

PACIFIC CONFERENCE TRACK & FIELD PRELIMS

Hosted by San Bernardino Valley College

Wednesday, April 17, 2019

Meet information:

A. The Pacific Coast Conference Champion will be determined by a two day competition. The prelims will be hosted by San Bernardino Valley College on Wednesday, April 17, 2019, and the finals will be hosted by Cuymaca College on Saturday, April 20, 2019.

B. In the event of ties, Co-Champions will be recognized.

C. **All entries will be submitted through Direct Athletics and are due by noon on Sunday (April 14th) the week of the meet. A performance list will be posted by 6PM on Monday (April 15th). Each school is allowed to make two changes (per gender), but no changes will be allowed after 6 PM on Tuesday (April 16th).**

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. **Restrooms:** Are located on both (east & west side) of the stadium. Additional restrooms are located in the Sports Complex west of the stadium.
3. **Spike length:** Spikes up to ¼” are allowed on the track and jumping areas.
4. **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.
5. **Warm-up:** Warm-ups will be conducted on the soccer field east of the track.
6. **Trainers:** Trainers will be located on the west side (home side) of the stadium. Please bring your own materials (tape, pre wrap, etc.)
7. **Parking:** Is available in lots #7 or #8 (see school map).
8. **Weigh-Ins:** Implement weigh-ins will be located at the south east side of the stadium (in the shed). 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.
9. **Rules:** We will operate under the COA Decorum Policy, as well as NCAA rules. Wind gauges will be used for sprints and horizontal jumps.
10. **Timing:** By Finished Results and results will be posted on www.finishedresults.com, and on www.directathletics.com. Copies will be available to coaches at the conclusion of the meet.

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 systems, 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 (below shoulders), and women's uniforms must touch.
4. Top 6 in all Final events advance to So Cal Prelims.

There will be a short coaches meeting at 12:15 at the finish line before the meet starts.

Pacific Coast Conference Prelims Time Schedule

Wednesday April 17, 2019
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San Bernardino Valley College

Running Events

1:00	W	1500
1:20	M	1500
1:40	W	100H
1:55	M	110H
2:10	W	400
2:20	M	400
2:35	W	100
2:45	M	100
3:00	W	800
3:15	M	800
3:35	W	400H
3:50	M	400H
4:00	W	200
4:15	M	200
4:30	W	10,000 - Final
5:30	M	10,000 - Final

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