



DECATHLON

100M • LONG JUMP • SHOT PUT • HIGH JUMP • 400M • 110M HURDLES • DISCUS • POLE VAULT • JAVELIN • 1500M



MIT SAC RELAYS

High School / Open Multi Event

ENTRY INFORMATION ONLINE AT:
<http://events.mtsac.edu>

100M HURDLES • HIGH JUMP • SHOT PUT • 200M • LONG JUMP • JAVELIN • 800M

HEPTATHLON

SATURDAY • MAY 29, 2010
SUNDAY • MAY 30, 2010
HILMER LODGE STADIUM • WALNUT, CA

33rd annual

MT. SAC RELAYS

h.s. multi event



information sheet

AWARDS	The winner of each division will receive a plaque. The top six in each division will receive medals.		
COST	\$ 50.00 includes Mt. SAC Special Events T-Shirt Please make checks payable to: Mt. SAC Track Trust		
DATES	Saturday • May 29, 2010 Sunday • May 30, 2010		
DIRECTIONS	Please visit our map website at http://events.mtsac.edu/access.htm		
DIVISIONS	Freshman, Sophomore, Junior, Senior, Overall Points		
IMPLEMENTS	International implements will be used for the competition Men - 2kg Discus, 16lbs Shot Put, 800 gr New Rule Javelin Women - 1kg Discus, 4kg Shot Put, 600 gr New Rule Javelin. Weight implements which are provided must be used during competition.		
PARKING	Park in the lot R parking lot which is located directly west of the Stadium. Enter the parking lot through Bonita Avenue off of Temple Avenue. For directions visit http://events.mtsac.edu/access.htm		
POLE VAULT	All competitors must supply their own poles. All athletes must use poles rated above their body weight. Starting height in the pole vault will be 8'00" with 1 foot increments until 10 feet and 6 inch increments from 10 feet upward.		
STARTING TIMES		<u>First Day</u>	<u>Second Day</u>
	Heptathlon (HS/Open)	9:30 a.m.	9:00 a.m.
	Decathlon (HS)	9:00 a.m.	8:00 a.m.
	Decathlon (Open)	10:30 a.m.	9:30 a.m.
	After each event, the next event will begin 30 minutes after the conclusion of the previous event		

contact information

TITLE	CONTACT PERSON	PHONE NUMBER	E-MAIL
Mt. SAC Special Events Coordinator	Doug Todd	(909) 594-5611 ext. 4882	dtodd@mtsac.edu
Multi Event Coordinator	Don Turnbull	(714) 337-5480	trakn@yahoo.com

**Mt. SAC Athletic Special Events • 1100 N. Grand Ave. • Walnut, CA 91789
(909) 594-5611 ext. 4840 • FAX (909) 468-4109**



decathlon records

EVENT	MARK	ATHLETE	SCHOOL	YEAR
100	10.8	Mike Hawley	South Hills	1978
Long Jump	22'00 1/2"	Greg Coauette	Burbank	1982
Shot Put	46'09"	Mark Sanders	Nordhoff	1981
High Jump	6'07"	Danny Savoie	Westminster	2007
400	49.8	Robert Jarvis	Covina	1996
110 HH	14.9	Tom Richards	San Marcos	1988
Discus	131'06"	Eric Longfield	Fontana	1978
Pole Vault	15'0	Mike Deitch Tom Richards	Arroyo San Marcos	1988 1988
Javelin	159'06"	Brian Roberts	Westminster	1993
1500	4:13.5	Ruben Camarga	Sultana	1998
First Day Total	3423	Morgan Alstot	Nordhoff	1990
Second Day Total	3259	Tom Richards	San Marcos	1988
Senior Totals				
First Day	3423	Morgan Alstot	Nordhoff	1990
Second Day	3259	Tom Richards	San Marcos	1988
Two Days	6538	Tom Richards	San Marcos	1988
Junior Totals				
First Day	3340	Rick Martinez	Claremont	1982
Second Day	3096	Rick Martinez	Claremont	1982
Two Days	6436	Rick Martinez	Claremont	1982
Sophomore Total				
First Day	3270	Bill Martinez	Claremont	1982
Second Day	2786	Peter Saladino	Reno, Nevada	1986
Two Days	5929	Peter Saladino	Reno, Nevada	1986

