



43RD ANNUAL AZTEC TRACK AND FIELD INVITATIONAL

Thursday, Friday & Saturday - March 24th – 26th 2022

Overview of 2022 Aztec Invitational

Main Invitational Meet

Saturday, March 26th @ SDSU

Invitational Combined Events

Thursday-Friday, March 24th-25th @ SDSU

Invitational Hammer Throw

Friday, March 25th @ UC San Diego

NCAA DI and DII Invited Teams Only

**Other University and College Athletes Must
Meet Invitational Qualification Standards**

No Individual/Unattached Competitors

Scored Competition

No Open Meet

No High School Meet

COVID-19 protocols in place

RunnerSpace Live Feed for Main Meet

Contact Meet Director for any questions

Meet Information

Entry Information

Invited Teams Main Meet: <https://www.directathletics.com/meets/track/72993.html>

Universities and Colleges that have not been invited but have Athletes that meet the Invitational Qualification Standards on page 7 should contact the Meet Director.

Entries must be submitted no later than **11:59 PM Monday, March 21st**. Late team entries will be charged a **\$100 late fee**. **Be sure to print a copy of your team's entries and bring it to the meet as confirmation.**

Entry Marks

Only use accurate times/marks achieved during the 2021 indoor season or later—not lifetime PRs. “Speculative marks” are not permitted if the athlete has a valid mark in the event since the 2019 outdoor season. In the event a speculative mark is felt warranted, the rationale will be explained in the DirectAthletics entry notes. Properly converted High School marks are permitted for Freshman (and Sophomores, if applicable). Meet management retains the option to reject speculative marks if they appear unreasonable. If no seed time/mark is provided, the athletes and/or relay team(s) will be placed at the bottom of their respective event performance list.

Performance List

A performance list will be posted on <http://finishedresults.com/> no later than 8:00 PM Tuesday, March 22nd.

Entry Fees	\$20 per individual entry per event, \$30 per combined event (decathlon and heptathlon) entrant, \$25 per relay team. Max of \$600 per gender per invited team. All invited teams must make payment on-line by credit card prior to registration deadline or by check at the timing tent or by mail to: Women's Track & Field Department of Athletics San Diego State University 5500 Campanile Dr San Diego, CA, 92182-4313 Checks should be made out to: San Diego State Track & Field
NCAA "Counter"	Since almost all institutions are NCAA Division I, the Aztec Invitational meet qualifies as a counter meet for sports sponsorship.
Meet Scoring	The meet will be scored per 2021-2022 NCAA Track and Field Rule 13, Section 5 (8 scoring) and include the Combined Events and Hammer Throw. (10, 8, 6, 5, 4, 3, 2, 1 for individual events and relays. All individual entries shall have the ability to score in the competition. One relay entry per institution shall score.
Final Schedule	The final meet schedule will be posted on http://finishedresults.com/ Wednesday evening, March 23 rd .
Heat Sheets	Heat sheets will be posted on http://finishedresults.com/ no later than 8:00 PM Wednesday, March 23rd. Please check one last time to make sure athletes have been entered in the correct event(s) with the correct seed times/marks. Heat sheets & results also will be posted on the bulletin board located in the northwest corner of the stadium. No entry changes will be allowed once the first event of that Meet has commenced.
Packet Pick-up	There will be no packet pick-up to comply with San Diego State's COVID-19 protocol. Institutions should print their own heat sheets.
Results	Live results will be available at: http://finishedresults.com/ via their app. Final results will be available at: www.goaztecs.com . Coaches and team managers are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.
Throwing Implements	All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. On Thursday, March 24 th , combined events weigh-in will be in the SDSU track and field weight room located at the north end of the stadium from 10:00 a.m. to 11:30 a.m. On Friday, March 25 th , hammer weigh-in will be at UC San Diego adjacent to the Hammer Cage between 2:30 p.m. and 4:00 p.m. On Saturday, March 26 th , main meet implement weigh-in will be in the SDSU track and field weight room located at the north end of the stadium from 8:00 a.m. to 9:30 a.m. One athlete at a time will be allowed in the room for weigh-in.

