

2021 Championship Manual



Friday, April 30th & Saturday, May 1st
Fresno Pacific University
Fresno, California





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On behalf of Fresno Pacific University, we would like to welcome you to Fresno and the Fresno Pacific University Track and Field Complex. We are pleased to have you as our guest.

Within this guide you will find pertinent information to help make your stay in Fresno more enjoyable. If you have additional questions, please contact Bryan Huettmann, Assistant Athletic Director for Facilities and Event Operations at (559) 453-3610.

Our experienced staff is ready to assist you with any needs you may have and we are determined to make your visit a safe and pleasant one. Best of luck to you during the season and we wish your Institution, Staff, and Student-Athletes continued success.

Best Regards,

Jeremiah Wood

Interim-Director of Athletics
Fresno Pacific University



TRACK MEET CONTACT INFORMATION

KEY CONTACTS:

Jimmy Knodel	315-529-5227	jimmyknodel@thepacwest.com	Assistant Conference Commissioner-Strategic Positioning
Brad Jones	801-592-0591	bjones@academyart.edu	ART U—Director of Athletics
Jeremiah Wood	559-453-4646	jeremiah.wood@fresno.edu	FPU—Interim Director of Athletics
Bryan Huettmann	559-554-7184	bryan.huettmann@fresno.edu	FPU—Assistant AD/Facilities & Events
Jordan Herrod	559-453-3613	jordan.herrod@fresno.edu	FPU—Director of Athletics Communications
Betsy Myers	559-453-2274	betsy.myers@fresno.edu	FPU—Assistant AD/Sports Medicine
Ray Winter	559-453-2260	ray.winter@fresno.edu	FPU—Head Track & Field Coach

IMPORTANT INFORMATION

KEY DATES:

Monday, April 26	Entries due by 5:00 p.m. (PST). (See Page 5 for conference rule)
Tuesday, April 27	8:00 p.m. deadline for SID submission of student-athlete bio forms. (looking for bios on your top 3-5 student-athletes)
Wednesday, April 28	Rosters due for purposes of Covid Checkpoint Screening
Friday, April 30	Technical Meeting @ FPU: 12:30 p.m. (deadline for submission of Code of Conduct forms at this meeting)

AWARDS:

Top 3 finishers in each event are awarded All-PacWest First Team

FACILITIES:

FPU Track & Field: 9-Lane Rekortan track and runways

All field events are at the FPU Track and Field Complex. Hammer and Discus located just north of the track.

EMERGENCY PHONE NUMBERS AND ADDRESSES:

Saint Agnes Medical Center	1303 E. Herndon Avenue	(559) 450-3000
Kaiser Permanente Medical Center	7300 N. Fresno Street	(559) 448-4646
Community Medical Center	2823 Fresno Street	(559) 459-1870
Fresno Police Department		(559) 621-6300
California State Highway Patrol		(559) 441-5441
Fresno Pacific University Campus Safety Dispatch		(559) 453-2298

There are two (2) pharmacies located within 1.5 miles of FPU Campus:

Walgreen's Pharmacy, 4810 E. Kings Canyon Road	(559) 458-0141
CVS Pharmacy, 5180 E. Kings Canyon Road	(559) 255-9009



PacWest Conference Track & Field Regulations

1. Playing Season

- ◆ All teams must abide by NCAA Rules for season length.

2.0 Meet Conduct

- ◆ Competitions will be conducted in accordance with the NCAA Track and Field Rules.

3.4 Championship Committee

- ◆ Will also serve as the Jury of Appeals
- ◆ Shall be comprised of the Host Athletic Director (or host school administrative designee), the Track and Field Athletic Director Liaison, the Conference Commissioner (or conference office designee)
- ◆ This committee will review and resolve all issues and disputes not under the purview of the meet officials
- ◆ May confer with Host Head Coach, USATF governing body, or others if necessary.

3.5 PacWest Performance List

- ◆ TFRRS will be the official performance list
- ◆ The performance list will consist of marks starting on the first countable day of outdoor competition per NCAA rules until Sunday at 8 AM (PST) preceding the Conference Championship
- ◆ A proof of performance must be uploaded to TFRRS and on the PacWest Performance List within seven (7) days of the performance.

3.6 Entry Procedures (Week of the Meet)

- ◆ Participants for the PacWest Conference Championship must meet qualifying standards previously established by the conference by 8 AM (PST) Sunday preceding the week of the championship meet.

Conference Championship

- ◆ Entries for the PacWest Championships are to be submitted on Direct Athletics by Monday, April 26th at 5 PM (PST). Any athletes scratched after this time will be eliminated from the meet.
- ◆ The conference office will send out confirmed entries of each school to the head coach of that school only by Monday, April 26th at 6 PM (PST).
- ◆ Each school has until Monday at 7 PM (PST) to make any final declarations of athletes that may have been left out at the 5 PM deadline. An email must be sent back to the conference office confirming any changes no later than Monday at 7 PM (PST).
- ◆ Each school will be limited to the number of entries as equal to the number of scoring places per event (8).
- ◆ Each team will be given an automatic entry in the relay events without a mark required.



- ◆ Coaches are allowed to give athlete entry preferences with declarations. Coaches will list in order the events athletes should be entered in based on preferences and email the conference office by Monday at 5 PM (PST).
- ◆ Selection of declared athletes will be published by 1 PM (PST) on Tuesday, April 27th and sent out to each school.
- ◆ Any scratches must be made no later than the day before the first date of competition, traditionally Thursday, by noon. The conference office will then look to fill that open spot with the next entered athlete who did not receive a spot in that event. The head coach will need to respond to the conference office regarding the open spot by 5 PM (PST). These student-athletes will be scratched completely from the meet.
- ◆ The host school meet director will notify member institutions of the trials schedule by noon (PST) the Thursday before the championship.