heptathlon records

EVENT	MARK	ATHLETE	SCHOOL	YEAR
100 Hurdles	14.7	Sasha Blanchard	La Reina	2007
Shot Put	37' 11 1/2"	Ashley Selman	Santa Ana	1988
High Jump	5'05 3/4"	Gea Johnson Erin Conway	Phoenix North Torrance	1986 1996
200	25.5	Kerry O'Brice	Edison, Huntington Beach	1996
Long Jump	19'03 1/2"	Kerry O'Brice	Edison, Huntington Beach	1996
Javelin	147'0	Ashley Selman	Foothill, Santa Ana	1988
800	2:18.0	Tandie Jarvis	Torrance	1984
First Day Total	3075	Gea Johnson	Phoenix	1986
Second Day Total	2169	Gea Johnson	Phoenix	1986



decathlon honor roll

High School Athletes who have scored over 5,500 points

TOTAL	ATHLETE	SCHOOL	YEAR
6538	Tom Richards	San Marcos	1988
6436	Rick Martinez	Claremont	1982
6412	Jim Connolly	Culver City	1980
6384	Eric Longfield	Fontana	1978
6371	Mike Heiss	Batesvile, Ind.	1979
6204	Mark Sanders	Nordhoff	1981
6175	Todd Funk	Eisenhower	1981
6139	Jon Gold	Upland	1980
6111	John Kladius	Santa Cruz	1984
6033	Greg Coauette	Burbank	1982
6013	Craig Malaer	Warren	1987
6012	David Kuhn	Calvary Chapel, Costa Mesa	1996
6006	Joel Krown	Calabasas	1980
5929	Peter Saladino	Reno	1986
5922	Bill Martinez	Claremont	1982
5898	Tom Richards	San Marcos	1987
5890	Chris Crow	Montebello	1979
5889	Andrew Herman	Santa Ynez	1988
5887	Morgan Alstot	Nordhoff	1990
5865	Chris Campbell	Riverside	1995
5810	Mike Hawley	South Hills	1978
5850	Dave Dangleis	Azusa	1984
5785	Lindy Lucas	Simi Valley	1983
5785	Wes Hayes	El Cajon	1984
5785	Levar Castillo	Lynwood	1995
5776	Tim White	San Marcos	1984
5771	Mark Sanders	Nordhoff	1980
5771	Dave Dickerson	La Puente	1982
5745	Kenneth Shelton	Culver City	1988
5730	Tim Payne	Bonita	1979
5727	Dave White	Whittier	1982
5667	Ken Evans	Rancho Alamitos	1978
5664	Jeff Bedell	Villa Park	1985
5652	Dana Anderson	Eisenhower	1988
5616	Joe Scheever	Upland	1978
5614	Steve Miller	La Jolla	1980
5602	Bob Serrano	Wilson	1978
5546	James Prestridge	St. Joseph, Santa Maria	1990
5536	Chuck Franks	Jordan, Long Beach	1981
5514	David Fursman	Reseda	1986
5512	David Fair	El Toro	1989
5510	Jacquin Webb	Eisenhower	1988



