

**USC TROJAN INVITATIONAL
AT USC LOKER STADIUM – CROMWELL FIELD**

March 19/20, 2010

[map to Mt. SAC](#)

FIELD EVENTS

Friday, March 19th

Hammer Competition @ ~~West L.A. College~~ Mt. SAC
2:00 p.m. Women's Hammer - A
3:15 pm Men's Hammer - A
4:30 pm Women's Hammer - B
5:30 pm Men's Hammer - B

Saturday, March 20th

9:00 am Women's Javelin - A section
with B section to follow
10:00 am Women's Long Jump Section B
Men's Long Jump Section B
10:30 am Men's Javelin- A section with B
section to follow
11:00 am Women's Pole Vault Section A
Men's Pole Vault Section B
11:30 am Women's Shot Put - A section
with B section to follow
12:00 pm Men's Long Jump - A
Women's Long Jump - A
Women's High Jump – A/B
1:00 pm Men's Shot Put - A section with
B section to follow
1:30 pm Men's Pole Vault Section A
Women's Pole Vault Section B
2:00 p.m. Women's Triple Jump Section A
Men's Triple Jump Section A
Men's High Jump,
Sections A & B
3:30 p.m. Women's Discus - A
Men's Discus - A
4:30 pm Women's Discus – B
5:30 pm Men's Discus -B

RUNNING EVENTS

Saturday, March 20th

9:30 am High School Girl's Distance Medley Relay
9:50 am High School Boy's Distance Medley Relay
10:00 am Section I - Women's 3000 meters
10:20 am High School Girl's 400 meter relay
10:30 am High School Boy's 400 meter relay
10:40 am Women's 400 meter relay
10:55 am Men's 400 meter relay

11:05 am Women's 1500 m
11:25 am Men's 1500 m
11:40 am Women's 100m Hurdles

11:55 am Men's 110m High Hurdles
12:10 pm Women's 400 meters
12:25 pm Men's 400 meters

12:45 pm Women's 100m
1:00 pm Men's 100m
1:20 pm High School Girl's Sprint Medley Relay
1:30 pm High School Boy's Sprint Medley Relay

1:45 pm Women's 800m
2:00 pm Men's 800m
2:15 pm Women's 400m Hurdles
2:30 pm Men's 400m Hurdles
2:45 pm Women's 200m

3:00 pm Men's 200m
3:20 pm Men's 3000m
3:45 pm High School Girl's 1600m Relay
3:55 pm High School Boy's 1600m Relay
4:00 pm Women's 1600m Relay
4:10 pm Men's 1600m Relay
4:30 pm Section II - Women's 3000m

Please Note:

1. All Section A field event competitors will receive **6** attempts. Cut off for A Section entries will be 12.
2. All Section B field event competitors will be added as needed (4 attempts only)
3. B Sections of the Shot Put, Discus, and Javelin will be added "As Needed." Minimum measurement lines will be determined after all entries have been received. Due to facility limitations, these flights will not be contested during the main portion of the meet.
4. The high school Distance Medley consists of 1200 – 400 – 800 -1600 for Boys and Girls and the sprint relay is 200, 200, 400, 800.
5. Due to the large number of women 3000m runners we have added a section II. Section II will run at 4:30 pm following the men's 1600m relay.