

**3<sup>rd</sup> Annual Jim Linthicum Invitational**  
**@ De Anza College**  
**Friday and Saturday Feb. 10-11, 2023**

**Entry Fee:**

\$10 per athlete per event or a maximum of \$150 per gender per school. (\$300 for a men's and women's team) Make Checks Payable to "De Anza College Track and Field."

All entries must be in by Tuesday Feb. 7<sup>th</sup> at 7:00 PM on DirectAthletics.com

Scratches only allowed on the day of the meet.

This meet is open to Junior College and College athletes only, as well as alumni of De Anza College.

**Meet Information:**

Only school vehicles and team busses will be allowed to park for free. Get a parking pass from the entry gate for school vans. Parking will be \$3 for all other vehicles. **(UPDATE**

**Parking is still free in all lots at De Anza as of now)**

Our Throwing Rings are all concrete, and all jump surfaces are on Rekortan Poured Track Surface. Please ¼" pyramid or Christmas tree spikes only. NO NEEDLES. Spikes will be checked when checking in for each event. Please check in at least 2 events prior to your race so we can make sure all heats are competitive.

**DO NOT MAKE UP MARKS!** All marks that are not verifiable will be given a No Mark time/distance.

Team Camps will be allowed on the East Side of the Stadium on the beach area or on the top row of the bleachers. No camps on the infield. The soccer area to the east of the track will be open for warm-ups, but please no food, drinks or gum on the soccer field while warming up. Please help clean up your areas after this event. We are trying to keep the entry fee low by not having to pay for a lot of custodial work to clean up. Only athletes competing or in the next event will be allowed into the competition areas. We will be throwing Discus inside the track so please make sure people aren't running around the infield.

We will have weigh-ins starting 2 hours prior to the start of each day of the meet.

We will have an athletic trainer on site for the meet, but please bring your own supplies for any taping needs.

Due to the possible size of entries in the field events we may have a minimum measure mark put in place or other alterations if needed after entries are closed.

If you have any questions or concerns please contact

Nick Mattis – Head Coach

De Anza College Track and Field

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Friday the 10<sup>th</sup> Schedule

12:00 PM

Women's Pole Vault (Men's will follow)

Women's Shot Put (Men to follow)

Men's Hammer Throw (Women to follow)

Saturday the 11<sup>th</sup> Schedule

We will go with a rolling schedule as much as possible with everything following the 4x100.

10:00 AM

Men's and Women's Long Jump (on separate runways); TJ to follow

Men's Discus and Women's Javelin (Then Women's Discus and Men's Javelin to Follow)

1:00 PM

Women's High Jump

3:00 PM

Men's High Jump

11:00 AM Running Events (Women First in all events)

3000M Steeplechase

12:00 PM Rolling Schedule after the 4x100 at Noon.

4x100

1500

100/110 HH

400

100

800

400H

200

5000

4x400