



SACRAMENTO CITY COLLEGE

3835 Freeport Blvd., Sacramento, CA 95822

Sports Information Office (916) 558-2489

<http://sccpanthers.losrios.edu>

2009 MEN'S TRACK & FIELD SCHEDULE

	<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
January	31	Sat	Intra Squad – Red & Gold	Hughes Stadium	11:00 am
February	7	Sat	Big 8 Conference Preview	San Joaquin Delta	11:00 am
	13	Fri	San Mateo, San Jose City, West Valley, San Joaquin Delta	San Mateo	TBA
	20	Fri	Butte, Modesto, Shasta, Siskiyou	Hughes Stadium	TBA
	28	Sat	Wildcat Relays	Chico State	All Day
March	3-4	Tues-Wed	Beaver Multi	American River	All Day
	5-6	Thurs-Fri	Chico Multi	Chico State	All Day
	7	Sat	Gator Invite	SF State	All Day
	7	Sat	Beaver Relays	American River	All Day
	14	Sat	Aggie Open	UC Davis	TBA
	20-21	Fri-Sat	California Relays	Cerritos	All Day
	21	Sat	Hornet Invite	CSUS	All Day
	25-26	Wed-Thurs	UC Multi	UC Davis	All Day
	27-28	Fri-Sat	Stanford Invitational	Stanford	All Day
	4	Sat	American River Invitational	American River	All Day
April	11	Sat	Mt. SAC Relays	Mt. SAC	All Day
	11	Sat	Woody Wilson Classic	UC Davis	Twilight
	14-15	Tues-Wed	Nor-Cal Multi	Santa Rosa	All Day
	22	Wed	Big 8 Conference Trials	San Joaquin Delta	5:00 pm
	25	Sat	Big 8 Conference Finals	San Joaquin Delta	5:00 pm
	May	1	Fri	Nor-Cal Trials	Diablo Valley
8		Fri	Nor-Cal Finals	Diablo Valley	TBA
15-16		Fri-Sat	California State Championships	San Mateo	TBA

Head Coach: Rob Dewar – (916) 558-2305 dewarr@scc.losrios.edu

Team Manager: Lincoln Scott

Assistant Coaches: Marisa Avendano, Bob Lanza, David Nichols, Ben Forbes, John Kaempfer, Zhimmithee Banks, Bryan Irwin

DEAN PE, HEALTH & ATHLETICS: Mitch Campbell – 558-2426 **ATHLETIC COORDINATOR:** Paul Carmazzi – 558-2613
ACADEMIC COUNSELOR: Victoria Cornelius 650-2742 **ATHLETIC TRAINERS:** Mary Lund & Tamara Poole
EQUIPMENT TECHNICIANS: Dave Whittington & Dave Jackson **SCHOOL COLORS:** Cardinal and Gold