



***3rd Annual Mountain West Challenge
Hosted by San Diego State University
Friday, April 3, 2020***

Entries: This meet is for the following invited women's teams: Nevada Reno, Oregon State, San Diego State, UNLV, and Utah. Teams must register online on DirectAthletics (DA) at the following link: <https://www.directathletics.com/meets/track/62683.html>

Questions regarding the DirectAthletics website should be sent to support@directathletics.com.

Deadlines and Heat Sheets: Entries will open January 15, 2020 and close Tuesday, March 31, 2020 at 11:59 a.m. Pacific Time on the. Initial heat sheets will be posted by midnight, Wednesday, April 1 on FinishedResults.com. Email the meet director with corrections, scratches and late entries.

Entry Fee: \$250.00 per team. Entry fee must be paid on DirectAthletics. No entry fees will be collected at the meet.

Events: The Hammer Throw, Steeplechase and 10,000m run will not be competed. The 3000m run will be competed instead of the 5000m run.

Packet Pickup: Packets can be picked-up at the ticket office before entering the stadium. Packets will contain heat sheets, final competition schedule, opening heights & progressions, relay cards and wrist bands for competing athletes, managers, coaches, and trainers. No wrist bands will be used at this meet.

Running Event Procedures: All running events will be timed finals with sections running fast to slow. Sections will be seeded by entry seed time. If an institution substitutes an athlete after the final heat sheets are published, the substitute will take the lane and section of the initial entry and the race will not be reseeded. Only lanes 2-8 will be used for hurdle events on nine-lane track.

Field Event Procedures: All horizontal jumps and throws athletes will be allowed three preliminary attempts with flights seeded worst to best. The top nine marks will earn three final attempts.

Bar Progressions: The high jump and pole vault opening heights and bar progressions will be based on entries and emailed to teams on Wednesday April 1.

Scoring: Per NCAA 2019-2020, Rule 7, Section 1. If there are four or fewer teams competing, "Alternate Scoring" will be used. "Double dual" scores will also be calculated for each institution.

Results:

- Live results will be available online at www.finishedresults.com
- Result boards will be located near the concession area on the north west side of the track, close to the start of the 100m dash

Implement Weigh-in: Implement Weigh-in will take place between 8 and 9 a.m. on Friday, April 3. Athletes or coaches may also drop off implements on Thursday, April 2 between 4:00 p.m. and 6:00 p.m. at the track to be certified and pick them up on the day of competition.

Spike Requirements:

- Only shoes with pyramid spikes no longer than 1/4 inch (6mm) are acceptable. All other spikes are banned, including shoes that have permanent spikes.



- Spikes will be checked prior to entry of facility and competitions (at team entry to facility and athlete check-in and at field event locations) and any athlete not in compliance with the spike policy may be subject to disqualification from the meet.
- Acceptable spikes will be available at packet pick up for \$5.00 for 20 or \$20 per bag of 100

Warm-up Areas:

- Throwers will be allowed a 30-minute warm-up period prior to the start of their event, as well as warm-ups off the track during competition.
- Runners may warm up and shake out on the track up to 15 minutes prior to the start of the first race, then outside the track on the lower turf field. Warm ups will also be allowed on the back stretch of the track during all straight away races. Hurdle warm ups will be allowed on the track on the outside lanes.
- No Athletes are allowed on the infield during the throwing competitions.

Event Check-In/Clerking:

- The clerk of the course is located at the top of the stairs as one enters the track. The clerk will open 30 minutes prior to the start of running events. Athletes should check in no later than 10 minutes before their race to receive hip numbers, lane assignments and last-minute instructions. Once an athlete has checked in, they should report directly to the start of their event after receiving their hip numbers. Hip numbers are to be worn on the athletes' left hip.
- Field event athletes will check-in for their respective events with the event official at the location of the event.

Relay Cards: In order to provide accurate relay names to the announcer and for reporting purposes, please turn in the relay card to the timing tent no more than 15 minutes prior to the start of the event. Relay cards will be placed inside each team packet and also at the clerking table. If a relay card is not submitted then the order will be what was indicated by the initial entry.

