

Track & Field

Tentative Schedule

2019 So Cal Prelims

Wheelock Stadium • Riverside City College • 4800 Magnolia Ave •
Riverside, CA • 92506

TIME SCHEDULE

Saturday, M A Y 4th 2 0 1 9

Throwing Field Events

Time	Gender	Event
9:00am	W	*Hammer (prelim and final) 2 flights
12:00pm	W	*Shot Put (prelim and final) 2 flights
12:00pm	M	*Javelin (prelim and final) 2 flights
3:30pm	W	*Javelin (prelim and final) 2 flights
3:30pm	M	*Shot Put (prelim and final) 2 flights

**Weigh-In Start Time 7:15am

**Weigh-In End Time 2:30pm

S A T U R D A Y,

M A Y 4th 2 0 1 9

Running Events

Time	Gender	Event
11:00AM	W	3K RaceWalk
11:30AM	M	3K RaceWalk
12:00AM	W	3000SC
12:30AM	M	3000SC
1:00PM	W	4x100M
1:15PM	M	4X100M
1:30PM	W	1,500M
1:45PM	M	1,500M
2:00PM	W	100H
2:15PM	M	110HH
2:30PM	W	400M
2:40PM	M	400M
2:50PM	W	100M
3:00PM	M	100M
3:15PM	W	800M
3:30PM	M	800M
3:45PM	W	400M H
4:00PM	M	400M H
4:15PM	W	200M

4:25PM	M	200M
4:35PM	W	*10,000M
5:35PM	W	4X400M
5:55PM	M	4X400M
6:15PM	M	*10,000M

Field Events

Time	Gender	Event
10:00AM	M	Pole Vault
10:00AM	W	High Jump
11:30AM	W	Long Jump
11:30AM	M	Long Jump
2:45PM	W	Pole Vault
2:30PM	M	High Jump
4:00PM	W	Triple Jump
4:00PM	M	Triple Jump

* Denotes Event Prelim and Final

**3K Race Walk is an exhibition event

2019 Southern California Track and Field Regional Prelims and Finals

**Hosted by the Orange Empire Conference @
Riverside City College May 4 and May 11, 2019**

This preliminary meet information is intended to guide coaches, athletes and spectators in their preparation towards the 2019 Southern California Track and Field Prelims and Finals at Riverside City College. Please note that further information may be provided in the weeks leading up to the event.

Information will be distributed to coaches via Shawn Cummins, and he will also post any new information on the new CCCAA website designed for track and field.

Meet Administrative Staff

Meet Manager – Kal Stewart

Event Manager – Kal Stewart

Games Committee

TBA

Jury of Appeals

TBA

Meet Referee

Dave Snyder

Practice Times

The track will be open on Friday, May 3rd and May 10th from 12:00PM until 5:30 PM

Entry Fees

The entry fee for this competition is \$260 per school per gender. That is \$260 for Women and \$260 for men for each school. These fees are due February 6, 2019. Personal checks, cash, school check are the only acceptable means of payment or school PO, payable to **RCC Track Trust**. Mail checks to ATTN: Kal Stewart/Athletics Riverside City College, 4800 Magnolia Ave, Riverside, CA 92506

*If you do not have the above forms of payment you will not receive your packet. Please refer questions regarding this to Kal Stewart.

Scratches/Add

All scratches must be reported to both Shawn Cummins at Cummins_Shawn@sccollege.edu and Bryan Ramos at bramos@cerritos.edu by 12:00 noon on Wednesday, May 1st for prelims and Wednesday, May 8th for finals. After each scratch deadline, the participation rule is in effect. Current entry lists will be posted each evening as they are updated. Coaches are responsible for monitoring the advancement of any of their athletes on the alternates list.

Athlete and Coaches Entrance/Package Pickup

All team parking will be on the northwest side of the stadium next to the practice fields and in the parking structure on the west side of campus. Busses will need to unload and park in lot E on the southeast side of campus. Athletes and coaches will enter the stadium only from the Northwest side of the stadium. On Friday packets can be picked up from RCC staff at the track. On Saturday, packets can be picked up at the athlete and coaches entrance at the Northwest side of the stadium from 7:00AM-12 PM. Packets and their entire contents must be picked up at the same time. If we do not receive your entry fees by the packet pickup time you will not receive your packet. Teams are responsible for the distribution of credentials. Credentials will be provided for only coaches and athletic trainers on your staff. Please send a list of coaches who need credentials to enter to kaladon.stewart@rcc.edu by April 24th. If we do not receive this list by then we will provide you with six credentials for your coaching staff.