Running Events	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.
Field Events	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.
Starting Heights	Starting heights and height progressions will be emailed to coaches and posted to on http://finishedresults.com/ after entries are complete. In the Pole Vault, all Men will vault at 11:00 a.m., and all Women will vault at 2:00 p.m.
Athlete Check-In	Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located at the in the northeast corner of the track, between the stands and the Shot Put area. After check in, athletes may sit in the stands which will be marked such that student-athletes maintain six-feet of physical distancing. Each heat will be allowed onto the competition area 5 min before the start of each heat. Field athletes may check-in at their respective event area no later than 30 minutes prior to the start of the event. Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.
Relay Cards	In order to provide accurate relay names to RunnerSpace 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 available in the timing tent. If a relay card is not submitted then the order will be what was indicated by the initial entry.
Coach's Boxes	High Jump, Long Jump and Pole Vault will have coach's boxes. Coaches must stay in the designated coaches' boxes with facial masks covering both nose and mouth. Per San Diego State COVID-19 protocol, coaches must maintain proper social distancing and must not interfere with other events on the track or field.
Electronic Devices	Electronic devices (e.g. mobile phones, iPods, headsets, etc.) are not allowed in the competition area except in the sports medicine area. Per the new rule in the 2021-2022 NCAA Track and Field Rule Book, it is no longer considered assistance for athletes competing in field events to view images of previous trial(s), recorded on their behalf by individuals not placed in the competition area. The viewing device or images taken from it shall not be taken into the competition area. When viewing images or video, coaches and athletes should ensure that activity does not interfere with the ongoing competition.

Facilities

Track: Nine (9) lane Mondo.

Men's and Women's Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.

Long Throws (Javelin Throw, Hammer Throw and Discus Throw) are scheduled to be measured electronically.

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.

NO SPIKES will be for sale. Please bring 1/4" pyramid spikes. **Athletes with Christmas tree or needle spikes will not be allowed to use those shoes.**

Seating

Student athletes who have finished competition may sit in the bleachers which are marked for proper physical distancing

Athletic Training

There will be a sports medicine area staffed and equipped for your medical needs. The medical area will be located at the north west side of the track. This area will host ice, basic modalities, treatment tables, as well as emergency and first aid supplies. A Water cooler will also be available in the medical area. Members of our athletic training staff will be at the track at least an hour prior to start of the meet. A physician will be on-call during competition.

Warm-Up Area

All athletes must warm up outside the competition area. The lower-level turf field (PG 610) will be available for warm-ups, located just west of the track where the team tents are located. See maps and diagrams on pages 10 and 11.

Directions

The Aztec Sports Deck is on the corner of Montezuma Rd. & 55th St. Map on page 13.

SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, make a Right on Montezuma if coming from the EAST).

From the Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit EAST towards El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

Vaulting Pole Shipment Vaulting poles may be shipped to the following address:

San Diego State University
Fowler Athletic Center
Attn: Samantha Sneddon
5302 55th St
San Diego, CA, 92182

Samantha Sneddon, ssneddon@sdsu.edu, +1 (972) 838-7883 (mobile) will maintain custody of poles until pick-up at San Diego State.

Facility Schedule

Tuesday

Track Practice/Pre-Meet on the Sports Deck (Main Track) from 3:00 p.m.-6:00 p.m.

Wednesday

Track Practice/Pre-Meet on the Sports Deck (Main Track) from 1:00 p.m.-5:00 p.m.

Thursday

Track Practice/Pre-Meet on the Sports Deck (Main Track) from 1:00 p.m.-5:00 p.m.

Friday

Pre-Meet on the Sports Deck (Main Track) until 5:00 p.m.

Concessions

Concessions will be available Saturday, March 26th.

Car/Van Parking

Can and van parking is available in Parking Structure (PS) 7, located directly underneath the track. See map on page 11. 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.

Bus Drop Off/ Parking

Buses should drop off athletes, coaches and equipment in front of the Fowler Athletic Center on 55th St. Buses may park in Lot 15 on Canyon Crest Dr. See map on page 12.

Spectators \$5.00 per person ages 12 and above. Students are free.

RunnerSpace Coverage Live webcast and on-demand video of all track events will be available on the RunnerSpace +Plus subscription service at this link:

<http://san-diego-state-aztec-invitational.runnerspace.com/>

RunnerSpace +Plus Subscription Fees:

- Monthly Pass - \$12.99 billed monthly, cancel anytime
- 1 Year Pass - \$119.88 billed annually (\$9.99/mo)
- 2 Year Pass - \$199.92 billed every 2 years (\$8.33/mo)

Contact Information

Meet Director: Rick Reaser Mobile: (310) 962 – 3289	E-Mail: rick-reaser@msn.com
Head Coach: Shelia Burrell Office: (619) 594 – 5514	E-Mail: sburrell@mail.sdsu.edu
Facilities: Dave Knoll Office: (619) 594 – 4191	E-Mail: dnoll@mail.sdsu.edu

INVITATIONAL MEET

QUALIFICATION STANDARDS

Event	Men	Women
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
Long Jump	7.15m (23-05.50)	5.85m (19-02.50)
High Jump	2.10m (6-10.75)	1.70m (5-07.00)
Triple Jump	15.00m (49-02.50)	12.35m (40-06.25)
Pole Vault	5.00m (16-04.75)	3.80m (12-05.50)
Shot Put	16.75m (54-11.50)	13.70 (44-11.50)
Discus Throw	51.80m (169-11)	48.80m (160-01)
Javelin Throw	57.90m (189-11)	44.20m (145-00)
Hammer Throw	45.00m (147-08)	48.00m (157-06)

Qualification standards must be achieved using NCAA implement weights, hurdle heights and hurdle spacing at an official competition with publicly available results during the 2021 indoor season or later.

