

To: Track Coaches
From: Larry Beatty – Meet Director
RE: College Scoring Clash (WAR III)
Oregon, Idaho and Montana vs. Washington
April 10, 2010 at Spokane Falls CC

Coaches Meeting (for those teams who are present)

Date – Friday, April 9, 2010

Time – 8:30 pm (after the pizza/dessert feed and guest speaker)

Site – Spokane CC

Agenda – Meet handout and Review, Scratches/Corrections, etc.

Team Pizza Feed and Guest Speaker (Dan O’Brien and Dominique Arnold) - **FREE**

Date – Friday, April 9, 2010

Time – 7:00 pm

Site – Spokane CC

Scoring

We will score this as a **Washington** (WSU, EWU, CWU, Whitworth, Gonzaga, Seattle U, SPU and Spokane) vs. the “WORLD” **Oregon** (EOU, UP, Concordia, and TVCC), **Idaho** (University of Idaho, Northwest Nazarene, and LCSC) and **Montana** (University of Montana) dual and we will combine the scores of the “two” teams separately by gender.

- It will be scored 10, 8, 6, 5, 4, 3, 2, 1 and relays 10, 8, 6, 5, 4, 3, 2, 1
- Best 8 marks will score.
- Each team will be allowed 1 entry in each relay and they will be seeded by their 2010 best performance.

Awards

There will be a team trophy for each school (per gender) from the region with the highest point total. There will be prizes for the first three finishers in each event. There will door prizes offered as well and this will be done by a drawing.

Entries and Entry Fee

Fee - \$100 per team or \$50 per gender

Unlimited as we will run as many flights or heats as needed so all athletes will get a chance to compete.

Please use Direct Athletics at www.directathletics.com

Deadline – April 6, 2010 at 6:00 pm

Confirmation – Meet management will have a performance list out to each school by 5:00 pm on Wednesday, April 7, 2010 via email so schools can make changes. Heat and Flights will be emailed by 5:00 pm on Thursday, April 8, 2010.

Weigh-In

Saturday at the SFCC Stadium 8:00 a.m. – 9:30 am

Note: Before departing on Saturday pick up all your implements.

Barbeque

We will have a free barbeque the day of the meet which will be sponsored by Albertson's and Vitamin Water.

Sponsors

Albertson's
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ALBERTSON'S – WAR III

Northwest Scoring Clash – Washington vs. Idaho, Montana and Oregon

**CC of Spokane, Central Washington, Eastern Washington, Seattle Pacific, Seattle University, Washington State and Whitworth
VS.**

Concordia , Eastern Oregon, Treasure Valley, University of Portland, Lewis-Clark State, Northwest Nazarene, University of Idaho and University of Montana

April 10, 2010 at Spokane Falls CC

Hosted by: Community Colleges of Spokane

Site: Spokane Falls Community College

Field Events

- 10:00am Men's Hammer, Women to follow
Women's Discus, Men to follow (Infield Ring)
Women's Javelin, Men to follow
- 10:15am Men's Long Jump, Triple Jump to follow
Women's Long Jump, Triple Jump to follow
Men's High Jump, Women's to follow
Men's Pole Vault, Women's to follow
- 1:00pm Men's Shot Put will follow Discus
Women's Shot Put will follow Hammer

Track Events – Note: Women will go first and this is only a tentative time schedule.

- 11:00am Women's 3K Steeplechase
11:15am Men's 3K Steeplechase
11:35am 400m Relay
11:45am 1500m
12:10pm 100M HH
12:25pm 110M HH
12:45pm 400m
1:15pm 100m
1:35pm 800m
2:10pm 400m Hurdles
2:30pm 200m
2:45pm Women's 5K
3:10pm Men's 5K
3:35pm 1600m Relay
3:55pm Awards Ceremony