3.7 Qualification requirements

- ◆ Qualifying for participation in the PacWest Championship will be based on two criteria: (1) A standard (95% of the NCAA DII provisional standard), OR (2) top 16 declared athletes, per event, as ranked on the TFRRS PacWest Performance List.
- ◆ Each team is assured at least five (5) entries.
- ◆ For teams that do not have the 5-entry minimum through qualification, the program will be given up to five (5) at-large entries into the meet. All at-large entries must have a mark in the event from the current season and by the conference deadlines (see 3.5).
- ◆ If a team has less than five (5) event qualifiers, they will be given at-large qualifiers to meet the guaranteed five (5) entries (Ex. if a team has 2 event qualifiers, they will receive 3 at-large entries).
- ◆ If an at-large entry in an event causes that event to go from a final only to a prelim, the athlete should be scratched and given an opportunity to enter a different event. The head coach needs to email the conference office with any changes to the entry by 5 PM (PST) on Tuesday, otherwise the athlete will be removed from the event and not given an opportunity to enter another event.
- ◆ Developing programs may utilize these five (5) at-large entries for three (3) years. At that point, they will be held to the same standard as every other program.
- ◆ The PacWest Championships will be limited to the top 16 declared athletes per event with the exception(s) of the at-large entries from institutions who did not meet their five (5) entry minimum and all events where more than 16 declared athletes met the PacWest qualifying standard for the current year. In this case, all declared athletes who achieved the standard in the event will be entered.
- ◆ Decathlon, Heptathlon, and 10,000 meter "right of entry":
 - * A Decathlete may qualify for the meet if fewer than 12-people are entered and if he has current year Outdoor Marks on TFRRS for at least five (5) of the Decathlon events.
 - * A Heptathlete may qualify for the meet if fewer than 12 people are entered and if she has current year Outdoor Marks on TFRRS for at least four (4) of the Heptathlon events.



- * A 10,000 meter runner may qualify for the meet if fewer than 16 people are entered and if he or she as a current year Outdoor Mark in the 5,000 meters. The top time in the 5,000 meters will be taken as the first right of entry, then the second fastest time, etc.
- *Each school will be given a right-of-entry for the 10K. If they choose to use it they will forfeit the opportunity to enter all other qualified entries in the 10K.
- *All right of entries must be emailed to the track and field athletic director liaison by Monday at 5 PM (PST).

PacWest Qualifying

Qualifying for participation in the PacWest Track & Field Championships will be based on two criteria: (1) A standard (95% of the NCAA DII provisional standard), and (2) Top 16 declared athletes, per event, as ranked on the TFRRS PacWest performance list. Each team is assured of at least five (5) entries. For teams that do not have the 5-entry minimum through qualification, the program will be given "at-larges" into the meet up to five. All at-large entered athletes must have a mark in the event from the current season.

PacWest "A" Qualifying Standards:

	Men	Women		Men	Women
100m	11.10	12.50	High Jump	1.95m	1.60m
200m	22.39	25.62	Pole Vault	4.57m	3.49m
400m	50.10	58.66	Long Jump	6.90m	5.51m
800m	1:57.46	2:18.67	Triple Jump	13.96m	11.30m
1500m	4:02.21	4:46.53	Shot Put	15.52m	13.16m
3K Steeple	9:41.45	11:32.69	Discus	47.47m	43.23m
5000m	15:15.95	18:01.66	Hammer	52.81m	49.49m
10,000m	32:19.48	38:25.46	Javelin	55.81m	39.75m
110m Hurdles	15.24		Decathlon	6,009pts	-
100m Hurdles		14.90	Heptathlon	-	4,303pts
400mH	56.01	1:04.91			
4x100m	-	-			
4x400m	-	-			

3.8 Meet Special Instructions

- ♦ Seeding will be conducted by the timing company according to NCAA rules. If an event does not include a preliminary competition and is run only as a final, the seeding will be done according to time and not random assignment.
- ♦ Preliminary heats shall be organized per NCAA Rule 5.11 (i.e. athletes will be assigned to heats in the order their names are listed on the ranked performance list, working alternatively from left to right and right to left).

Examples

2 Heats (16 competitors) 3 Heats (18 competitors)

Heat 1-#1, #4, #5, #8, #9, #12, #13, #16 Heat 1-#1, #6, #7, #12, #13, #18

Heat 2-#2, #3, #6, #7, #10, #11, #14, #15 Heat 2-#2, #5, #8, #11, #14, #17

Heat 3-#3, #4, #9, #10, #15, #16



- ♦ Within each heat, lane assignments will be drawn randomly. The order that the heats will be run will also be drawn randomly.

