

**2022 South Coast Conference Track & Field Championships**  
**Hosted by East Los Angeles College**  
**-Meet Information-**

**Prelims:**      **Tuesday April 19, 2022:**      All events contested at **El Camino College**

**Finals:**      **Saturday April 23, 2022:**      All events contested at **El Camino College**

**Entries:**      **On Directathletics.com**      **Entries close Wednesday April 13, 2022, at 6pm.**  
Each college can enter a maximum of seven entries per event as per SCC code.

***Following Tuesday's prelims***, finals scratch deadline is Wednesday April 20, 2022, by 12:00 noon.

You must email both Milton Browne @Browne138@hotmail.com AND Bryan Ramos ([bramos@cerritos.edu](mailto:bramos@cerritos.edu)) With any scratches prior to the deadline.

**Coaches Meeting(s):**

**Tuesday Prelims:** Start/finish line area at 10:00am

Starting heights for Friday vertical jumps; field event coaching areas; protest procedures; lap spreadsheets; final college confirmation of assignments

**Saturday Finals:** Start/finish line area at 12:30pm

Field event coaching areas; confirm starting heights; seeding meeting; lap spreadsheets; post conference coaches meeting; final college confirmation of assignment(s)

***Coaches Seeding Meeting for So Cal Championships 30 minutes following Saturday's final event April 23. This is a college obligation - please be sure your college is represented. The So Cal Championships seeding meeting will be held in the 3<sup>rd</sup> floor Press Box east side of stadium.***

**Jury of Appeals:**

Bobbie Godinez, Tony Barbone (or other A.D if necessary)

**Meet Referee: Faith Hogan: USATF Officials Coordinator**

## **TEAM INFORMATION:**

### **Warm-Up Area:**

Outside stadium soccer field and running track (hurdles will be available)  
NO ELECTRONICS ALLOWED in competition areas!

### **Spikes:**

ONLY ¼" pyramid or smaller will be allowed- no needle/Christmas tree

### **Team set up:**

**ONLY** allowed in the upper stands (PLEASE SECURE to BENCHES) and outside stadium warm-up areas

### **Parking:**

Parking structure in Parking Lot C (north side of campus), West campus parking structure, or south campus 5-story structure off Redondo Beach Blvd. **El Camino College Parking fees will apply for all non-college or state vehicles.**

### **Clerk Area/Event Check in:**

- Runners must check in with the clerk at the **Clerk's table** located at the **southeast corner of track** at least 30 minutes before their event
- Field event athletes should check in at the event site 30 min prior to start time
- NCAA Track and Field Rules will be enforced, and the competition will be governed by the CCCAA Track and Field Championship Handbook

### **Athletic Trainer(s):**

Athletic Training station will be located on the premises near the north tunnel.  
Contact East Los Angeles College ATC, Dr Diane Stankevitz Stankedl@elac.edu

### **Implement Weigh-in station:**

April 19<sup>th</sup>, weigh-ins open 9:30am to 10:45pm  
April 23, weigh-ins open 11:30pm to 12:45pm

### **AWARD PROCEDURES:**

Awards will be presented **TO THE TOP THREE** places immediately following each field and running event **ON THE INFIELD NEAR THE START/FINISH LINE** on the day the event(s) - **Please remind your student athletes.** Every effort will be made to minimize the time it takes to present awards. In the event that a protest or unexpected events delays results, competitors will be released and instructed to return at a convenient time given the schedule and known conflicts. Photos will be taken, and family and friends will be encouraged to take photos from the designated shot location. Spectators must return to stadium seating once photos are complete. Media credentials must be requested from ELAC Sports Information Director, Cerwin Haynes by emailing him no later than Tuesday, April 12, 2022. Cerwin's email is: hsynescd@laccd.edu

## SOUTH COAST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

HOSTED BY EAST LOS ANGELES COLLEGE @ MURDOCK STADIUM

EL CAMINO COLLEGE

### TUESDAY APRIL 19, 2022, PRELIMINARIES SCHEDULE (tentative pending entries)

#### FIELD:

				<u>School Work Assignment(s)</u>
11:00 AM	M	HAMMER	FINAL	El Camino
12:45 PM	W	HAMMER	FINAL	El Comino
1:00 PM	M	Long Jump	Prelim	East LA/Mt sac
2:30 PM	M	JAVELIN	FINAL	Long Beach
4:00 PM	W/M	Triple Jump	FINAL	East LA/Cerritos
4:00 PM	W	JAVELIN	FINAL	Long Beach

#### RUNNING

				<u>School Work Assignment(s)</u>
2:00 PM	M	1500M		
2:25 PM	W	100H		Pasadena/MT Sac/LBC
2:35 PM	M	110H		Pasadena/MT Sac/LBC
2:45 PM	M	400M		
2:55 PM	W	100M		
3:05 PM	M	100M		
3:15 PM	W	800M		
3:25 PM	M	800M		
3:35 PM	W	400H		Pasadena/Mt Sac
3:45 PM	M	400IH		Pasadena/Mt Sac
3:55 PM	W	200M		
4:10 PM	M	200M		
4:30 PM	W	10000M	FINAL	All schools counting their laps
5:20 PM	M	10000M	FINAL	All schools counting their laps

