



2026 PacWest Conference Track & Field Championships

**hosted by Point Loma Nazarene University
San Diego, California
April 23-25, 2026**

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SECTION 1

Championship Personnel

Event: 2026 PacWest Track & Field Championships (hosted by Point Loma Nazarene University)

Location: PLNU Track & Field Complex

Address: 3900 Lomaland Dr, San Diego, CA 92106

PacWest Track & Field Championship Personnel	
Brad Jones Commissioner, PacWest Conference	801-592-0591 bjones@thepacwest.com
Piper Brewster Associate Commissioner, PacWest Conference	949-381-1783 pbrewster@thepacwest.com
Russ Blunck Sports Communications Director, PacWest Conference	503-930-1275 rblunck@thepacwest.com
Jordan Courneya Director of Athletics, Point Loma	951-750-5471 jcourney@pointloma.edu
Jake Poyner Track & Field Head Coach, Point Loma	574-551-8901 jpoyner@pointloma.edu
Jake Vasquez Event Operations Manager, Point Loma	951-491-5672 jvasque1@pointloma.edu
Tim Heiduk Associate AD, Communications	805-403-9112 theiduk@pointloma.edu
Jessica Chaney Athletic Trainer, Point Loma	225-276-1223 jchaney@pointloma.edu
Meet Timing	
Alex Case Timing Official, Finished Results	EMAIL: case@finishedresults.com

SECTION 2**Schedule of Events**

Thursday, April 23 - Chula Vista Elite Athlete Training Center			
1:00 p.m.	Men's Hammer (Final)		
	Women's Hammer (Final) - follows M		
Friday, April 24 - PLNU Track & Field Complex			
Running Event Time Schedule		Field Event Time Schedule	
8:15 a.m.	Heptathlon 100m hurdles	8:30 a.m.	Men's Javelin (Final)
8:30 a.m.	Decathlon 100m		Women's Javelin (Final) - follows M
11:45 a.m.	Men's 1500m (trials)	9:00 a.m.	Decathlon Long Jump (east runway)
12:00 p.m.	Women's 1500m (trials)		Heptathlon High Jump
12:30 p.m.	Men's 110m hurdles (trials)	10:15 a.m.	Decathlon Shot Put*
12:55 p.m.	Women's 100m hurdles (trials)	11:45 a.m.	Heptathlon Shot Put*
1:15 p.m.	Heptathlon 200m*		Decathlon High Jump*
1:30 p.m.	Decathlon 400m*	1:00 p.m.	Men's Long Jump (Final) (east runway)
1:35 p.m.	Men's 400m (trials)		Women's Long Jump (Final) - follows M
1:50 p.m.	Women's 400m (trials)	1:15 p.m.	Men's Pole Vault (Final) (east runway)
2:15 p.m.	Men's 100m (trials)		Women's Pole Vault (Final) - follows M
2:30 p.m.	Women's 100m (trials)	2:00 p.m.	Men's Discus (Final)
2:50 p.m.	Men's 800m (trials)		Women's Discus (Final) - follows M
3:10 p.m.	Women's 800m (trials)	<i>*tentative times – multis events will begin a minimum of 30 minutes after the conclusion of previous event.</i>	
3:30 p.m.	Men's 400m hurdles (trials)		
3:45 p.m.	Women's 400m hurdles (trials)		
4:00 p.m.	Men's 200m (trials)		
4:15 p.m.	Women's 200m (trials)		
4:30 p.m.	Men's 3000m Steeplechase (Final)		
4:55 p.m.	Women's 3000m Steeplechase (Final)		
5:25 p.m.	Men's 10,000m (Final)		
6:15 p.m.	Women's 10,000m (Final)		