*If there are more qualifiers than the number of lanes in the 100 meters, 200 meters, 400 meters, 100/110 meter hurdles, and 400-meter hurdles, preliminary heats shall be held

Qualification for finals

- ♦ If 15 or fewer competitors report for the 1,500 meters, the event will be run as a final. Two (2) heats of the 1,500 prelim will be run if there are 16-29 entries. If there are 30 or more entries, the prelim will go to three (3) heats. If prelims are run in the 1,500, the maximum number that may qualify for finals would be 12.
- ♦ Field Events (except HJ and PV)-Athletes in the qualifying round will receive three (3) attempts. The top nine (9) will advance to finals for an additional three (3) attempts.
- ♦ In Field Events, 13 or more competitors will require a second flight. Top 50% of the competitors will be placed in the second flight and both flights will be in random order. One flight will also be in random order as well.
- ♦ Vertical Jumps-Opening heights and incremental increases will be finalized at the coaches' technical meeting the Thursday of the championships. It is advisable that the coaches discuss this on a conference call prior to the championships to decide what would be in the best interest of the meet and to avoid a long delay to the coaches' technical meeting.
- ♦ Re-Ordering Heats/Flights: Heats and flights will be re-ordered by the timing company following the coaches' technical meeting if there are scratches.
- ♦ Combined Event Seeding: When appropriate all PacWest combined event heats and flights will be seeded based on current season's best in each individual event
- ♦ The PacWest Championships meet shall be scored in accordance with the NCAA Championships. The Scoring option (10-8-6-5-4-3-2-1) shall be used for individual and relay events.

3.9 Championships Time Schedule and Order of Events

- ♦ All intervals between preliminary heats and finals shall be limited to a maximum of 10-minutes.
- ♦ A canceled event shall not change the time schedule.
- ♦ The starting time of the championship is based upon the facility availability and will be approved by the Championship Committee.
- ♦ The first day of decathlon and heptathlon will occur on the first day of the scheduled meet. The second day of the decathlon and heptathlon will occur on the second day of the scheduled meet.
- ♦ Men and women will switch who goes first each year depending on current NCAA DII Championship schedule.



4.0 Awards

- ♦ The top three finishers in individual events and members of the top three finishing relays at the PacWest Championships shall receive medals. These place finishers will make up the All PacWest Conference track team.
- ♦ Championship Awards will be selected by ballot from each competing institution head coach immediately following the PacWest Championships. The track and field athletic director liaison will hold a coaches meeting and each team will be able to nominate one athlete for each award. The head coaches will then fill out a ballot and vote for each award. The awards will be presented to the recipients immediately following their selection. The award will be a plaque which states the appropriate name and year won.

The following awards will be voted on:

- o Most Valuable Male/Female Track Athlete
- o Most Valuable Male/Female Field Athlete
 - o Male/Female Freshman of the Year
 - o Male/Female Newcomer of the Year
 - o Men's/Women's Coach of the Year

SCORING:

Scoring in individual events and relays will be on 10-8-6-5-4-3-2-1 (NCAA Rule 7; Section 1; Article 2)

CHECK-IN/CALLS:

No event calls will be made. Athletes and coaches are responsible for reporting to their event at appropriate time, based on the published meet schedule. Athletes in track events must check-in no later than 30-minutes prior to the start at the Clerk's Tent, located just west of the Finish Line. Field events check-in will be at the event site, no later than 20-minutes prior to the start of the competition.

IMPLEMENT CERTIFICATION:

All throwing implements must be certified and impounded prior to competition. The weigh-in will take place at the northwest corner of the track near the Hammer Field.

(Implements must be brought to the weigh-in table by Friday, Apr. 30 at 11 a.m.)

MEDICAL SERVICES:

The Athletic Training tent will be located near the finish line. For additional athletic training needs, please contact Betsy Myers, (559)453-2274 / betsy.myers@fresno.edu.



MEET OFFICIALS: A Championships Committee will review and resolve all issues and disputes not under the purview of the meet officials. The Championships Committee shall be comprised of the Host Athletic Director (or host school administrative designee), the track and field athletic director liaison, and the Commissioner (or conference office designee.) The Championships Committee may confer with Host Head Coach, Meet Head Official, and USTF governing body, and others, as necessary. The Championships Committee decision is final and may not be appealed. ***For 2021 Championships, it will be Jeremiah Wood (FPU), Brad Jones (ART U—Sport Liaison) , and Jimmy Knodel (PacWest).***

OPENING HEIGHTS (VERTICAL JUMPS):

Opening heights and progressions for the vertical jumps will be established at the technical meeting. Recommendations for progressions will be 15cm for the men's and women's Pole Vault, and 5cm for the men's and women's High Jumps. Attention will be given to NCAA automatic and provisional qualifying standards.

SPIKES: Spike sizes for the RUNNING EVENTS up to 1/4"; JAVELIN & HIGH JUMP up to 3/8"; LONG JUMP/ TRIPLE JUMPS & POLE VAULT up to 1/4".

TIMING: Finished Results will be used for timing and scoring the event.

WARM-UP AREA: Warm Up area will be at FPU Diamond (*baseball outfield only*), including all warm up use of the hurdles. ***DO NOT remove any hurdles from the track. Hurdles will be available in the warm-up area.***

NCAA DIVISION II CHAMPIONSHIPS CODE OF CONDUCT

Conduct Policy Statement

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division II Championships Committee expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education, and promotes civility; therefore, championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the Championships Committee will take strong action in response to any form of misconduct by student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and a misconduct incident at the competition. Any institution who fails to submit a complete and accurate Division II Code of Conduct form before the start of the first competition of the championship, will be issued a fine of \$500, with a private letter of reprimand to be sent to the to the conference commissioners, university president, university athletics director, senior woman administrator, sports information director and compliance director.

Misconduct

The championship handbook and NCAA Division II Manual Bylaw 31.02.3 defines misconduct as: "... is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics."



Expectations

Each games committee shall hold a pretournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct (as defined in Bylaw 31.02.3). The Division II Championships Code of Conduct is to be part of the championship packet, and delivered to all institutional representatives attending the championship events.

If the act of misconduct occurs during the competition, under normal circumstances, the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (i.e., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after this action. Other actions of misconduct shall be dealt with in a timely manner by the governing sports committee.

