

**PACIFIC COAST CONFERENCE TRACK & FIELD
FINALS
@
San Bernardino Valley College
Saturday, April 21, 2018**

There will be a short coaches meeting at 12:15 at the finish line before the start of the first event.

Please review the following details.

We will be utilizing “Finished Results” (<http://www.finishedresults.com/>). Final results will be posted on directathletics and finishedresults.com.

REMINDERS:

1. Coaches, non-competing athletes and spectators shall not be permitted on the field of competition. Coaches on the field may result in disqualifications of athletes.
2. NO personal sound system, cell phones, boom boxes, etc. are permitted in areas of competition.
3. Competing athletes must be in SCHOOL issued attire in the competition area. Speed suits cannot be taken down off shoulders and women’s uniforms (tops & bottoms) must touch.
4. Top 6 in all Final events advance to So Cal. (with SoCal Minimum Standards)
5. In the event of ties, Co-Champions will be recognized.

MEET INFORMATION

1. **Facilities:** The facility is a 9 lane tartan track and runway surface. All throwing events are located east of the track in the grass field area.
2. **Spike length:** Spikes up to ¼” are allowed on the track and jumping areas.
3. **Check-in:** Runners must check in with the clerk of the course (located next to the finish line/ timing tent at the north end of the track) at least 30 min. before their event. Field event athletes should check in at the event site within 30 min. of the start of their event.

4. **Warm-up:** Warm-ups will be conducted on the soccer field east of the track.
5. **Trainers:** Trainers will be located in the building next to the track. Please bring your own supplies (tape and pre wrap).
 - a. http://depts.valleycollege.edu/Athletics/Sports_Medicine
6. **Parking:** There will be no charge for parking on April 21st. Parking is available in lots #7 or #8 (see the attached school map).
7. **Weigh-Ins:** Weigh-ins for implements will be located at the storage shed, closest to the shot put ring. **Weigh-ins will be from 11:30 am – 12:30 pm.** Implements will be checked again at the site prior to competition for approval. Illegal implements will be impounded until the conclusion of the meet.
8. **Rules:** We will operate under the COA Decorum Policy, as well as NCAA rules. Wind gauges will be used for sprints and horizontal jumps.

Pacific Coast Conference Finals Time Schedule

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Running Events

1:00	Women's	3000SC
1:20	Men's	3000SC
1:40	Women's	4x100
1:50	Men's	4x100
2:00	Women's	1500
2:10	Men's	1500
2:20	Women's	100H
2:30	Men's	110H
2:40	Women's	400
2:50	Men's	400
3:00	Women's	100
3:10	Men's	100
3:20	Women's	800
3:30	Men's	800
3:40	Women's	400H
3:50	Men's	400H
4:00	Women's	200
4:10	Men's	200
4:15	Women's	5000
4:40	Men's	5000
5:00	Women's	4x400
5:10	Men's	4x400

Weigh-ins will be from 11:30 am – 12:30 pm.

All field events are Finals

1:00	W	Discus
1:00	M	SP
1:00	W	TJ
1:00	M	HJ
3:00	M	Discus
3:00	W	SP
3:00	M	TJ
3:00	W	HJ