COVID-19 Meet Protocols

COVID-19 Testing

COVID-19 Polymerase chain reaction (PCR) or multiple antigen testing is mandatory for all visiting teams, officials and volunteers that are not fully vaccinated.

The definition of a fully vaccinated individual is having a series of one or two vaccines and a booster vaccination. If the individual has not received his or her booster, they are considered not fully vaccinated and will have to follow the testing guidelines below.

San Diego County testing guidelines supersede Mountain West Conference thresholds. Visiting Institution must attest to meeting the minimum testing standards of one PCR test 72 hours prior to travel day or an antigen 24 hours prior to competition on a form provided by San Diego separately. If you are using the antigen testing cadence, 3 tests must be performed on non-consecutive days prior to arrival and continue the testing cadence during multiple days of competition. Officials and Volunteers will be under the same testing guidelines as the athletes and staff.

It is the responsibility of the visiting team sports medicine staff to adhere to these protocols and to manage testing cadences. If there are any questions or concerns, please forward them to Amelia Durst (adurst@sdsu.edu) or Sergio Ibarra (sibarra3@sdsu.edu).

- Any previously positive individuals who have returned to sport do not need to be a part of the surveillance program for 90 days from the positive test. Post-positive individuals shall be returned to the testing population on the 91st day following the positive test, unless state, county or local guidelines require an institution to resume testing at the 90-day threshold.
- No member of the student-athletes, coaches, or staff have been identified as being a close contact to another individual who has tested positive in the past 10 days.
- In the event a member becomes symptomatic or has a positive test for COVID-19 in the 48 hours after this meet, the Sports Medicine Administrator and or the Team Physician will contact Amelia Durst (adurst@sdsu.edu) or Sergio Ibarra (sibarra3@sdsu.edu) as soon as reasonably able and the same day they are notified of the result.

Face Coverings

All individuals who access the competition area shall be required to wear a face covering, other than student-athletes actively warming up or competing. Proper use of a mask/neck gaiter as a mitigation strategy requires that the mask/neck gaiter must completely cover both the nose and mouth such that neither nostrils nor the tip of the nose is visible.

Physical Distancing

All participants and meet personnel will 6-feet distance from all other individuals.

Facility Traffic Flow

All participants and meet personnel will enter the Sports Deck through the gates closest to the bathrooms located on top of the stairs to the right side when facing the facility. When exiting the facility, all participants will exit through the opposite gate on the side closest to the track and field and soccer rooms. There will be monitors to ensure flow of traffic into and out of the facility. See attached diagram.

Elevators are limited to four people at a time if used and participants should enter and exit the sports deck as described above