Expectations for Student-Athletes, Coaches and Administrators

- Submit an accurate and complete Division II Code of Conduct Form before the start of the first competition of the championship.
- Cooperate and participate in game ceremonies, team meetings, community engagement and championship events.
- Discuss misconduct and possible consequences with all members of the travel party.
- Have an administrator or designee present at all competitions.
- Communicate issues and concerns in an honest and timely manner with NCAA staff.
- Follow team, university and NCAA guidelines throughout all championship-related activities.
- Be respectful of other participants, spectators, coaches, administrators and other individuals at the championship site.
- Abide by state and federal laws, and facility requirements throughout the championship event.
- Display acceptable behavior on and off the playing field to ensure a positive experience for all participants.

Possible Penalties for Misconduct

In accordance with Bylaw 31.1.8.3, the governing sports committee (or the games committee authorized to act for it) may impose any one, or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the championship event. The penalties include, but are not limited to:

- Public or private reprimand of the individual;
- Financial penalty;
- Disqualification of the individual from further participation in the NCAA championship involved and/or banishment of the individual from participating in one or more subsequent championships of the sport involved;
- Cancellation of payment of the Association's travel guarantee to the institution for the individuals involved;
- Withholding of all or a portion of the institution's share of revenue distribution;
- Banishment of the institution from participation in one or more subsequent championships in which its team in that sport otherwise would be eligible to participate;
- Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships; and/ or Cancellation of all or a portion of the honorarium for hosting an NCAA championship.

All correspondence regarding violation of the Code of Conduct will be sent to the President/Chancellor of the institution, with a copy to the Director of Athletics and person(s) involved. Participation in an NCAA championship is an accomplishment and it is expected that individuals and teams are committed to ensuring that the championship is a positive experience for all participants, fans and volunteers. Participation in these championship events is a privilege for the student-athletes, coaches and administrators and should be treated as such. Again, congratulations to you and your team. We hope this year's championships experience is one that you will cherish for years to come.



INSTITUTION: _____

NAME

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SIGNATURE

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Head Coach Signature
Date

SAAC Team Representative Signature
Date

Sport Supervisor _____ Date _____



MAKE IT *YOURS*™



Schedule of Events

Friday, April 30

Field Events' Schedule

11:00 am	Hammer Throw—Women—FINALS
	Hammer Throw—Men—FINALS to follow
1:40 pm	Decathlon Long Jump
2:00 pm	Heptathlon High Jump
2:45 pm	Decathlon Shot Put
3:00 pm	Javelin Women—FINALS
	Javelin Men—FINALS to follow
3:00 pm	Long Jump—Women—FINALS
	Long Jump—Men—FINALS to follow
3:00 pm	Pole Vault—Women—FINALS
	Pole Vault—Men—FINALS to follow
3:30 pm	Heptathlon Shot Put
3:45 pm	Decathlon High Jump

Track Events' Schedule

12:30 pm	Technical Meeting (Coaches)
1:00 pm	Decathlon 100m
1:20 pm	Heptathlon 100 Hurdles
4:00 pm	1500m Women—Trials
4:15 pm	1500m Men—Trials
4:45 pm	100m Hurdles—Women—Trials
5:00 pm	110m Hurdles Men—Trials
5:20 pm	Heptathlon 200m
5:30 pm	Decathlon 400m
5:35 pm	400m Women—Trials
5:45 pm	400m Men—Trials
6:05 pm	100m Women—Trials
6:15 pm	100m Men—Trials
6:25 pm	800m Women—Trials
6:35 pm	800m Men—Trials
6:50 pm	400m Hurdles—Women—Trials
7:00 pm	400m Hurdles—Men—Trials
7:15 pm	200m Women—Trials
7:25 pm	200m Men—Trials
7:45 pm	3,000m Steeplechase—Women—FINALS
8:05 pm	3,000m Steeplechase—Men—FINALS
8:20 pm	10,000m Women—FINALS
9:10 pm	10,000m Men—FINALS

Saturday, May 1

Field Events' Schedule

9:35 am	Decathlon Discus
10:00 am	Heptathlon Long Jump
10:00 am	SHOT PUT—Women—FINALS
	SHOT PUT—MEN—FINALS to follow
10:35 am	Decathlon Pole Vault
11:00 am	HIGH JUMP—Women—FINALS
	HIGH JUMP—Men—FINALS to follow
11:30 am	Heptathlon Javelin
12:15 pm	Decathlon Javelin
12:30 pm	DISCUS—Women—FINALS
	DISCUS—Men—FINALS to follow
1:00 pm	TRIPLE JUMP—Women—FINALS
	TRIPLE JUMP—Men—FINALS to follow

Track event schedule

9:00 am	Decathlon 110m Hurdles
12:30 pm	4 x 100m Relay—Women—FINALS
12:35 pm	4 x 100m Relay—Men—FINALS
12:45 pm	1,500m—Women—FINALS
12:55 pm	1,500m—Men—FINALS
1:05 pm	Decathlon 800m
1:15 pm	100m Hurdles—Women—FINALS
1:25 pm	110m Hurdles—Men—FINAL
1:40 pm	Decathlon 1,500m
1:50 pm	400m—Women—FINALS
1:55 pm	400m—Men—FINALS
2:10 pm	100m—Women—FINALS
2:15 pm	100m—Men—FINALS
2:20 pm	800m—Women—FINALS
2:30 pm	800m—Men—FINALS
2:50 pm	400m Hurdles—Women—FINALS
3:00 pm	400m Hurdles—Men—FINALS
3:10 pm	200m—Women—FINALS
3:20 pm	200m—Men—FINALS
3:35 pm	5,000m—Women—FINALS
4:00 pm	5,000m—Men—FINALS
4:25 pm	4 x 400m Relay—Women—FINALS
4:35 pm	4 x 400m Relay—Men—FINALS
4:55 pm	Awards Presentation

