



PLNU Sea Lion Invite

March 13-14, 2026

updated 12/8/25

MEET INFORMATION

ENTRIES PROCEDURE

Entries are due on Athletic.net www.athletic.net ON OR BEFORE WEDNESDAY MARCH 11, 2026 AT 5:00PM PST. Please use actual marks from the 2024 or 2025 seasons. Only 4-year Institutions - Please reach out if you wish to attend.

ENTRY FEES

COSTS - Collegiate Teams: \$60 per athlete to a max of \$600 per gender per team. Men's or women's team of 10 or more athletes will be capped @ \$600 each.

Unattached Entry: \$60 per athlete - must email PLNU Coaching Staff for acceptance into the meet. NO DAY OF MEET ENTRIES will be allowed. No HS Athletes.

Please pay via Athletic.net at time of entry or make checks payable to "POINT LOMA NAZARENE UNIVERSITY". Entry fees on day of competition will be collected from 9:00am to Noon on meet day at Check-in table.

ATHLETE CHECK-IN

Running events: Check-in table will be on the warmup field near the entrance on the 3rd base line. Please check in 30 minutes prior to scheduled start time. Please bring relay cards to check-in. **Field events:** Check in 30 minutes prior to event start time with the event official.

Relay cards will be available at the Check-in table if you would like to change the names of your final line-up for official meet results.

HAMMER THROW ON FRIDAY

Due to facility constraints on campus, **the hammer throw will be contested at the Chula Vista Elite Athlete Training Center in Chula Vista on Friday, March 13th.** This year, Javelin will be contested on Saturday at our facility.

Our coaching staff believes this affords the best opportunities for your hammer throwers to compete at an elite facility. The Chula Vista Elite Athlete Training Center address is: **2800 Olympic Pkwy, Chula Vista, CA 91915**

FIELD EVENTS PROCEDURES

Each individual competing in the throws or jumps events will receive (3) attempts, and the Top 9 finishers will make finals. We will laser measure in all of the throwing events. Starting Heights for PV & HJ:

STARTING HEIGHTS

WOMEN'S Pole Vault 2.60m (8'3"), MEN'S Pole Vault 3.70m (12'1") with each height increasing by 15cm.

WOMEN'S High Jump 1.30m (4'3"), MEN'S High Jump 1.66 m (5'5.25") with each height increasing by 5cm.

IMPLEMENT WEIGH-IN'S

Friday - Hammer: 10:30am - 1:00pm at Chula Vista Elite Athlete Training Center (tent next to the hammer cage - reference facility map)

Saturday - Javelin, Shotput, and Discus: 7:30am - 11:00am at the northwest corner of the track at the track shed. We will *not* weigh in any implements (besides HT) on Friday this year - please weigh in everything else on Saturday morning.

PLNU TRACK & FIELD FACILITY ACCESS

(NEWLY RESURFACED in January) 8-LANE POLYURETHANE TRACK overlooking the Pacific Ocean. Entrances onto the track will only take place through the gate at the southwest corner of the track. All other gates will be closed once the meet starts. Most of the track infield will be flagged off as soon as Discus starts. We ask that you please convey this information to your coaching staff, athletes and spectators as your assistance in this area is greatly appreciated.

SPECTATOR ADMISSION

ADMISSION: \$10 per Adult / \$5 Youth (5-17) / \$5 College Students with ID / \$5 Seniors / PLNU Students with ID - Free

VENUE PARKING

PLNU PARKING: Teams may drop off on the southwest side on Peppertree Ln or in the Golden Gym lot north of the track complex. All Bus, Team Van, and Spectator PARKING is first come first serve anywhere on campus. Please reference our venue map for all parking lots on campus.

Chula Vista PARKING (Fri-only): Team Parking on venue Map; Spectators park in main entrance off of Olympic Parkway. We will have signs & workers to help spectators get to throws area.



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SPIKE LENGTHS

Spike sizes for the RUNNING EVENTS up to $\frac{1}{4}$ "; JAVELIN & HIGH JUMP up to $\frac{3}{8}$ "; LONG / TRIPLE JUMPS & POLE VAULT up to $\frac{1}{4}$ ". Pyramid Spikes Only

ATHLETIC TRAINING

During Saturday's competition, **our medical tent will be set up on the far west side of the track**, equipped with modalities, emergency equipment, ice, water, and Gatorade. If your student athletes need to be taped, please send them with the necessary taping supplies. In the event of an emergency during the meet your student athletes can be seen/brought to the sports medicine tent at the far west side of the track.

We will have athletic training staff present at Friday's competition in Chula Vista.