Saturday, April 25 - PLNU Track & Field Complex			
Running Event Time Schedule		Field Event Time Schedule	
9:00 a.m.	Decathlon 110m hurdles	9:40 a.m.	Decathlon Discus
12:00 p.m.	Opening Ceremony & National Anthem	9:45 a.m.	Men's High Jump (Final)
12:15 p.m.	Men's 4x100m Relay (Final)	10:45 a.m.	Heptathlon Long Jump
12:30 p.m.	Women's 4x100m Relay (Final)	11:00 a.m.	Men's Shot Put (Final)
12:45 p.m.	Men's 1500m (Final)		Women's Shot Put (Final) - follows M
12:55 p.m.	Women's 1500m (Final)	11:30 a.m.	Decathlon Pole Vault*
1:05 p.m.	Men's 110m hurdles (Final)	12:00 p.m.	Heptathlon Javelin*
1:15 p.m.	Women's 100m hurdles (Final)		Men's Triple Jump (Final)
1:30 p.m.	Men's 400m (Final)		Women's Triple Jump (Final) - follows M
1:35 p.m.	Women's 400m (Final)	1:00 p.m.	Women's High Jump (Final)
1:50 p.m.	Men's 100m (Final)	1:45 p.m.	Decathlon Javelin*
1:55 p.m.	Women's 100m (Final)	*tentative times – multis events will begin a minimum of 30 minutes after the conclusion of previous event.	
2:05 p.m.	Heptathlon 800m*		
2:15 p.m.	Men's 800m (Final)		
2:25 p.m.	Women's 800m (Final)		
2:35 p.m.	Men's 400m hurdles (Final)		
2:45 p.m.	Women's 400m hurdles (Final)		
3:00 p.m.	Decathlon 1500m*		
3:10 p.m.	Men's 200m (Final)		
3:20 p.m.	Women's 200m (Final)		
3:30 p.m.	Men's 5000m (Final)		
3:55 p.m.	Women's 5000m (Final)		
4:25 p.m.	Men's 4x400m Relay (Final)		
4:35 p.m.	Women's 4x400m Relay (Final)		
4:55 p.m.	Awards Presentation		

SECTION 3

Qualifying Standards (updated October 7, 2025)

2026 PacWest Automatic Outdoor Track & Field Qualifying Standards
95% of NCAA provisional standard marks

2026 NCAA Division II Outdoor Provisional Standards:

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/d2/outdoortf/2025-26D2XT0_OutdoorQualifyingStandards.pdf

Men's Qualifying Standards			Women's Qualifying Standards		
<i>Event</i>	<i>NCAA DII provisional</i>	95% of standard	<i>Event</i>	<i>NCAA DII provisional</i>	95% of standard
100m	10.43	10.98	100m	11.71	12.33
200m	21.11	22.23	200m	24.08	25.35
400m	47.55	50.06	400m	55.49	58.42
800m	1:50.76	1:56.59	800m	2:11.25	2:18.16
1500m	3:47.14	3:59.10	1500m	4:28.93	4:43.09
3000m Steeplechase	9:10.72	9:39.71	3000m Steeplechase	10:59.02	11:33.71
5000m	14:12.85	14:57.74	5000m	16:53.98	17:47.35
10,000m	29:51.96	31:26.28	10,000m	36:00.44	37:54.15
110m Hurdles	14.33	15.09	100m Hurdles	14.14	14.89
400m Hurdles	53.06	55.86	400m Hurdles	1:01.87	1:05.13
4x100m Relay	40.68	–	4x100m Relay	46.40	–
4x400m Relay	3:12.90	–	4x400m Relay	3:45.53	–
High Jump	2.05m	1.94m	High Jump	1.68m	1.59m
Pole Vault	4.87m	4.62m	Pole Vault	3.79m	3.60m
Long Jump	7.34m	6.97m	Long Jump	5.88m	5.58m
Triple Jump	14.73m	13.99m	Triple Jump	11.99m	11.39m
Shot Put	16.65m	15.81m	Shot Put	13.89m	13.19m
Discus	50.78m	48.24m	Discus	45.53m	43.25m
Hammer	57.04m	54.18m	Hammer	53.02m	50.36m
Javelin	59.61m	56.63m	Javelin	42.21m	40.10m
Decathlon	6,347 pts	6,029 pts	Heptathlon	4,589 pts	4359 pts

SECTION 4

Meet Information

Key Dates & Times		
Monday, April 20	5:00 p.m.	Entries due in Direct Athletics
Tuesday, April 21	8:00 p.m.	Student-athlete bio forms due
Wednesday, April 22	5:00 p.m.	Coaches Technical Meeting (via Zoom)
Thursday, April 23	1:00 p.m. - 6:00 p.m.	PLNU Track Practice Availability
Thursday, April 23	PacWest Track & Field Championships (Hammer @ Chula Vista)	
Friday, April 24	PacWest Track & Field Championships (Day 1)	
Saturday, April 25	PacWest Track & Field Championships (Day 2)	

PacWest Conference Track & Field Regulations

Complete PacWest Conference Track & Field Regulations are available at:

https://thepacwest.com/sports/2014/9/17/GEN_0917143608.aspx?id=24&

Entry Information

TFRRS PacWest Performance List:

https://www.tfrrs.org/lists/5702/PacWest_Outdoor_Performance_List

Meet entries are due Monday, April 20, 5:00 p.m. through Direct Athletics:

<https://www.directathletics.com/meets/track/95982.html>

All Hammer Throw Competitors must fill out this online Waiver through the Chula Vista Elite Athlete Training Center: <https://waiver.smartwaiver.com/e/vdFoB2KBJaeeq88AtHFufg/web/>