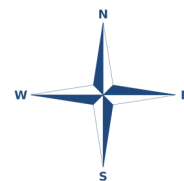


STEINERT ATHLETIC COMPLEX

Fresno Pacific University

1719 S. Winery Avenue—Fresno, California

(Address listed is for the Steinert Athletic Complex Parking Lot)



A—Covid Checkpoint

B—Warm-up Area

C—Discus/Hammer Corral

D—Running Events Corral

E—Entrance to Track

F—Bag Drop for Runners

G—Long Jump / Triple Jump

H—Exit from Track

I—FPU Gravel Parking Lot

J—Steinert Complex Parking Lot

K—Fresno Pacific Camp

L—Art U Camp

M—Azusa Pacific Camp

N—Point Loma Camp

O—Biola Camp

P—Concordia Camp

Q—FPU Sports Med Tent

R—Long Jump/Triple Jump Corral

S—Clerk of the Course

T—Implement Check-in

U—Winery Avenue

V—Hamilton Avenue

W—Shot Put Corral

X—High Jump Corral

Y—Pole Vault Corral

Z—Javelin Corral



2021 NCAA Division II Outdoor Track & Field Qualifying Standards



Men			Women		
	<u>Automatic</u>	<u>Provisional</u>		<u>Automatic</u>	<u>Provisional</u>
100m	10.28	10.57	100m	11.52	11.90
200m	20.74	21.32	200m	23.55	24.40
400m	46.36	47.71	400m	53.52	55.87
800m	1:48.79	1:51.87	800m	2:06.90	2:12.07
1,500m	3:44.38	3:50.68	1,500m	4:21.49	4:32.89
3,000m Steeplechase	8:51.96	9:13.76	3,000m Steeplechase	10:13.78	10:59.70
5,000m	13:55.74	14:32.33	5,000m	16:10.04	17:10.15
10,000m	29:16.79	30:47.12	10,000m	34:27.88	36:35.68
110m Hurdles	13.90	14.51	100m Hurdles	13.47	14.19
400m Hurdles	51.34	53.34	400m Hurdles	58.71	1:02.09
4x100m Relay	40.26	41.06	4x100m Relay	45.52	46.73
4x400m Relay	3:08.52	3:13.73	4x400m Relay	3:39.55	3:48.64
High Jump	2.14m	2.05m	High Jump	1.77m	1.68m
Pole Vault	5.24m	4.81m	Pole Vault	4.10m	3.67m
Long Jump	7.68m	7.26m	Long Jump	6.23m	5.80m
Triple Jump	15.67m	14.69m	Triple Jump	12.77m	11.89m
Shot Put	18.42m	16.34m	Shot Put	15.76m	13.85m
Discus	56.37m	49.97m	Javelin	49.63m	41.84m
Hammer	65.89m	55.59m	Discus	53.61m	45.51m
Javelin	69.57m	58.75m	Hammer	60.58m	52.09m
Decathlon	7,252pts	6,325pts	Heptathlon	5,207pts	4,529pts



2021 PacWest Automatic Outdoor Track & Field Qualifying Standards

95% of B Standard Marks

Men			Women		
	<u>B Standards</u>	<u>95% of B Standard</u>		<u>B Standards</u>	<u>95% of B Standard</u>
100m	10.59	11.12	100m	11.94	12.53
200m	21.38	22.45	200m	24.46	25.68
400m	47.81	50.20	400m	55.93	58.73
800m	1:52.16	1:57.77	800m	2:12.47	2:19.09
1500m	3:50.90	4:02.45	1500m	4:33.86	4:47.56
3000m Steeple	9:17.36	9:45.23	3000m Steeple	11:04.19	11:37.40
5000m	14:34.89	15:18.63	5000m	17:14.52	18:06.25
10,000m	30:41.36	32:13.42	10,000m	36:37.02	32:13.42
110m Hurdles	14.56	15.29	100m Hurdles	14.23	14.94
400m Hurdles	53.55	56.23	400m Hurdles	1:02.09	1:05.19
4x100m Relay	41.10	—	4x100m Relay	46.85	—
4x400m Relay	3:14.00	—	4x400m Relay	3:47.90	—
High Jump	2.04m	1.94m	High Jump	1.67m	1.59m
Pole Vault	4.80m	4.56m	Pole Vault	3.64m	3.46m
Long Jump	7.24m	6.88m	Long Jump	5.79m	5.50m
Triple Jump	14.63m	13.90m	Triple Jump	11.81m	11.22m
Shot Put	16.08m	15.28m	Shot Put	13.63m	12.95m
Discus	49.67m	47.19m	Discus	44.65m	42.42m
Hammer	54.65m	51.92m	Hammer	51.53m	48.95m
Javelin	58.42m	55.50m	Javelin	41.24m	39.18m
Decathlon	6,255pts	5,942pts	Heptathlon	4,475pts	4,251pts



PacWest Conference Championship History

Team Champions:

2013 Grand Canyon – Women	Grand Canyon – Men
2014 Academy of Art – Women	Fresno Pacific - Men
2016 Azusa Pacific – Women	Azusa Pacific - Men
2017 Azusa Pacific – Women	Azusa Pacific - Men
2018 Azusa Pacific – Women	Azusa Pacific - Men
2019 Azusa Pacific – Women	Azusa Pacific - Men