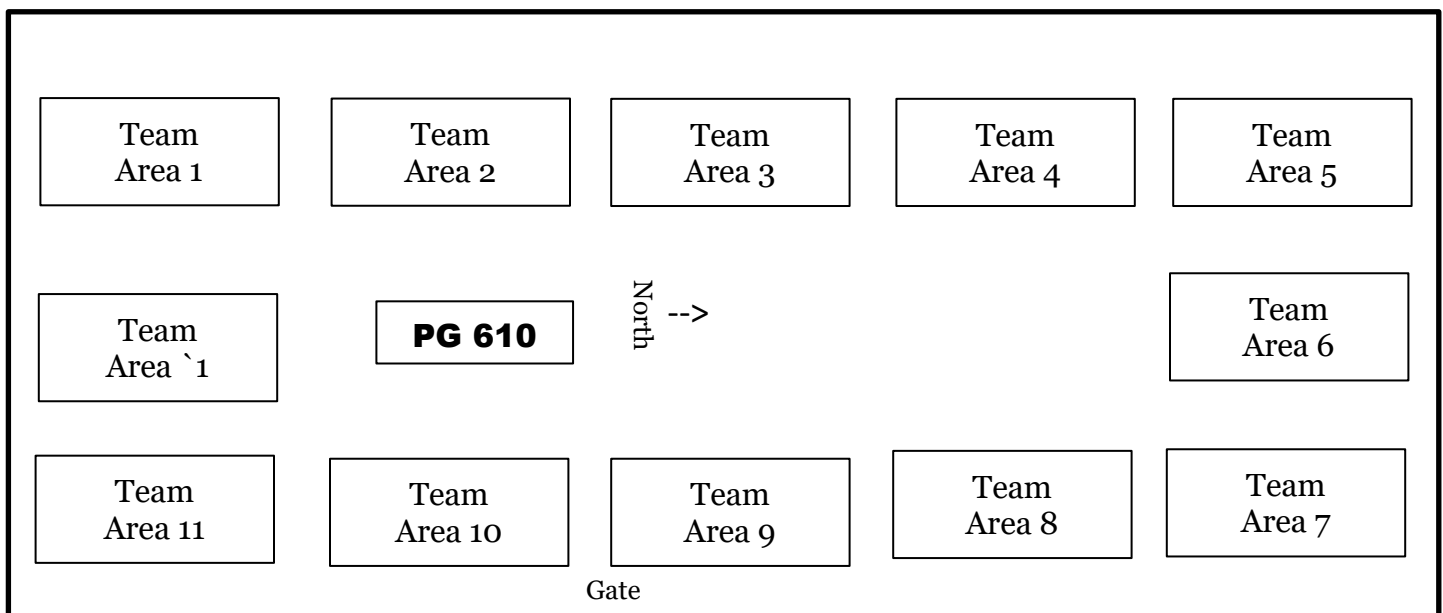
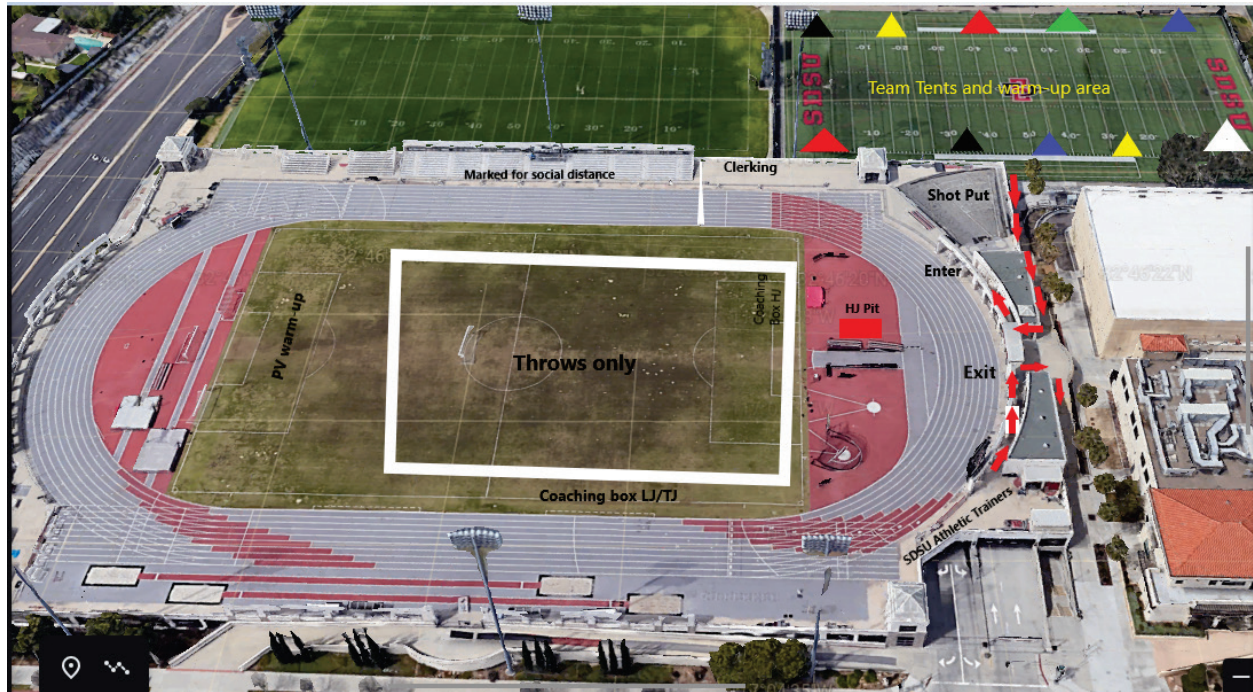
Visiting Team Areas

Each visiting team will chose a specific area on the lower-level practice field. Student-athletes should stay in that area when not competing and not intermingle with other teams in other team areas. Teams must provide their own tents or pop-ups. Pop-ups can be rented for \$240 from Raphael's Party Rentals, +1 (858) 689-7368, cristina@raphaels.com. Warm Ups will take place on the practice field. No general warm-up will be allowed in the competition area except for specific pre-race warm-ups. See attached diagram.