Parking

There will be three major sporting events going on at RCC on both May 4th and May 11th, so arrive early. School busses will need to enter the college through Saunders St. and drop off on the south side of campus (score board side) and will be directed to either parking lot U or E. College vans will need a parking permit which you can get with your packet. With a parking permit, college vans can park in any student and staff parking on campus. All other vehicles will park in the parking structure and will be charged \$5.00 for parking.

Technical Competitive Information

This meet will be run in accordance with all pertinent NCAA, CCCAA and 5CTCA rules and bylaws.

Implement Certification/Weigh- Ins

Implement certification will be available for Prelims from 7:15am to 2:30pm on Saturday May 4th, and 7:15am-2:30pm for Finals on May 11th. Certification for all Implements will be in the shed on the throwing field. Implements not meeting regulation will be impounded. Impounded implements may be retrieved after the conclusion of the event only. Certified implements will be marked and returned to the athlete.

Head Coaches Meeting

There will be a Head Coaches meeting at the So Cal Prelim at 8:45am at the starting line prior to the start of competition. If a meeting is needed at the So Cal Finals we will send out an email through Shawn Cummins prior to the event.

Race Schedule

The running event schedule (including preliminaries) will be strictly adhered to, regardless of events finishing early or lacking numbers sufficient to require preliminary heats.

Scoring

Each event final shall be scored for 8 places with the following points: 10-8-6-5-4-3-2-1

Warm-up Area

On Saturday, all warm-ups will take place on the grass field (away from the hammer and discus throwing area). On Friday, all warm-ups will take place on the track. Only athletes, coaches and medical staff with identifying security wristbands are allowed on warm-up field. Hurdles will be made available. Athletes will remain in warm-up area and then be ushered to track or event from the Clerk's Tent. All tents must be set up on the grass area along the fence away from the throwing areas or in the stands in the top 10 rows.

Clerk/Check-in

Running Events - All track athletes will be required to report to the clerk's canopy located on warm-up field in order to receive their hip numbers. Athletes will report **AGAIN** to the clerk 10 minutes prior to their event in order to be escorted to the event. If the athlete is not at the event before the start of the event they will be scratched.

Field Events - All field athletes should report directly to their event 1 hour prior to the start of their event. Pole vaulters should check in 90 minutes prior to their event for warm-up purposes. If the athlete is not at the event before the start of the event they will be scratched.

Athletes must be in uniform and wearing the appropriate bib number. Spike check shall be conducted within Clerk's Tent and prior to athlete release.

Hip Numbers. Athletes will be given hip numbers by the Clerk at check-in. Hip numbers must be worn on both hips for all lane races, and on both hips and chest for all non-lane races.

Bib Numbers. Bib numbers will be provided for all athletes and must be worn at all times when in the field of competition. Bib numbers must be worn on the back of the uniform top, with the exception of pole vaulters and high jumpers who may choose to wear the bib number on the front for safety purposes.

Relay zone marking. Athletes are allowed 2 pieces, no longer than 42" at each zone. Only Shoe bags allowed onto field of play. Bags will be checked upon entry to the area of competition.

Liquids. Only water or clear liquids will be allowed in Stadium (no exceptions). Water will be provided at all field event areas, warm-up field, and medical stations.

Track Surface and Field Event Specifications

The running surface and field venues are surfaced with polyurethane that was installed in 2004. Please make note of the following runway lengths:

Men's PV – 129'

Women's PV – 129'

Men's LJ – 154'

Women's LJ – 154'

Men's TJ = Board #1 – 138' Board #2 – 132'

Women's TJ = Board #1 – 132' Board #2 – 121'

Javelin = 110' Grass Approach

Spikes

Spikes **MUST** be 1/4 inch or shorter. Pyramid spikes are the only allowable spikes. Only ½ inch, pyramid spikes will be allowed on the javelin grass surface. Pin, needle or Christmas tree spikes will not be allowed. There will be a spike check at the clerk's area, and prior to the start of all applicable field events, please help us with compliance. We will be selling spikes at the athlete entrance.

Starting Blocks

Only those supplied by meet management are acceptable. VS International Blocks and/or Gill Fusion 8 will be used.

Team Areas

Teams are encouraged to set up outside the stadium on the grass practice field along the fence and away from the throwing areas. This area will be available on a first-come, first-served basis and tent set up must be along the fence to keep warm-up area clear. Tents cannot be set up in the track stadium, hammer, shot and discus fields. Tents can only be placed in the top 10 rows of the stands.

Coaching Areas

Coaches must remain in the bleacher area during the competition with the exception of all field events (see below for viewing areas). Coaches are not allowed in the field of competition at any time without Meet Managements' approval (this will happen in an emergency situation or for a protest).