Men's Meet Records

100-meter	10.23	Fred Taylor, GCU, 2013
200-meter	20.67	Mobolade Ajomale, ARTU, 2017
400-meter	46.91	Mobolade Ajomale, ARTU, 2019
800-meter	1:51.87	William Mayhew, APU, 2016
1500-meter	3:50.12	Ismael Guzman, FPU, 2017
5000-meter	14:52.08	Valentin Pepiot, ARTU, 2016
10000-meter	31:13.32	Jayden Emerson, CBU, 2017
110m hurdles	13.89	Tyler Sipes, GCU, 2013
400m hurdles	50.77	Slater Ezell, APU, 2014
3000m steeple	8:57.69	Gatien Airiau, ARTU, 2017
4x100m relay	39.74	Grand Canyon, 2013
4x400m relay	3:10.78	Academy of Art, 2019
High Jump	2.09m	Raymon Harper, APU, 2019
Pole Vault	5.05m	Vince Frawley, GCU, 2013
Long Jump	7.54m	Jermel Jones, II, APU, 2019
Triple Jump	15.66m	Johnny Carter, ARTU, 2013
Shot Put	17.79m	James Jones, APU, 2017
Discus	53.00m	Brad Beckwith, APU, 2013
Hammer	58.99m	Austin Turner, APU, 2017
Javelin	65.26m	Alex Henderson, APU, 2017
Decathlon	7,176pts	Shakiel Chattoo, APU, 2016

Women's Meet Records

100-meter	11.58	Shavine Hodges, GCU, 2013
200-meter	23.51	Shavine Hodges, GCU, 2013
400-meter	52.92	Petra Fanty, GCU, 2013
800-meter	2:09.09	Hannah Benoit Bucher, PLNU, 2017
1500-meter	4:27.31	Berenice Cleyet-Merle, CBU, 2017
5000-meter	17:06.56	Zita Molnar, PLNU, 2019
10000-meter	36:13.74	Alex Hernandez, PLNU, 2017
100m hurdles	13.63	Dinesha Bean, ARTU, 2014
400m hurdles	59.80	Tia Edwards, FPU, 2017
3000m steeple	10:36.23	Zita Molnar, PLNU, 2019
4x100m relay	44.95	Grand Canyon, 2013
4x400m relay	3:41.20	Academy of Art, 2017
High Jump	1.77m	Hannah Hensley, ARTU, 2017
Pole Vault	4.01m	Amy Hop, GCU, 2013
Long Jump	5.96m	Brianne Kee, GCU, 2013
Triple Jump	12.86m	Milika Tuivanuayou, FPU, 2013
Shot Put	13.66m	Sarah Stafford, CUI, 2017
Discus	49.22m	Elle Alexander, APU, 2019
Hammer	59.55m	Jacky Chasteler, APU, 2017
Javelin	49.85m	Allison Updike, APU, 2016
Heptathlon	5,027pts	Friederike Kallenberg, PLNU, 2019