Entries Timeline	
Monday, April 20, 5:00 p.m.	Entry Deadline (Direct Athletics)
Monday, April 20, 6:00 p.m.	Confirmed entries emailed to head coaches
Monday, April 20, 7:00 p.m.	Final declarations/appeals of school entries due
Tuesday, April 21, 1:00 p.m.	List of declared athletes published and emailed to coaches
Wednesday, April 22, 9:00 a.m.	Scratch deadline (hammer throw)
Wednesday, April 22, 5:00 p.m.	Heat sheets (hammer) published and emailed to coaches
Thursday, April 23, 9:00 a.m.	Scratch deadline (all other events)
Thursday, April 23, 5:00 p.m.	Heat sheets published and emailed to coaches

Timing and Results

Finished Results will be used for timing and scoring the PacWest Track & Field Championships. Live results are available at: <https://finishedresults.trackscoreboard.com/meets/13524/events>

Scoring

Scoring in individual events and relays will be 10-8-6-5-4-3-2-1 (NCAA Rule 7; Section 1; Article 2)

Check-in / Calls / Shoe Check

Check-in and Shoe-Check for **all events** will be located on the southeast stretch of the baseball field across from team camps. Hip numbers for track events will be handed out at this time as well. There will be track event calls at 30 minutes and 15 minutes. Athletes and coaches are responsible for reporting to the Staging Area (track) or their Event Site (field) based on the chart below. Track Athletes will be escorted from the staging area to the start line by the Clerk.

TIME TO FIELD EVENT	FIELD EVENT CHECK-IN
60 minutes (minimum)	Deadline for Event Check-In & Shoe Check (check-in tent)
45 minutes (minimum)	Report to EVENT SITE to check in with Events Official

TIME TO TRACK EVENT	TRACK EVENT CHECK-IN
30 minutes (minimum)	Deadline for Event Check-In & Shoe Check (check-in tent)
15 minutes (minimum)	Report to STAGING AREA (southwest corner)
5 minutes	Clerk escorts Athletes to Start Line

Implement Certification (hammer)

All implements for Thursday's hammer competition must be certified and impounded prior to competition at the Elite Athlete Training Center in Chula Vista. Implement weigh-in for the Hammer will take place at the tents by the Hammer Cage **on Thursday, April 23 between 10:30AM and 12:30PM**. Certified implements will be delivered to the Hammer Cage by meet officials prior to warm-ups. **No other implements will be weighed in on Thursday.**

Implement Certification (all other throws)

All other throwing implements must be certified and impounded prior to competition **on Friday, April 24th between 6:30AM - 9:30AM**. Implement weigh-in will take place at the northwestern corner of the track by the sheds. Certified implements will be brought to the throws venue by meet officials.

Opening Heights (vertical jumps)

Opening heights and progressions for the vertical jumps will be established at the technical meeting. Recommendations for progressions will be 15cm for the men's and women's Pole Vault, and 5cm for the men's and women's High Jumps. Attention will be given to NCAA automatic and provisional qualifying standards.

Meet Officials

A Championships Committee will review and resolve all issues and disputes not under the purview of the meet officials. The Championships Committee shall be composed of the Host Athletic Director (or host school administrative designee), the PacWest Track and Field sport committee, and the Commissioner (or conference office designee). The Championships Committee may confer with Host Head Coach, Meet Head Official, and USATF governing body, and others, as necessary. The Championships Committee decision is final and may not be appealed.

Shoes & Spikes

Shoes worn by competitors must conform to the [World Athletics approved list](#), in accordance with NCAA Rule 14, Section 4, Article 5. The model name or the model number of any shoe used in competition shall be made accessible to tournament officials. Effective 3/25/26, competitors in the hammer throw, discus, and shot put no longer adhere to the current athletics shoe regulations.

Shoe check verification is valid only for that day of competition; athletes competing on multiple days must have shoes checked on both days of competition.

EVENT	ALLOWABLE SPIKE LENGTH
Javelin & High Jump	¼" or ⅜" Pyramid
All other Events	¼" Pyramid

Warm-up Area

Thursday (hammer): Only athletes competing on-site are permitted to use Chula Vista Elite Athlete Training Center (CV-EATC) facilities for warmups.

