April 2, 2011 – West Coast Relays @ Buchanan High School, Clovis

Running Events

Time	Event	Athlete(s)	Warm-up
10:35	Women's Seeded 400m Relay	Jaime Rompel, Noria Mitchell, Amanda Priestley & Selin Kaya (Pelin Kaya)	9:45 (Selin See Coach)
10:45	Men's Open 400m Relay	Anthony Egbujor, Keremiah Crockett, Artis Jones & Ed Achziger (Ronnie DeGuzman & Jabari Davis)	9:55
11:00	Women's 1600m	Ariel Graykowski	9:55
	Women's Seeded 1600m	Jillian Colwell	9:55
11:40	Women's Open 100HH	Jaime Rompel	10:50
11:45	Women's Seeded 100HH	Pelin Kaya	10:55
11:55	Men's Open 110HH	Jabari Davis	11:05
1:15	Women's Seeded 100m	Noria Mitchell	12:25
1:50	Men's Seeded 800m	Alex Nolan	12:45
2:00	Women's Open 300LH	Pelin Kaya & Jaime Rompel	1:10
2:20	Men's Seeded 300IH	Jabari Davis	1:30
2:35	Women's Seeded 200m	Noria Mitchell	1:45
2:45	Men's Open 200m	Keremiah Crockett	1:55
3:00	Women's Inv. 3200m	Shelby Nickles	1:55
3:35	Women's Seeded 1600m Relay	Amanda Priestley, Jaime Rompel, Jenna LeQuin & Noria Mitchell (Jillian Colwell & Pelin Kaya)	2:45 (LeQuin @ 2:30)
3:50	Men's Seeded 1600m Relay	Ronnie DeGuzman, Alex Nolan, Artis Jones & Ed Achziger (Jabari Davis & Anthony Egbujor)	3:00

- The warm-up area is located northeast of the stadium, outside on the grass. No warming-up in the track.
- Running event athletes are to report 15 min. (when are called) before the event begins. Running events will report to the clerk if the course.
- Once checked into the clerk area athletes may not leave (unless competing in a field event at that time).
- Athletes who are alternates should report to the clerk of the course ahead of time.
- No head phones or cell phones are allowed on infield of track or in the clerks' area.

Field Events

Time	Event	Athlete	Warm-up
10:00	Women's Seeded Triple Jump	Selin Kaya	9:10 (Check-out @ 10:15)
12:00	Men's Inv Long Jump	Keremiah Crockett	11:10
	Women's Seeded High Jump	Pelin Kaya	See Coach (Check-in @ 11:25)
1:00	Men's Inv Triple Jump	Keremiah Crockett	See Coach

- Calls will be made over PA system only for running events only (FIELD EVENT CALLS WILL NOT BE MADE – YOU MUST KNOW WHEN YOUR EVENT IS STARTING AND WHEN TO CHECK-IN).
- Field events will report directly to event, 30 min. before the start of the event.
- No head phones or cell phones are allowed on infield of track or in the clerks' area.