DIRECTIONS TO FPU TRACK & FIELD COMPLEX

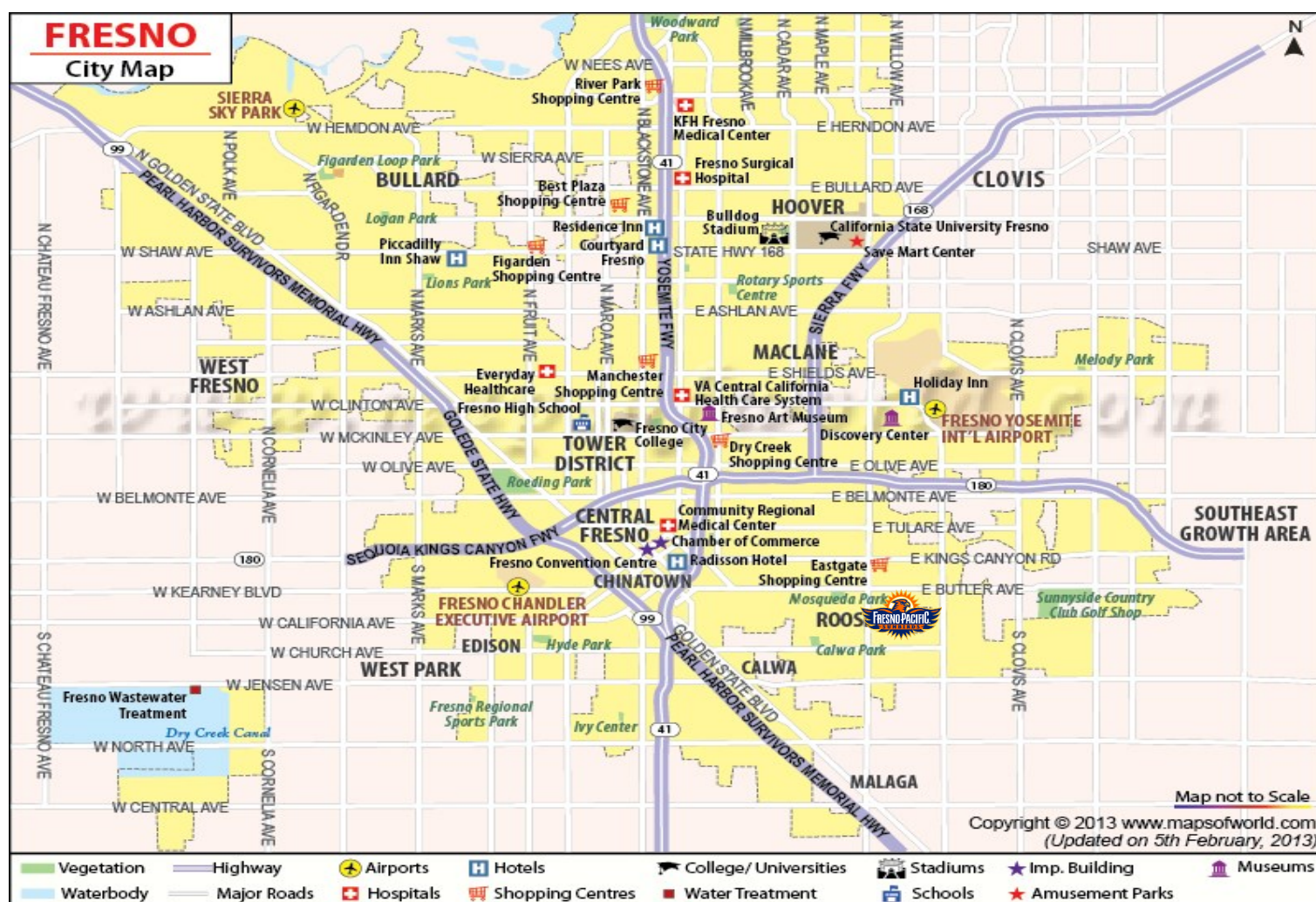
1719 S. Winery Avenue

From the North:

Travel south on Highway 99 to Fresno. Take the Malaga/Chestnut Avenue exit and proceed north on Chestnut Avenue for 3.5 miles to Hamilton Avenue. Turn right onto Hamilton Avenue. Ramirez Field is located on the east side of the Steinert Athletic Complex (located at the corner of Hamilton Avenue and Winery Avenue. Van/bus parking is available in the Steinert Athletic Complex Parking Lot (See Page 9), located at the southeast corner of Hamilton and Winery.

From the South:

Travel north on Highway 99 to Fresno. Take the Malaga/Chestnut Avenue exit and proceed north on Chestnut Avenue for 3.5 miles to Hamilton Avenue. Turn right onto Hamilton Avenue. Ramirez Field is located on the east side of the Steinert Athletic Complex (located at the corner of Hamilton Avenue and Winery Avenue. Van/bus parking is available in the Steinert Athletic Complex Parking Lot (See Page 9), located at the southeast corner of Hamilton and Winery.





AREA HOTELS

HILTON GARDEN INN

520 W. Shaw Avenue
Clovis, CA 93612
(559) 299-2203

HAMPTON INN & SUITES CLOVIS

855 Gettysburg Avenue
Clovis, CA 93612
(559) 348-000

HOMEWOOD SUITES by HILTON

835 Gettysburg Avenue
Clovis, CA 93612
(559) 292-4004

HOLIDAY INN EXPRESS & SUITES

650 W. Shaw Avenue
Clovis, CA 93612
(559) 297-0555

HILTON GARDEN INN

520 W. Shaw Avenue
Clovis, CA 93612
(559) 299-2203

FAIRFIELD INN & SUITES by MARRIOTT

50 N. Clovis Avenue
Clovis, CA 93612
(559) 323-8080

AREA GROCERY STORES

WALMART SUPERCENTER

*5125 E. Kings Canyon Road — Fresno

VONS

*5638 E. Kings Canyon Road — Fresno

**Close to FPU Campus*

AREA RESTAURANTS

THE OLD SPAGHETTI FACTORY

1610 E. Shaw Avenue
Fresno, CA 93710
(559) 222-1066

CHICK-FIL-A — FASHION FAIR MALL

765 E. Shaw Avenue
Fresno, CA 93710
(559) 348-000

DELI DELICIOUS

550 S. Clovis Avenue
Fresno, CA 93727
(559) 255-9070

ME & ED'S PIZZA PARLOR

487 W. Shaw Avenue
Clovis, CA 93612
(559) 299-0449

TOGO'S SANDWICHES

1928 Clovis Avenue
Clovis, CA 93612
(559) 298-3435

CHIPOTLE

1210 Shaw Avenue
Clovis, CA 93612
(559) 298-4708

IN-N-OUT BURGER

382 N. Clovis Avenue
Clovis, CA 93612
(559) 786-1000



2021 Meet Information—Fresno Pacific University Track & Field Protocols

NON-COMPETING TRAVEL PARTY

- ◆ For the safety of all the competitors and their coaches, no spectators will be allowed in the competition facility. In addition, no spectators will be allowed to line the fence on Willow Avenue. We will livestream the event. Check www.fpuathletics.com for the link.
- ◆ Meet directors will work with local starters and officials to ensure that they are meeting mandated Covid-19 protocols and do not put competitors and coaches at risk of exposure.
- ◆ When not actively coaching or competing, all athletes must stay in their designated team area. The only people ever in or around the competition venue are actively competing athletes and their coaches. Coaches can move around as needed throughout the meet.
- ◆ Sports medicine staff—if your school is not traveling with an AT, please contact FPU Sports Medicine. FPU will provide any care that is deemed necessary and falls within safety protocol.

PRIOR TO COMPETITION

- ◆ Pass a weekly PCR Covid-19 test within three (3) days of the start of competition, OR a rapid antigen test within one (1) day of competition. Each member of the travel party will need to complete the daily Covid-19 screening at <https://screen.fresno.edu/>. Upon arrival each member of the travel party will need to show proof of approval (green square from online screening) and complete a temperature check. At this point each member of the travel party will receive a bracelet that must be worn for the entire visit.