PLNU Campus: The warm up area will be on the outfield grass of Carroll B. Land Stadium (baseball field adjacent to the track). Any warm-ups on the track infield are at the discretion of the clerk. DO NOT remove any hurdles from the track, as hurdles will be available in the warm-up area. **Please stay off the infield dirt at all times.**

Hammer Throw Competition

Men’s & Women’s Hammer will be contested at the Chula Vista Elite Athlete Training Center on Thursday, 4/23. **All Hammer Throw Competitors must fill out this online Waiver** through the Chula Vista Elite Athlete Training Center prior to Thursday’s competition:

<https://waiver.smartwaiver.com/e/vdFoB2KBJaeq88AtHFufg/web/>

Please contact Coach Avery Takata for ADA / Handicap Parking at the CV-EATC – Email: atakata@pointloma.edu / Cell: 925-330-7868

Please reference Appendix C for participant & spectator parking instructions.

Hotel Recommendations

Each institution is responsible for making their own reservations for the championships. The following hotel properties are partners of PLNU Athletics and are recommended, if available.

Doubletree by Hilton San Diego Bayside (\$172/night, double occupancy)

Address: 4875 N Harbor Dr, San Diego, CA 92106; phone: (619) 224-3621

Booking Link: <https://www.hilton.com/en/attend-my-event/sannydt-91z-87a531b9-533e-4190-8dd9-cd479cfeb249/>

The Dana on Mission Bay (\$199/night, double occupancy)

Address: 1710 W Mission Bay Dr, San Diego, CA 92109; phone: (619) 222-6440

Booking Link:

<https://res.windsurfercrs.com/ibe/details.aspx?propertyid=17116&nights=2&checkin=04/23/2026&group=2604HHYFR&lang=en-us&adults=2>

Hilton San Diego Airport/Harbor Island (\$205/night, double occupancy)

Address: 1960 Harbor Island Dr, San Diego, CA 92101; phone: (619) 291-6700

Booking Link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SANAHHF&groupCode=PAC426&arrivaldate=2026-04-22&departuredate=2026-04-25&cid=OM.WW.HILTONLINK.EN.DirectLink&fromId=HILTONLINKDIRECT>

Best Western Plus Island Palms Hotel & Marina (\$179/night, double occupancy)

Address: 2051 Shelter Island Dr, San Diego, CA 92106; phone: (619) 222-0561

Booking Link: *PacWest room allotment sold out*

Parking & Team Arrival

Handicap parking, officials parking, and team parking for vans and cars will be in the athletics gym lot north of the track & field facility. This is also the best spot to unload and drop off competitors and equipment. **Each team will have 1 parking spot reserved for a team van in the athletics lot, which will be monitored;** All other parking on campus is first-come, first-serve.

Buses can unload at the entrance to the Athletics Parking Lot and can continue down to the City Lot on your right hand side. There is also overflow bus parking available along Catalina Blvd by Jensen's Grocery Store.

Please reference Appendix A for numerous parking lots around campus. Due to construction on the southwest side of the facility, that entrance is shut down and will be inaccessible – Please bring team equipment through the northeast entrance.

Passes & Credentials

Participants will use their competition bib for access to the facility. Coaches, staff, meet workers, and media will be issued credentials with lanyards. Credentials must be visible at all times in order to access competition and coaching areas inside the track area.

Facility Access

Southwest Gate: athletes and coaches may enter and exit the track through the southwest entrance. This gate is the only entrance onto the track.

Northeast gate: exit only and emergency access. Reference Appendix B for gate locations.

The track and the field area is restricted and only accessible for athletes in current events to maximize their visibility, and for the live streaming broadcast to have clear lines of view. Non-participating team members must remain outside the competition area at all times when they are not actively in a competition. The grandstand and outer perimeter is available for viewing.

COACHES and ATHLETIC TRAINERS are permitted in designated coaching boxes on the infield. Athletes may come across the track to the coach for competition instruction. Video recording is allowed per NCAA rules. Coaches enter and exit through the southwest gate. The northeast gate is exit only.

Non-Participant Seating

Non-participating student-athletes must remain outside the competition area at all times.

Team Tents

Team camps should be set up on the dirt warning track in the outfield at Carroll B. Land Stadium. All tarps should be placed on the dirt warning track; no tarps or tents will be permitted on the outfield grass. The outfield grass is available for warm ups. Access to the team camp area will be the north ramp in the right-field gate; access is also available from the stairs behind the third-base dugout. No team tents or camps should be in the grandstand.

Trash cans will be placed throughout the facility. Please clean-up team camp areas of all trash at the end of each day of competition. Permanent restrooms and ADA restrooms are available near the Sports Medicine clinic outside the northeast corner of the track. Port-a-potties will be placed near the staging area in the southwest corner of the track and the team camp area on the baseball field.

Hospitality Areas

Coaches and Officials will have access to hospitality in the track shed located at the northwest corner of the facility in the shed next to Weigh-Ins on Friday & Saturday while the meet is underway.