Throwing Venues

All throwing events will take place in the throws area northwest of the track. **The Javelin will be thrown off of a grass runway northwest of the track.**

Viewing for Throws events

For both the Hammer and Discus throws there will be areas to sit just west of the ring near the shot put. For the Javelin there will be areas to sit just west of the runway, and athletes will be asked to stay on the west side of the runway. The Shot Put will have an area for coaches and spectators on the on the south side of the sector. In all the throwing events coaches will need to stay in spectator area.

Viewing for the Pole Vault

Coaches will be asked to stay on the northwest side of the stadium behind the fence, and athletes will be asked to stay on the south east side (on the football end zone). Spectators can watch PV from the visitor stands or home stands, but not in coaches box.

Pole Vault

Vaulting poles may be stored in the track shed on the east side of the track. **Be sure to label your poles.**

Viewing for the High Jump

Coaches will be asked to stay by the southeast side of the stadium (score board side) behind the fence. The area directly behind the pit (behind the fence) will be off limits.

Awards

Awards will be given to the top 4 places in each event and the top 3 teams in each division. Team trophies will be presented at the conclusion of the meet on May 11th. There will be an award presentation for the top four finishers immediately following each event final. Please make sure you athletes attend this.

Protests

Protest forms will be included in each team's entry packet and must be submitted with 30 minutes of the posting of the event results. Each protest must be accompanied by a non-refundable \$50 protest fee. Submit all protests to a member of the Games Committee.

Trainers

Trainers will be available to all athletes. A medical station will be staged inside the stadium on the northeast side next to the marching band trailer. Please provide your own supplies. Medical staff may also be permitted to stage at the warm up field next to their teams' canopy.

Restrooms

Restrooms are located inside the stadium on the northwest and northeast sides of the track, and in the gymnasium.

Noise/ Electronics

NO AMPLIFIED SOUND OR ARTIFICIAL NOISEMAKERS ARE PERMITTED WITHIN THE STADIUM COMPETITION AND WARM UP AREAS AT ANY TIME. Portable sound systems will not be allowed in the stadium at any time during the meet.

Concessions

Riverside City College will have a concession booth with all sorts of food and drinks for sale on both dates near the spectator's entrance to the track.

Ticket Sales (taken from Bylaw 6.8.16)

\$12.00--All seats except, \$8.00--All identified students, faculty, staff, senior citizens age 60 and over, and children less than 12 years of age.

Results

Live Results will be posted on www.finishedresults.com or the FinishedResults app. All other official results will be posted on www.directathletics.com following the conclusion of the meet. Results for each event will be announced as soon as they are available. Results will also be posted on the west side of the track. Hard copies of results will not be provided.

CCCAA Decorum Policy

Decorum policy will be in effect and strictly enforced at the meet site for all meets.

Contact Info

Meet Directors for the So Cal Championships are Kal Stewart 951-222-8423; kaladonstewart@rcc.edu

Jim McCarron 951-222-8322; jim.mccarron@rcc.edu and Damien Smith 951-222-8272; damien.smith@rcc.edu

RULES OF COMPETITION:

****** PLEASE REVIEW THESE RULES WITH YOUR ATHLETES ******

Failure to Participate RULE:

The failure to participate rule is in effect for all entered athletes. Any scratch, failure to compete in an entered event will result in the disqualification of that athlete from all competition (including relays!) for the remainder of that day. With regards to this rule, the Prelims and Finals meets are considered to be separate days of competition.

UNIFORM RULE:

NCAA and COA uniform rules are in effect. All competing athletes must be clothed in official school-issued uniforms. This includes lower body garments (i.e., shorts or warm-up pants), head wear (hats, beanies, etc.), and t-shirts. Males should also be made aware of the fact that removing one's shirt or rolling down one's body suit to expose their bare chest while in the field of competition is a violation of the uniform rule. These rules apply to all competitors including weight throwers – NO EXCEPTIONS! The first infraction will be a warning, after one warning the second infraction will result in the disqualification of the athlete.

ELECTRONIC DEVICES:

Absolutely **no** electronic devices are allowed on the field of competition. This includes cell phones, portable music players, video cameras, boom boxes, etc.

FIELD OF COMPETITION:

Once the meet begins, absolutely no one is allowed on the track, infield, or any other field of competition unless they are actively competing in an event or working at an event! This rule applies to coaches, teammates who are not actively competing in an event, family, friends, spectators, etc. Athletes who have completed their competitive event should immediately exit the field of competition, after receiving their awards, and not linger to cheer on or socialize with their competing teammates. Failure to comply with these conditions may result in the disqualification of the competing athlete from that college.