Coach's Boxes: High Jump and Pole Vault will have coach's boxes. Coaches can be on the track but must stay in lane 6-9 and must not conflict with any races

Electronic Devices: Electronic devices (e.g. mobile phones, iPods, headsets, etc.) are not allowed in the competition area except in the sports medicine area.

Athletic Training: There will be a sports medicine area staffed and equipped for your medical needs. The medical area will be located at the south west side of the track. This area will host ice, basic modalities, treatment tables, as well as emergency and first aid supplies. Water coolers will also be available in the medical area, warm-up, starting line, finish line, throws and jumps areas. Members of our athletic training staff will be at the track at least an hour prior to start of the meet on Friday. A physician will be on-call during Friday competition.

Spectator Entry: Spectators \$5.00 Cash Only. Tickets are sold at the Ticket Office near the track entrance. Children 12 & Under are Free. San Diego State Students with Red ID are Free

Parking: Parking is available in Parking Structure (PS) 7, located directly underneath the track. There are various parking options available at SDSU. 1) Purchase a permit on-line ahead of time at the rate of \$7/day. If you don't have an account, you can create one at this link <https://aztecs.t2hosted.com/cmn/newuser.aspx>. To purchase a permit, you can use this link <https://aztecs.t2hosted.com/cmn/auth.aspx> and follow the instructions. Keep in mind all permits are virtual, which means that your license plate is your permit, so be certain to have your license plate information entered correctly. 2) Pay at the kiosk pay station located in Parking Structure 7, on level 2. Should you come in to the parking structure from 55th Street, you will be entering on the 2nd level. If you enter the structure from Montezuma, you will be entering on the south entrance which is on level 1. You will need to enter your license plate, as your plate will serve as your permit. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours. If you pay by credit card instead of cash (no change given), the kiosk can send you a reminder text to extend your time for an additional \$0.25 and at the rate of \$3/hr. You can choose to print a receipt. The receipt does not need to be displayed. 3) PayByPhone. Instructions are at this link: <https://bfa.sdsu.edu/campus/parkingtrans/pbp.aspx> You will need to enter your license plate. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours plus \$0.35 per transaction fee. Additional information on parking can be found on this website: <http://bfa.sdsu.edu/campus/parkingtrans/> or by contacting SDSU Parking and Transportation Services at (619) 594-6671 or parking@sdsu.edu.

Facility Schedule: Track will be open for shakeouts on Thursday, April 2 from 2:00 p.m. until 6:30 p.m.

Meet Schedule:

Track Opens: 7:30 a.m.

Opening Ceremony: 8:30 a.m. Meet in stands by common start/finish line in front of timing tent

Running Events

10:00 a.m.	Womens	1500m Run
10:10 a.m.	Womens	4x100m Relay
10:20 a.m.	Womens	100m Hurdles
10:35 a.m.	Womens	400m Dash
10:45 a.m.	Womens	100m Dash
10:55 a.m.	Womens	800m Run
11:05 a.m.	Womens	400m Hurdles
11:20 a.m.	Womens	200m Dash
11:35 p.m.	Womens	3000m Run
11:55 a.m.	Womens	4 x 400m Relay

Field Events

8:45 a.m.	Womens	Discus Throw
8:45 a.m.	Womens	Long Jump
10:00 a.m.	Womens	Pole Vault
10:15 a.m.	Womens	Javelin Throw
11:00 a.m.	Womens	High Jump
11:45 a.m.	Womens	Shot Put
11:45 a.m.	Womens	Triple Jump

Meet Contacts:

Shelia Burrell, Head Coach

sburrell@mail.sdsu.edu

+1-619-594-5514 office

Rick Reaser, Meet Director

rick-reaser@msn.com

+1-310-962-3289 mobile

Randy Harris, Athletic Trainer

rharris3@sdsu.edu

+1-909-367-0126 mobile