Concessions & Dining

El Tapatio's taco truck will be on-site Friday and Saturday near the baseball stadium.

OFF-CAMPUS DINING OPTIONS:

Fish Shop: The freshest seafood, complimented with outstanding service in a relaxed atmosphere that is both family- and dog-friendly. The Fish Shop prides itself on providing the freshest fish and highest quality ingredients. We hand-make all of our seasonings and sauces, and hand-cut our fries and onion rings daily. Additionally, all of our soups and salads are also made from scratch. Between our fish options, seasonings, styles and sides, there are over 2,000 combinations to choose from – there's a sea of possibilities here at the Fish Shop! **1110 Rosecrans St #100, San Diego, CA 92106 | 619.756.7778**

Miguel's Cocina: Our commitment to artisan Mexican cuisine has only grown stronger. That means handmade tortillas, fresh salsas, and colorful crispy chips made daily right in our kitchen. And of course, there's our decadent, must-have jalapeño white sauce, occasionally referred to as white gold by regulars, and craved up and down the coast. **2912 Shelter Island Drive, San Diego, CA 92106 | 619.224.2401**

Jersey Mike's: Less than 10 minutes from campus on Rosecrans Street. A fast-casual franchise renowned for authentic, fresh-sliced, and fresh-grilled East Coast-style submarine sandwiches. Known for the "Mike's Way" topping style (onions, lettuce, tomatoes, vinegar, oil, spices), prioritizing high-quality ingredients like in-store baked bread and fresh-sliced premium meats. **3670 Rosecrans St, San Diego, CA 92106 | 619.221.0200**

Rubio's: Rubio's Restaurants proudly serve delicious, coastal inspired fish tacos, seafood, & other dishes. Visit one near you to experience fresh coastal Mexican food. **3555 Rosecrans Street San Diego, CA 92110 | 619.223.2631**

Moniker Coffee Co.: Set in the historic neighborhood of Liberty Station about 5 minutes from campus, Moniker Coffee Co. spans both indoors and outdoors. Featuring a cafe to cure your caffeine & carb cravings. **2860 Sims Road | San Diego, CA 92106 | 619.255.9118**

Craft Creamery: less than 5 minutes from campus an ice cream parlor featuring handcrafted exceptionally rich ice cream using time-honored techniques and premium ingredients. **1302 Rosecrans St | San Diego, CA 92106 | 619.618.2240**

SECTION 6Tickets & Spectator Information

Prices (per day)

Adult	\$15
Student/Senior Citizen/Military	\$10
Youth (age 6+)	\$10

Students must present a valid student ID. Senior citizen is defined as anyone over the age of 65. Military must have a valid ID.

Availability

Tickets will be sold exclusively online through PacWest Ticketing. Each ticket is valid for all games during that day. Re-entry is permissible.

Complimentary tickets (pass list) are NOT available for participating players or students.

Gates Open

Spectator seating will be open at 7:30 a.m. on Friday, April 24 and 8:30 a.m. on Saturday, April 25.

Online Tickets

Tickets may be purchased online **HERE:** <https://thepacwest.com/tickets>

Tickets will be available for purchase beginning on Friday, April 17, at 10:00 a.m. (Pacific).

Group Orders

Participating schools may purchase tickets for a group (ie. students, alumni) and receive a bill after the championship. Contact Jake Vasquez.

Credentials

Contact Russ Blunck for all media credential requests. It is preferred to have each institution submit a list of all media, including university staff (SID, photographer, videographer) by **Monday, April 20**.

Live Results

Live results are provided by Finished Results at: <https://www2.finishedresults.com/meets/6524>
By request, full results (PDF format) can be provided. Contact Russ Blunck.

Meet Records

The PacWest Championship meet records can be found on the PacWest website at:
https://thepacwest.com/documents/2025/5/1/PacWest_Meet_records_through_2024.docx

Stadium Records

The PLNU T&F Facility Stadium Records can be found at:
https://plnusealions.com/sports/2010/8/12/TRACK_0812103502.aspx

Media Seating & Work Area

Covered media seating will be available at the top of the stands. Both Ethernet and wireless internet will be available. To reserve a seat in the press area, please email Tim Heiduk at theiduk@pointloma.edu.

Video Streaming

A live video stream will be available, covering all events on the track, and some selected field event updates, during the championships: <https://pacwestnetwork.tv/>

Awards

The top 3 finishers in each event, including relays, are awarded All-PacWest First Team medals, which will be presented immediately following each event final.

The medalists for the 10,000 meters and 3,000-meter steeplechase will be presented their medals on Saturday, April 25 (time TBD).

