

Shelia Burrell Aztec Heptathlon/Decathlon

San Diego State University

April 9 and 10, 2026

HIGH SCHOOL COMPETITION

Stadium Address

SDSU Sports Deck: 5490 Montezuma Rd San Diego, CA 92182

Stadium GPS Location

When using GPS, enter "SDSU Sports Deck" for directions.

WEDNESDAY, APRIL 8, 2026

- **Weigh-Ins: 9:30 - 12:30**
- **Important Note – Please come prepared to certify all implements for both days of competition on Thursday. Friday's implements will be held overnight. There will be no weigh-ins on Friday.**

Decathlon

11:00**	100 meters
11:45	Long Jump
1:15	Shot Put
2:45	High Jump
5:30	400 meters

Heptathlon

12:30**	100m Hurdles
1:15	High Jump
3:30	Shot Put
5:00	200 meters

THURSDAY, APRIL 9, 2026

- **Claim Implements: 8:30 am**

Decathlon

10:00 **	110 m Hurdles
11:00	Discus
12:45	Pole Vault
3:15	Javelin
4:30	1500 meters

Heptathlon

10:00 **	Long Jump
12:15	Javelin
2:00	800 meters

** Daily start time for each day is firm. All other times are estimates

ENTRY INFORMATION

- All entries are through Athletic.Net
- ENTRY DEADLINE
 - March 29th, 2026 @ 11:59 pm
- ACCEPTANCE
 - Accepted entries for all aspects of the meet will post by 5:00 pm PST, April 1st, 2026, at finishedresults.com and on the SDSU Aztec web site.
 - Heat sheets will be posted Thursday, April 2nd, 2026, at finishedresults.com and goaztecs.com
- ENTRY FEE
 - \$200.00 athlete entered
 - ALL HS students taking part are competing as Unattached Individuals. This event is not a sanctioned CIF event.
 - All fees are non-refundable and must be paid by credit card during registration.
 - Entry marks will be verified and adjusted if false.
 - Unverified performances may not be accepted.
 - Unattached entrants must pay their registration fee at the time of registration. If your entry is not accepted, your Registration Fee will be forfeited

RESULTS

- Live Results and Final Results will be available at finishedresults.com and goaztecs.com

GENERAL INFORMATION

- CHECK IN PROCEDURES
 - Running Events: Please check in at the Clerking tent, located at the track entrance to receive your hip number and lane assignment at least 20 minutes before the event's start time.
 - Field Events: All field event athletes will report directly to their field event location and check in with the field event official.
- WEIGH-INS
 - Implement weigh-ins will take place at the large tent located at the bottom of the stairs at the stadium's NORTH Entrance Gate.
 - Bring all implements for both days with you to weigh-in on the first day. We will hold all second day implements for you overnight. There will be no weigh-ins on the second day.
- STARTING HEIGHTS
 - These will be based on the final field size and competitor marks.

- INDIVIDUAL 'CAMPS'
 - Athlete camps should be set up outside of the track oval.

- VAULTING POLES
 - You may ship your poles ahead of time to:
 San Diego State University
 Department of Athletics, Women's Track and Field
 Attention: Richard Fox
 5500 Campanile Dr.
 San Diego, CA. 92182
 Contact Info: richardfox5050@gmail.com, 619 807 8800

- SAN DIEGO STATE TRACK PRACTICE SCHEDULE
 - Wednesday, April 8th, 2026: 1:00 pm to 5:00 pm
 - Be aware that there is a High School Multi Event competition happening on this day and the competition will take priority if there are any usage conflicts.

- SPECTATOR ENTRY
 - No admission charged

- STADIUM CONCESSIONS will not be available.

- CONTACT INFORMATION
 - Meet Director: Curtis Beach, 505 401-0625, curtiskbeach@gmail.com
 - Head Coach: Shelia Burrell, sburrell@mail.sdsu.edu, 619 594 5514

- PARKING
 - Park in the parking structure located beneath the Track and Field facility
 - Follow all posted directions of SDSU Parking Control.

- WARM-UP AREA
 - The track surface will be available for warm-up except when doing so interferes with an event that is underway. There is a turf field outside of the stadium on the west side of the track that can be used anytime.

- SPIKES / SURFACE
 - World Athletics Guidelines: All meets will follow these guidelines, and a spike/shoe check will be conducted at the clerk of course.
 - Spike Type: 1/4" pyramid spikes must be used in all events except the High Jump, where 3/8" pyramid spikes are allowed.
 - Prohibited Spikes: No needle or Christmas tree spikes are permitted.
 - Non-Compliant Shoes: Spiked shoes with permanent non-compliant spikes are not allowed.