

2024 Laney Last Chance Meet

Laney College

Laney College Stadium

April 12th, 2024

Entry Deadline: Wednesday, April 10th at 9:00pm

Entry Fee: \$250 per women's team and \$250 per men's team, \$500 for both
(\$20 per unattached, \$40 for individual competing for a collegiate team)

Make checks payable to: Peralta Community Colleges Foundation

Contact: Robert Crowley, (510) 439-6541, rcrowley@peralta.edu

Athletic Trainers:

An Athletic Trainer will be on site to respond to emergencies and potential injuries sustained at the meet.

Please bring your own supplies

Results: Live results can be found: <https://live.adkinstrakwest.com/>

Starter: John Busto

Parking: All buses and vans can park in the student parking lot (Parking Lot A) across from the main campus. Teams and equipment may be dropped off at the stadium on the E 10th street gate/entrance to the stadium (see diagram below).

Additional Notes:

- All Throws and Jumps will be contested with 4 attempts each.
- Running events will be a rolling start at 12pm. Pole Vault will be at 9am and Steeple Chase at 11am.
- All warm ups will be conducted on the infield until the grass field (discus area) is available, then all warm ups will be on the grass field only, unless you are preparing for your event. Everyone on the infield must be wearing a wrist band.
- Following the Men's 100m, athletes in the 200m must declare within 30min as we will reseed the 200m. No additions, only scratches.
- Once the 200m reseeding is complete, we will announce the start of the Women's and Men's 5000m, and the Women's and Men's 4x400 relays.
- Both horizontal jump pits will be run at the same time, allowing for both Men's and Women's long and triple jump to be run at the same time.

Parking and Drop Off Map

Parking: All buses and vans can park in the student parking lot (Parking Lot A) across from the main campus. Teams and equipment may be dropped off at the stadium on the E 10th street gate/entrance to the stadium (see diagram below).



Friday, April 12th

Running Events (Rolling Start at 12pm after Steeplechase)

11:00am W 3,000M Steeplechase

11:30am M 3,000M Steeplechase

12:00pm W 4x100M Relay

M 4x100M Relay

W 1,500M

M 1,500M

W 100M Hurdles

M 110M Hurdles

W 400M

M 400M

W 100M

M 100M

W 800M

M 800M

W 400M Hurdles

M 400M Hurdles

W 200M

M 200M

W 5,000M

M 5,000M

W 4x400M Relay

M 4x400M Relay



Field Events

9:00am W Pole Vault (Followed by Men)

9:00am W Discus (Followed by Men)

10:00am W Long Jump

10:00am M Long Jump

1:00pm W Triple Jump

1:00pm M Triple Jump

1:00pm W Shot Put (Followed by Men)

1:00pm W High Jump (Followed by Men)