In addition, the following awards will be presented (voted on by head coaches):

- Most Outstanding Male Field Athlete
- Most Outstanding Male Track Athlete
- Most Outstanding Female Field Athlete
- Most Outstanding Female Track Athlete

Coaches will meet to vote on Most Outstanding Athlete awards immediately following the conclusion of the 4x400 relays. This Coaches Meeting will take place at the start/finish line.

The Most Outstanding Athlete awards presentation will take place approximately 20 minutes after the final relay, and it will conclude with the team champion trophy presentation.

Host Medical Director:

Jessica Chaney, Athletic Trainer (Point Loma Nazarene University)

Phone: 225-276-1223

Email: jchaney@pointloma.edu

Medical Services

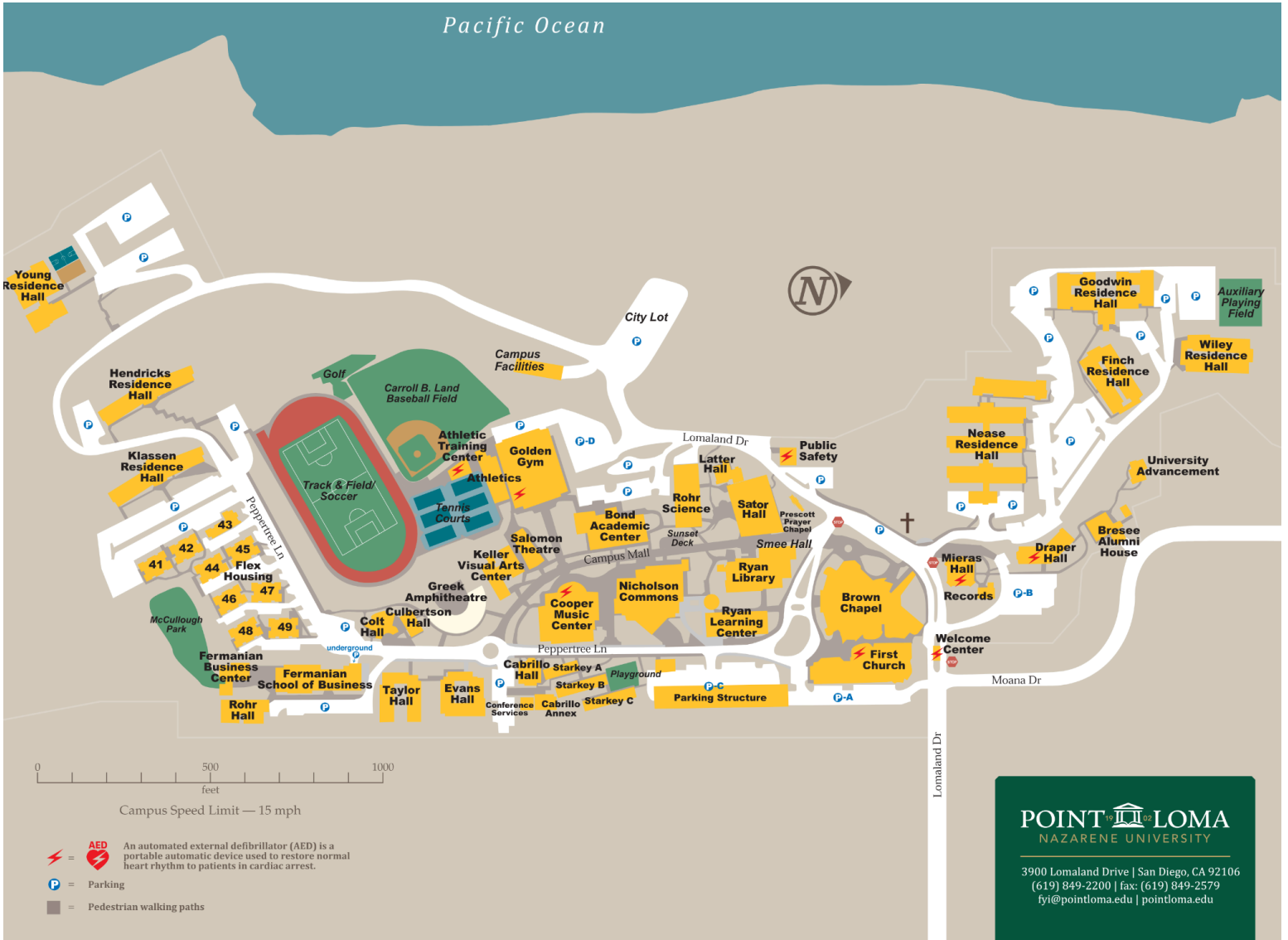
The Sports Medicine area will be located at the South West corner of the track near the start of the homestretch.