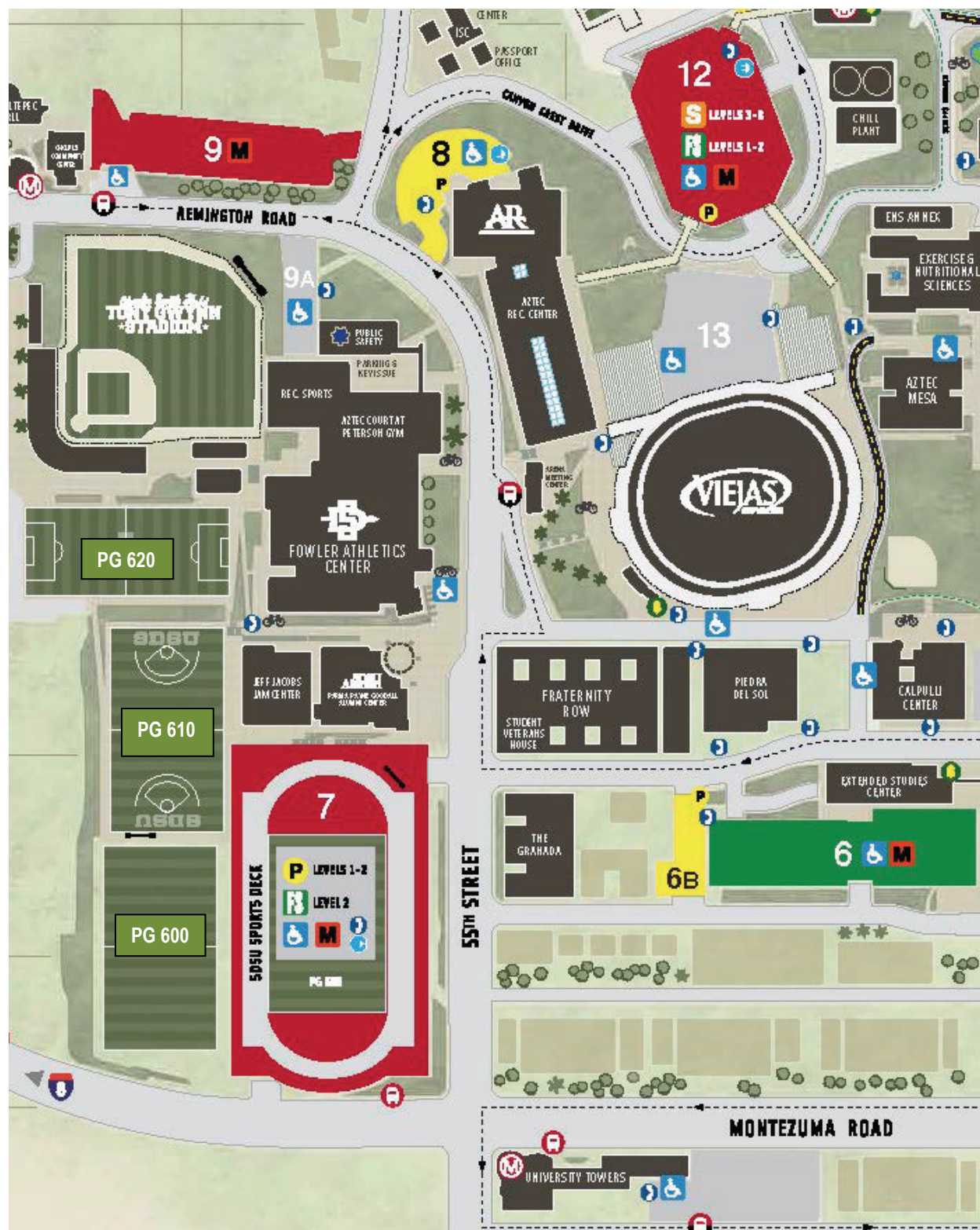
Hydration

Each visiting team must bring individual water bottles for their athletes. Hydration stations will be limited for sanitation purposes.