**SOUTH COAST CONFERENCE TRACK & FIELD CHAMPIONSHIPS**  
**HOSTED BY EAST LOS ANGELES COLLEGE @ MURDOCK STADIUM**  
**EL CAMINO COLLEGE**

**Saturday APRIL 23, 2022, FINALS SCHEDULE**

<b><u>FIELD</u></b>			<b><u>School Work Assignment(s)</u></b>
1:00PM	W	SHOT PUT	Cerritos
2:00 PM	W	POLE VAULT	Mt Sac
	W/M	Long Jump	East LA/EL Camino
2:30 PM	M	SHOT PUT	Cerritos
3:30 PM	W	HIGH JUMP	Mt. Sac
4:00 PM	W	DISCUS	Cerritos
	M	POLE VAULT	Mt. Sac
5:10 PM	M	HIGH JUMP	Mt. Sac
5:30 PM	M	DISCUS	Cerritos
 <b><u>RUNNING</u></b>			<b><u>School Work Assignment(s)</u></b>
3:30 PM	W	400M RELAY	Long Beach
3:35 PM	M	400M RELAY	Long Beach
3:40 PM	W	3,000M STEEPLECHASE	East LA
3:55 PM	M	3,000M STEEPLECHASE	EL Comino
4:10 PM	W	1500M	
4:20 PM	M	1500M	
4:30 PM	W	100H	Pasadena/Mt Sac
4:40 PM	M	110HH	Pasadena/Mt Sac
4:45 PM	W	400M	
4:50 PM	M	400M	
5:05 PM	W	100M	
5:10 PM	M	100M	
5:20 PM	W	800M	
5:25 PM	M	800M	
5:40 PM	W	400H	Pasadena/Mt Sac
5:50 PM	M	400IH	Pasadena/Mt Sac
6:05 PM	M	5,000M	All schools counting their laps
6:25 PM	W	200M	
6:30 PM	M	200M	

6:40 PM	W	5,000M	All schools counting their laps
7:05 PM	W	1600M RELAY	
7:12 PM	M	1600M RELAY	

### **2.3.2.2 CCCAA TRACK AND FIELD SOUTHERN CALIFORNIA REGIONALS**

CONFERENCES SHALL BE ALLOWED THE FOLLOWING QUALIFIERS FROM THEIR CONFERENCE MEETS INTO THE CCCAA TRACK AND FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIPS

Qualifier Table: Conference: **South Coast 6 men and 6 women**. The final two (2) qualifying spots will first go to those coming into the meet from the automatic qualifying list. Remaining spots will go to the best non-qualifying mark that comes out of the conference championship meets. Ties will be broken in the following order: Conference prelims mark, Southern California Best Marks List, coin flip. Qualifiers will be posted on the Southern California Track and Field Web Site by Sunday evening. This list will be updated each day until entries close on Wednesday at noon. Coaches are responsible to check for entered athletes. When there is an eight (8)-lane track being used for CCCAA Track and Field Southern California Regional Championships, there will be 4 entries which will be entered from the Southern California Automatic qualifying list, with 28 in each event at the prelims and only 8 in the finals.

Each conference shall hold a scratch meeting immediately following their conference championship meet for the purpose of adjusting entries to the CCCAA Track and Field Southern California Regional Championship Trials. The conference meet manager must also include the conference automatic qualifiers with his/her entries to the CCCAA Track and Field Southern California Regional Championship Trials meet manager. The conference automatic qualifiers must be listed on the "Best Marks List."

Athletes or relay teams may not qualify from the conference championship to the CCCAA Track and Field Southern California Regional Championships Trials, then scratch an event in order to allow another conference representative to qualify, and then re-enter the meet in that same event from the automatic qualifiers list.

### **CCCAA TRACK & FIELD CHAMPIONSHIP HANDBOOK July 2017 Edition H.**

A representative from each conference is responsible to deliver a HYTEK disk and a HYTEK advancers file with the six (6) qualifiers and no more than five (5) alternates. This will happen no later than the Sunday following the conference championships. I. When using a nine (9)-lane track there may be no more than a total of 27 entries in each event. When using an eight (8)-lane track there will be no more than 28 entries in each event.

If an individual or relay team scratches from the CCCAA Track and Field Southern California Regional Championships, it is the responsibility of the coach of the withdrawn athlete(s)/relay team(s) to notify the Southern California Regional chair and the entry manager. Scratches following the deadline shall not be replaced unless there is an unusual circumstance in which the meet manager, along with the Rules Committee chair, feels an emergency meeting of the Southern California Rules Committee or the Games Committee should be held to make a decision.

The automatic qualifying marks to the CCCAA Southern California Regional Meet are subject to the following conditions:

1. The marks must be made in regularly scheduled meets and by athletes representing their schools.
2. Marks must be reported to Direct Athletics within ten (10) days of competition.

The 3000 Meter Race Walk will be competed as a non-scoring exhibition event at the Southern California Regional Track & Field Preliminaries Meet. This event will be scheduled to compete prior to the start of the first scored running event in the Southern California Regional Preliminaries Meet. Entries for this event will be capped at 27 competitors per gender. (adopted 03-30-17 effective 01-07-17)