The Sports Medicine area is located at the far west side of the track, near the start of the 100m dash. PLNU will provide water, treatment tables, injury ice, and emergency supplies; however, visiting teams are required to bring their own medical kits and all necessary taping supplies. To ensure the highest standard of clinical care, all treatments will be administered or directed by a Certified Athletic Trainer.

Visiting athletes traveling without their own medical staff should provide a formal treatment authorization letter from their home institution's sports medicine department. In the absence of a visiting trainer or a formal letter, athletes will be evaluated by a PLNU Athletic Trainer to determine the appropriate course of care. Please note that treatments will not be performed based solely on a student-athlete's request without a prior clinical evaluation.

**Point Loma Nazarene University Sports Medicine Department
Emergency Action Plan can be found in Appendix D & E**

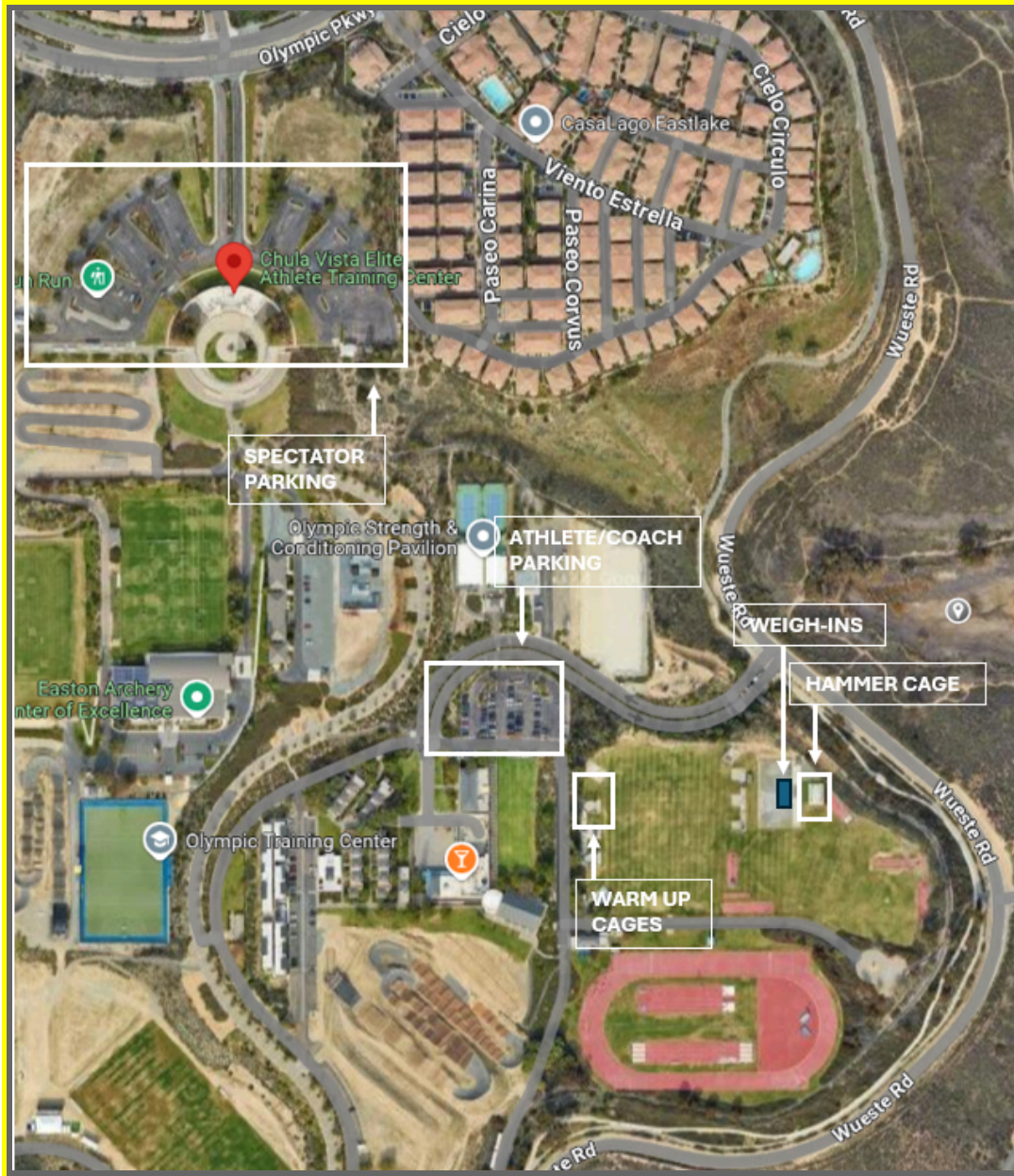
Point Loma Nazarene University Campus Map



PLNU TRACK & FIELD COMPLEX



CHULA VISTA ELITE ATHLETE TRAINING CENTER



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.