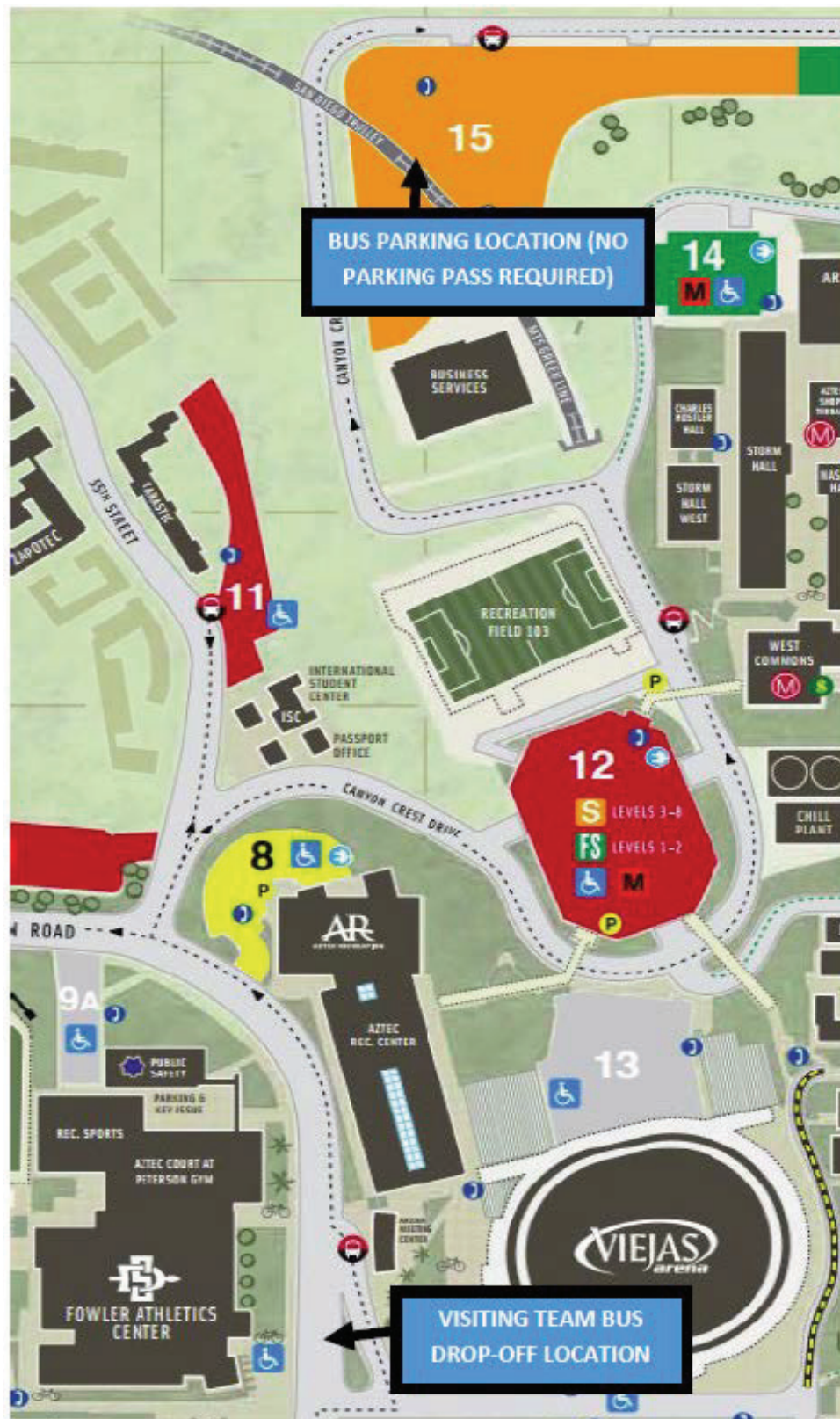
TRAFFIC FLOW AND TEAM AREAS



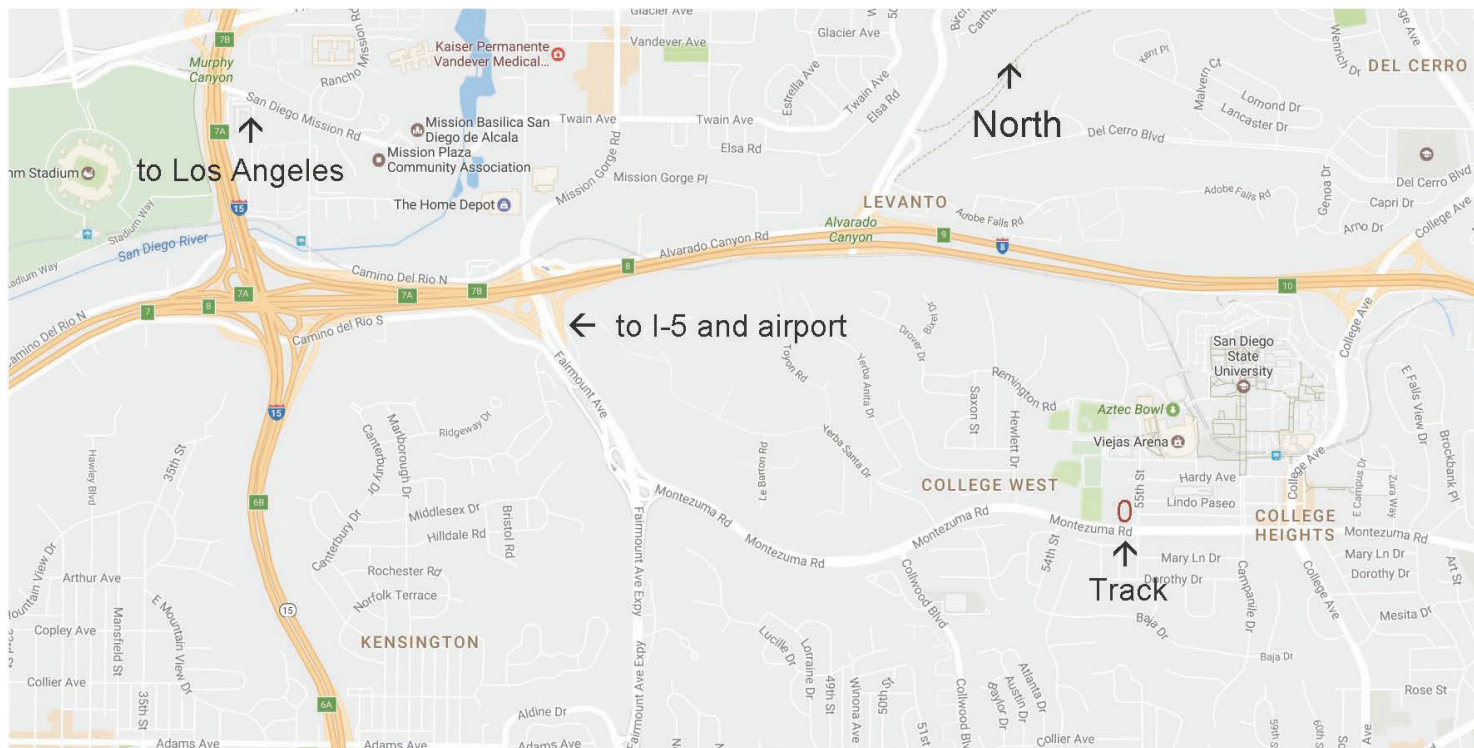
SAN DIEGO STATE WEST CAMPUS MAP



BUS DROP-OFF AND PARKING



DIRECTIONS TO SAN DIEGO STATE



From West (Beaches)

Take I-8 East.
Exit Mission Gorge Rd./Fairmount Ave.
Bear right onto Fairmount Ave.
Stay right on Montezuma Rd.
Take left onto 55th St.
Turn into Lot P7 on your left.

From East (Yuma)

Take I-8 West to College Ave.
