facilities & Restrooms:

Restrooms are located at the non-scoreboard end of the field. Locker rooms and showers available in the gymnasium.

Clerk of the Course:

Hip numbers can be picked up starting at 12:00. The check-in table will be located next to the fieldhouse by the shot put sector (or inside if it is windy). Please have athletes check-in 30-60 minutes prior to their event.

Horizontal Jumps and Throws:

- **Each athlete will receive 3 attempts**
- Farthest throw will be measured.
- Throws and horizontal jumps will be on a rolling schedule.
- After the conclusion of an event, athletes will be given 15 minutes to warm up for the next throwing event.
- Javelin will be thrown off grass in the soccer pitch
- High Jump and Javelin: ¼" spikes acceptable

Running Events:

Will start at scheduled start time, even if the meet starts to run ahead of schedule.

Warm-Up Area:

The warm-up area is located on the soccer field outside the stadium. No warming up on the track or infield. Hurlers can warm up on the track 15 minutes before the start of their race. Athletes must leave the track immediately after their event. Thank you for helping to monitor this.

Results:

Results will be available on www.directathletics.com following the conclusion of the meet. In addition, official results will be posted online. Each school will be issued a complete set of results following the conclusion of the meet. Live results will be posted on <http://www.moorparktrack.com>

Spikes: 3/16" pyramid (or needle) spikes only

Rules/Scoring:

No scoring for this event.

Sports Medicine Considerations

- Location: Satellite clinic next to the restrooms
- ***Please ensure that your med kits are fully stocked***

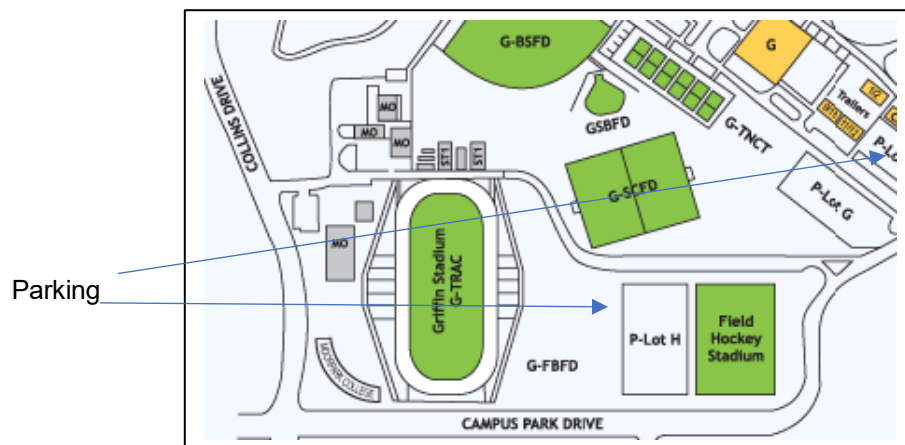
Directions:

From San Fernando Valley/Los Angeles area

Take the 118 Freeway west to the first exit in Moorpark, Collins Drive. Turn right onto Collins. Turn right at the traffic light onto Campus Road and take the first left into Lot H.

From the North

Go South on the 101 Freeway. Exit onto the 23 Freeway going North. Take the 118 Freeway to the Collins Drive exit in Moorpark. Turn left onto Collins. Stay on Collins until the second traffic light, Campus Road. Turn right onto Campus Road and take the first left into Lot H.



Coaches Meeting:

10:30am in front of the fieldhouse

Additional Information:

Tracye Kephart
(805) 443-9551
tkephart@vccd.edu

Moorpark College Track & Field

7075 Campus Rd, Moorpark, CA 93021 • Phone (805) 378-1457 • Fax (805) 378-1539 •



2025 Moorpark Season Opener

FRIDAY JANUARY 31ST, 2025

Decathlon/Heptathlon January 30/31, 2025

Updated 1/6/25

Throwing events & horizontal jumps will be conducted on a rolling schedule.

At the completion of each flight, the next event will be given 15 minutes for warm ups and then will begin.

FIELD EVENTS

Time	Gender	Event	Time	Gender	Event
12:00 PM	W -> M	POLE VAULT	11:00 AM	W -> M	JAVELIN
12:00 PM	W -> M	LONG JUMP	11:00 AM	M -> W	HAMMER
1:30 PM	W -> M	HIGH JUMP	TBD	M -> W	DISCUS (after Hammer)
TBD (after LJ)	W -> M	TRIPLE JUMP	TBD	W -> M	SHOT PUT (after Javelin)

RUNNING EVENTS

Time	Gender	Event
12:30 PM	W	2K Steeple
12:55 PM	M	2K Steeple
1:15 PM	W	1500M
1:30 PM	M	1500M
1:55 PM	W	60H
2:15 PM	M	60HH
2:30 PM	W	300M
2:35 PM	M	300M
2:50 PM	W	60M
3:00 PM	M	60M
3:15 PM	W	600M
3:20 PM	M	600M
3:40 PM	W	300M H
3:45 PM	M	300M H
3:55 PM	W	200M
4:00 PM	M	200M
4:15 PM	W	3,000M
4:30 PM	M	3,000M
4:45 PM	W	4 X 400M
4:50 PM	M	4 x 400M

Moorpark Season Opener Decathlon/Heptathlon

Day 1:

- Decathlon 2:30
- Heptathlon 2:40

Day 2:

- Decathlon 9:00
- Heptathlon 9:30

Live Results
&
Meet Information:
<http://www.MoorparkTrack.com>

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