3900 Lomaland Dr. • San Diego, CA 92106 • 619.849.2436

Staff

Alice Davis-Winkel, MA, ATC, CSCS, CES

Head Athletic Trainer for Sports Medicine

adaviswi@pointloma.edu

- Men's Basketball

- Women's Golf

Tom O'Brien, MS, MPS, ATC, CES

Associate Head Athletic Trainer

tobrien1@pointloma.edu

- Women's Soccer

- Baseball

Jessica Chaney, MS, ATC

Athletic Trainer

jchaney@pointloma.edu

- Volleyball

- Cross Country

- Track & Field

Tori Lucht, MS, ATC

Athletic Trainer

tlucht@pointloma.edu

- Men's Soccer

- Women's Basketball

- Men's & Women's Tennis

Emergency Supplies Provided

- AED • Injury ice
- Oxygen • Water
- Spine board • Water cups
- Crutch kit • Wound care kit
- Variety of splints • Towels (indoor)

Statement from Sports Medicine

The PLNU Sports Medicine Staff welcomes you and your team to our athletic facilities here in beautiful San Diego! The Sports Medicine Clinic is located south of Golden Gym, next to the Carroll B. Land Baseball Field, overlooking the Pacific Ocean.

Your meeting room will be equipped with electric stimulation, heat, injury ice, treatment towels and a treatment table. Outdoor sports supplies will be in your bench area. Should you need any modalities please send your request to the team AT at least 24 hours prior to the event

All treatments must be supervised by your institutions' Athletic Trainer (AT). If you are not traveling with an AT, please send a treatment or taping email/ text.

If you have any additional questions or needs, please contact the team athletic trainer or the Head Athletic Trainer for Sports Medicine, Alice Davis-Winkel (adaviswi@pointloma.edu or 619.849.2914).



PLNU Sports Medicine Facility

Nearest Hospitals/Urgent Care

UCSD Hillcrest Hospital - 619.543.6222 200 W. Arbor Drive, San Diego, CA 92130

Kaiser San Diego Medical Center - 619.528.5000 455 Clairemont Mesa, San Diego, CA 92123

San Diego Sports Med (Urgent Care) - 858.224.7977 1945 Garnet Avenue, San Diego, CA, 92109



PLNU Emergency Action Plan for Visiting Teams Home Games and/or Practices (On Campus)

- 1) The Host Athletic Trainer will activate the EAP and will assist with care of injured athlete(s) as needed.
- 2) If the Athletic Trainer is not present at the practice or game, it is the responsibility of the visiting Athletic Trainer or Coach to activate the EAP.
- 3) **Call 911** and follow these steps:
 - Identify yourself
 - Give them the location of the emergency (Golden Gymnasium, Carroll Land Baseball Stadium, Track/Soccer Field, Tennis Courts)
 - Nature of emergency
 - Number of athletes, condition of athletes (level of consciousness, spinal injury, etc) • Treatment delivered by first responder
 - Listen carefully for all instructions. Do not hang up until the dispatcher tells you to do so.
- 4) **Notify Public Safety: (619) 849-2525.** Inform them of the emergency and that an ambulance is on its way. They will direct EMS onto campus and to the appropriate facility. 5) Notify Alice Davis- Winkel, the Head Athletic Trainer for Sports Medicine that the EAP has been activated for an emergency: Office (619) 849-2914, Cell (818) 800-1879

In the event of a Cardiopulmonary Emergency

The AED is located with the host Athletic Trainer during the games or is located on the floor level of the North East corner of the Golden Gym during practices.

Verify that the patient is in cardiac arrest (unconscious, no pulse, no breathing) Press ON/OFF to turn on the AED. Follow the voice prompt and written directions to prepare the patient. Follow voice prompts to administer shock to patient.

Emergency Access Route for each sports venue

Golden Gymnasium

Ambulance will enter through the Gym parking lot and park at the West entrance to Gym. Paramedics will enter through West doors onto court floors.

Track/Soccer Field

Ambulance will enter through the Gym parking lot, pass the baseball field, and drive through the gate onto the field.

Carroll Land Baseball Stadium

Ambulance will enter through the Gym parking lot and drive through the outfield gate onto the field. ***Tennis Courts***

Ambulance will enter through the Gym parking lot, pass the baseball field, and park near the entrance to tennis courts. Paramedics will enter through gates onto courts.