ON-SITE/DURING COMPETITION PROTOCOLS & PROCEDURES

- ◆ Masks are REQUIRED by Fresno Pacific University at all times unless competing.
- ◆ Maintain social distancing of at least six feet or more at all times. Demonstrate additional caution with all other competing schools by maintaining distance and wearing a mask.
- ◆ Sweats/clothing: for field events, athletes should bring a bag to place layers of clothing in when not competing. For all running events, it is encouraged that athletes show up to the “on deck” corral with sweats already off. If needed, they can bring their bag, put layers inside bag before the start of their race while in the corral, and put bag over the fence near the middle of the home straightaway (R) to be retrieved after exiting the track upon completing their event.
- ◆ When not competing, warming up, or cooling down, athletes must stay in their designated team area social distancing and wearing their mask. Coaches can move around freely while honoring social distancing protocol.
- ◆ ALL athletes (except for discus and hammer) must enter the track only through the northwest gate near the 100m start (J). ALL athletes will exit through the southwest gate near the finish line (K) and go directly back to their team area.
- ◆ Each team will be assigned a designated team area. Warm-ups/cool-downs must be completed in that area or the warm-up area located in the baseball outfield.



- ◆ On-deck corrals are not spacious enough for a normal full warm-up. Every field event will have a designated space roped off for competitors who are on deck for the next flight. These areas will be adjacent to that competition area, and athletes must stay within these areas once they arrive there. Maintaining social distancing is required in these areas. Field events that begin at 12:00pm—athletes in these first flights will be allowed to enter their designated competition site at 11:30am. Do not enter the area of competition before being checked in at the designated corral by 11:30am. Upon the beginning of the third attempt (or approaching the end of the first flight's competition), the second flight or gender will be escorted to the designated on-deck corral. Once the first flight is completed, the second flight will get approximately 30 minutes to warm up in the competition area.
- ◆ **The “on deck” corrals for each event are** (See map on Page 14 for reference):
 - All running events: corralled at the northwest corner of the track behind the 100m start line (D).
 - Long and triple jumps: on the infield adjacent to the north pit (R)
 - High jump: on the infield adjacent to the high jump pit (X)
 - Pole vault: on the infield adjacent to the pole vault pit (Y)
 - Shot put: the secondary shot put sector at the NE corner of the facility (W)
 - Hammer throw and discus: in the SW corner of the hammer field near gravel road (C)
 - Javelin: between the two shot put sectors on the N end of facility in the grass (Z)
- ◆ Each team will have their own portable restroom near their designated team area (look for the team sign on the outside of the portable unit).
- ◆ There shall be no physical contact between anyone such as handshakes, hi-fives, hugs, fist bumps, etc.
- ◆ While in any competition area in which an implement is touched by any other person, that implement will be wiped down with the provided disinfectant by athletes or staff. Hurdles, starting blocks, and cross bars will also be disinfected by designated cleaners after each use. *All throwing events: implements will be retrieved from the landing area by meet staff and placed outside of the sector for retrieval by the athlete. Staff will only touch the implement with disinfectant towels. Under no circumstances can athletes from different institutions share implements.

Parking:

- ◆ Vans can park in the Steinert Athletics Complex parking lot or in the dirt lot next to the Steinert Athletics Complex parking lot at the corner of Hamilton and Winery Avenues. The only entry to the track will be through the Steinert Athletics Complex parking lot. Buses can unload at the entrance to the Steinert Athletics Complex and will be directed to alternate areas for parking.

PacWest Conference COVID-19 Attestation

- ◆ *Director of Athletics or Designee and the Team Physician or Head Athletic Trainer must complete this document and exchange with the opposing team the day of a contact, before competition begins. The institution must also forward a copy to the Conference office at jharbisonweaver@thepacwest.com before the competition begins.*

By signing and dating this form, you attest that your institution has satisfied the policy requirements outlined below:

1. The travel party for plane and bus travel, including student-athletes, coaches, staff and others traveling in same manner, have all undergone testing in accordance with the PacWest Conference accepted standards.
2. All members identified in Item #1 have not had a verified positive test within the prior 10-days. The test can be within one day of departure (but still in the 3-day window before the event) and the negative test results must be confirmed prior to the competition. The test can be PCR, Antigen or a combination of both.
3. All individuals in the team bench area will appropriately apply a face covering while not on the playing surface.
4. Upon date and time of signature, no member of the student-athletes, coaches, or staff has developed symptoms that might indicate an infection of COVID-19 between the time the most recent test was collected, referenced in item 1, and the beginning of the contact. Should any member listed in item #1 exhibit or report such symptoms at any time prior to the contest, he/she will be held out of the contest.
5. In the event that a member in item 1 has been identified as being a close contact to another individual whom has tested positive in the past 14 days, the Director of Athletics and the Team Physician or Head Athletic Trainer will contact the opponent and Conference office as soon as reasonably able and the same day they are notified of the exposure. This exposure will need to be evaluated by both Team Physicians to determine if quarantine or additional testing are required before competition is allowed.
6. In the event a member in item #1 becomes symptomatic or has a positive test for COVID-19 in the 48-hours after a contest, the Director of Athletics and the Team Physician or Head Athletic Trainer will contact the opponent and Conference office as soon as reasonably able and the same day they are notified of the result.

It is also recognized that state, county, and local guidelines shall always take precedence and may supersede Conference thresholds and/or institutional decisions.

Institution: _____

Sport: _____

Contest Date: _____

Director of Athletics or Designee

Team Physician or Head Athletic Trainer

Signature

Signature

Print or type Name

Print or type Name

Date

Date