heptathlon honor roll

High School Athletes who have scored over 4,000 points

TOTAL	ATHLETE	SCHOOL	YEAR
5071	Gea Johnson	Phoenix	1986
5031	Kerry O'Brick	Edison, Huntington Beach	1996
4921	Dori Tressler	San Marcos	1984
4886	Gea Johnson	Phoenix	1985
4870	Laura Baker	Reno	1987
4542	Kerry O'Brick	Edison, Huntington Beach	1995
4449	Taylor Johnson		2009
4445	Ashley Selman	Foothill, Santa Ana	1988
4425	Dori Tressler	San Marcos	1983
4401	Andrea Kriva	Burbank	1982
4401	Kerry O'Brick	Edison, Huntington Beach	1994
4368	Tina Glenn	Rosemead	1982
4356	Ashley Selman	Foothill, Santa Ana	1986
4350	Ashley Selman	Foothill, Santa Ana	1987
4339	Shania Edwards	Moreno Valley	1993
4339	Danielle O'Donnell	Winnipeg, Canada	2009
4332	Dori Tressler	San Marcos	1982
4315	Nicole Haynes	Bishop Montgomery	1990
4312	Penny Smith	San Marcos	1990
4309	Marie Philman	Edison, Huntington Beach	1994
4292	Diane Orr	San Marcos	1984
4272	Robin Leafblad	Arlington	1996
4276	Kai Ivory	Marymount	1998
4268	Lecia Baker	San Marcos	1983
4267	Sharon Swift	Eisenhower	1987
4256	Lisa Gill	Alemanly	1987
4003	Molly Moore	Loara	1982



history

The Mt. San Antonio College Relays and the AAF are committed to the United States Olympic Development Program, with its primary objective and philosophy being that of helping our nation's developing Track and Field athletes. The Mt. SAC Relays are now over thirty years old and continue to operate as a non-profit community college venture.

Over the years, the decathlon has always been a strong event in the annual Mt. SAC Relays with such greats as C.K. Yang, Bill Toomey, Jeff Bennett, Fred Dixon, Mark Anderson, Steve Jacobs, Mike Ramos, Pedro Da Silva, Dave Johnson and Dan O'Brien. In the past several years more 8,100-point decathlons have been scored at Mt. SAC than in any other meet in the U.S.A.

The women's Heptathlon was added, and almost immediately a world record was set by Jane Frederick and An American record of 6,910 points by Jackie Joyner Kersee. In an effort to develop young American decathletes and heptathletes, a community college division was started in 1975 and a high school division in 1978. The first women's Heptathlon was offered in 1982. It was decided that both should be run under I.A.A.F rules using I.A.A.F weight implements; the purpose being to give each athlete an experience in official multi-event competition which is so common in many countries of the world but still rather uncommon for young American athletes.



MT. SAC RELAYS

High School/Open Decathlon and Heptathlon



Only One Entry Per Entry Form - Make Copies For Additional Entries
 YOU MAY ALSO REGISTER ON-LINE AT www.mtsacrelays.com/hsmulti.htm

GENDER Male Female DIVISION FR SO JR SR OPEN
Circle One Circle One

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: (_____) _____

FAX: (_____) _____ E-MAIL: _____

HIGH SCHOOL: _____

EMERGENCY CONTACT: _____ PHONE: (_____) _____

DECATHLON	BEST MARK
100M	
LONG JUMP	
SHOT PUT	
HIGH JUMP	
400M	
110 HURDLES	
DISCUS	
POLE VAULT	
JAVELIN	
1500M	



FOR SEEDING PURPOSES, PLEASE ENTER YOUR BEST MARK FOR EACH EVENT. IF YOU DO NOT HAVE A MARK, PLEASE APPROXIMATE A MARK.

- Please fill out form completely
 - Please fax the form in to:
909.468.4109
 - You may also register on-line at:
www.mtsacrelays.com/hsmulti.htm
- Please bring \$50 payment (check or cash) on the first day of competition to the registration area**

HEPTATHLON	BEST MARK
100 HURDLES	
HIGH JUMP	
SHOT PUT	
200M	
LONG JUMP	
JAVELIN	
800M	

FOR OFFICE USE ONLY

AMOUNT \$ _____
 DATE RECEIVED _____
 PAYMENT TYPE Cash