Exit College Avenue and turn left
heading south.
Take a right on Montezuma Rd. Right on
55th St.
Turn into Lot P7 on your left.

From North (Los Angeles)

Take I-5 South.
Take I-8 East.
Exit Mission Gorge Rd./Fairmount Ave.
Bear right onto Fairmount Ave.
Stay right on Montezuma Rd.
Take left onto 55th St.
Turn into Lot P7 on your left.

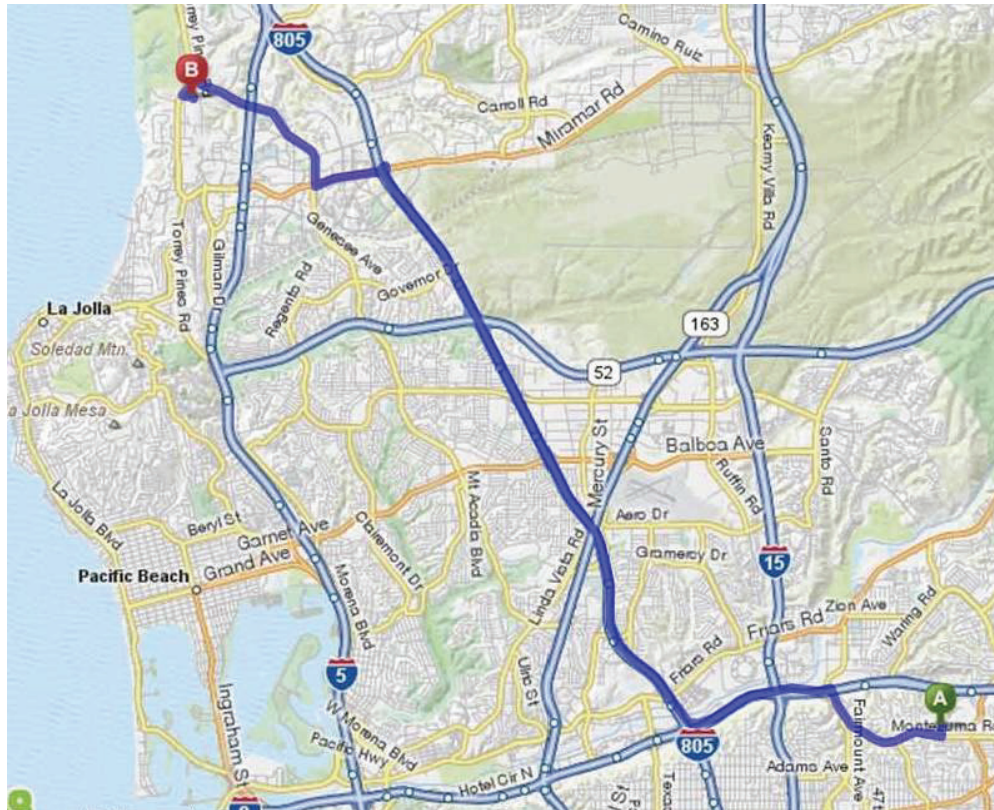
From North (Riverside) Take I-15 South.