Please contact Jessica Chaney with any accommodations that we can meet for your student-athletes if your team will not be traveling with an athletic trainer: 225-276-1223 / Jchaney@pointloma.edu

TEAM CAMP AREAS

Team tents should be set up in the baseball outfield's warning track. Please do not set up team camps on any other part of the baseball field besides the dirt warning track. The outfield grass will serve as a warm-up area for all competitors. **The infield & dugouts will be off limits.**

Please do not set up between the west edge of the track and the cliff that drops off toward the ocean. Please keep all athletes and coaches out of the flagged-off area between the track and the infield on the south-side of the track (Straightaway for sprints & hurdles).

PLNU CANOPY RENTAL

On Saturday: **we will offer to supply, set up and tear down 10' x 10' canopies for teams at an additional charge of \$25 each.** Let our coaching staff know by Wednesday March 11 how many you would like and they will be designated for your team at the baseball field when you arrive. You may pay for Canopies via cash or check payable to "POINT LOMA NAZARENE UNIVERSITY."

TIMING & LIVE RESULTS

All running events will be handled professionally by **Finished Results**. This will include a LED scoreboard display showing results as quickly as possible following each event. The timing area is located on the outside of the track. **THIS AREA WILL BE OFF LIMITS TO ALL ATHLETES AND COACHES.** All measurements will be done in the metric system as per NCAA rules. We will operate with a fixed time schedule - we will not go ahead of scheduled start time for each event.

There will be live results for this meet via FinishedResults.com. Final results will be emailed out and uploaded onto TFRRS as soon as the meet is complete. Please feel free to contact our SID, Tim Heiduk, at (619) 849-2441 or email: theiduk@pointloma.edu with questions.

HOTELS & AREA LODGING

Bartell Hotels has been a great partner for us and the teams that visit PLNU. They have eight properties in San Diego, including three in Point Loma.

Here is a link with the lodging and contact info that we recommend to acquire a discounted room rate: https://thepacwest.com/sports/2014/8/4/GEN_0804141939.aspx

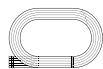
FURTHER INFORMATION

For Any other Questions or Further Information, please contact Coach Jake Poyner at 574-551-8901 or email: jpoyner@pointloma.edu



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VENUE MAP - Saturday, March 14th



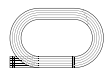
PLNU Track & Field Complex

3900 Lomaland Dr., San Diego 92106



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VENUE MAP - Friday, March 13th



Chula Vista Elite Athlete Training Center

2800 Olympic Pkwy, Chula Vista, CA 91915

Teams - Use "Athletes' Entrance" off of Wueste Rd.

Spectators - Use "Main Entrance" off of Olympic Pkwy.



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Tentative SCHEDULE OF EVENTS

updated 11/25/25

Friday, March 13, 2026 - Chula Vista Elite Training Center FIELD EVENTS (Tentative)

TIME	EVENTS
10:30am	WEIGH-INS START
12:30pm	HAMMER - MEN / WOMEN TO FOLLOW

Saturday, March 14, 2026 - PLNU Track & Field Complex FIELD EVENTS

TIME	EVENTS
7:30am	WEIGH-INS START
9:00am	JAVELIN - MEN / WOMEN TO FOLLOW
9:00am	HIGH JUMP - MEN / WOMEN TO FOLLOW
11:00am	SHOT PUT - MEN / WOMEN TO FOLLOW
11:00am	LONG JUMP - MEN East Pit / WOMEN West Pit
12:30pm	TRIPLE JUMP - MEN East Pit / WOMEN West Pit
1:30pm	DISCUS - MEN / WOMEN TO FOLLOW
1:30pm	POLE VAULT - MEN East Pit / WOMEN West Pit

Saturday, March 14, 2026 - PLNU Track & Field Complex RUNNING EVENTS

TIME	EVENT
11:20 am	NATIONAL ANTHEM
11:30 am	3000-METER STEEPLECHASE W
11:50 am	3000-METER STEEPLECHASE M
12:05 pm	4 X 100 RELAY W
12:10 pm	4 X 100 RELAY M
12:20 pm	1500 METERS W
12:45 pm	1500 METERS M
1:20 pm	100-METER HURDLES W
1:30 pm	110-METER HURDLES M
1:50 pm	400 METERS W
2:00 pm	400 METERS M
2:20 pm	100 METERS W
2:30 pm	100 METERS M
2:50 pm	800 METERS W
3:15 pm	800 METERS M
3:50 pm	400 METER HURDLES W
4:05 pm	400 METER HURDLES M
4:20 pm	200 METERS W
4:40 pm	200 METERS M
5:00 pm	5000 METERS W
5:25 pm	5000 METERS M
5:50 pm	4 X 400 RELAY W
6:05 pm	4 X 400 RELAY M

This is a fixed time schedule.

We may get behind, but we will NOT go ahead of schedule.