Take I-8 East.
Exit Mission Gorge Rd./Fairmount Ave.
Bear right onto Fairmount Ave.
Stay right on Montezuma Rd.
Take left onto 55th St.
Turn into Lot P7 on your left.

From South (Tijuana) Take I-805 North.

Take I-8 East.
Exit Mission Gorge Rd./Fairmount Ave.
Bear right onto Fairmount Ave.
Stay right on Montezuma Rd.
Take left onto 55th St.
Turn into Lot P7 on your left.

DIRECTIONS TO UC SAN DIEGO



UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.

A

1	South on 55th St	0.1 mi
2	Turn right onto Montezuma Rd.	1.1 mi
3	Stay straight to go onto ramp.	0.2 mi
4	Merge onto Fairmount Ave.	0.2 mi
5	Merge onto I-8 W.	1.8 mi
6	Merge onto I-805 N via EXIT 6B toward Los Angeles.	8.2 mi
7	Take the La Jolla Village Dr/Miramar Road exit.	0.1 mi
8	Turn slight left to take the La Jolla Village Dr ramp.	0.2 mi
9	Merge onto La Jolla Village Dr.	1.1 mi
10	Turn right onto Genesee Ave.	2.3 mi
11	Turn left onto N Torrey Pines Rd.	0.2 mi
12	Turn left onto Northpoint Dr.	0.1 mi
13	Hammer Cage is on NW corner of Northpoint Dr. and Northpoint Ln.	0.05 mi

B

How to Submit Online Entries

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click "Sign Up". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field

Team: Ridgewood (Men)

This indicates that you are controlling the MEN'S team. To switch to your Women's team, you would select "Ridgewood (Women)".

STEP 2—SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3—SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

43RD ANNUAL AZTEC TRACK & FIELD INVITATIONAL
PRELIMINARY SCHEDULE NUMBER 2

Combined Events

Thursday, March 24, 2022

DECATHLON

Start Time: 11:00 AM 100 Meters

The next event will start approximately 30 minutes following the end of the previous event

HEPTATHLON

Start Time: 12:30 PM 100 Meter Hurdles

The next event will start approximately 30 minutes following the end of the previous event

Friday, March 25, 2022

DECATHLON

Start Time: 9:00 AM 110 Meter Hurdles

9:40 AM Discus

10:45 AM Pole Vault

1:15 PM Javelin

2:30 PM 1500 Meters

HEPTATHLON

Start Time: 10:00 AM Long Jump

11:00 AM Javelin

12:00 PM 800 Meters

43RD ANNUAL AZTEC TRACK & FIELD INVITATIONAL

PRELIMINARY SCHEDULE NUMBER 2

Friday, March 25, 2022

Field Events

Combined Events at SDSU

9:40	Discus	Decathlon
10:00	Long Jump	Heptathlon
10:45	Pole Vault	Decathlon
11:00	Javelin	Heptathlon
2:30	Javelin	Decathlon

Hammer Throw at UC San Diego

3:30	Hammer	Women
5:30	Hammer	Men

Track Events

Combined Events at SDSU

9:00	110m Hurdles	Decathlon
12:00	800 Meters	Heptathlon
2:30	1500 Meters	Decathlon

Saturday, March 26, 2022

Field Events

9:00	Javelin	Women
10:00	Long Jump	Women
11:00	Javelin	Men
11:00	Pole Vault	Men
12:00	Long Jump	Men
12:00	High Jump	Women
12:00	Shot Put	Men
1:00	Discus	Women
2:00	Triple Jump	Men
2:00	High Jump	Men
2:00	Pole Vault	Women
3:00	Discus	Men
3:00	Shot Put	Women
4:00	Triple Jump	Women

Track Events

12:00	3000 Steeple	Women
12:20	3000 Steeple	Men
12:40	4 x 100 Relay	Women
12:45	4 x 100 Relay	Men
12:55	1500 Meters	Women
1:15	1500 Meters	Men
1:30	100 Hurdles	Women
1:45	110 Hurdles	Men
2:00	400 Meters	Women
2:10	400 Meters	Men
2:20	100 Meters	Women
2:35	100 Meters	Men
2:45	Break	
3:15	800 Meters	Women
3:25	800 Meters	Men
3:40	400 Hurdles	Women
3:50	400 Hurdles	Men
4:05	200 Meters	Women
4:15	200 Meters	Men
4:20	5000 Meters	Women
4:45	5000 Meters	Men
5:05	4 x 400 Relay	Women
5:15	4 x 400 Relay	Men

**Athletes must check in 30 minutes prior to their event
1/4 in (6 mm) pyramid spikes only**