



# ***PARTICIPANT HANDBOOK***

***Hosted by Cal State Fullerton***

***May 5-6, 2023***

***May 12-13, 2023***

## TABLE OF CONTENTS

Championship Staffing .....	3
Schedule of Events .....	4-5
Qualifying Standards .....	7
Important Dates .....	8-9
Awards .....	10
Credentials .....	10
Entrances .....	10
Directions and Parking .....	10
Hospitality .....	10
Infield Access .....	11
Medical/Sports Medicine.....	11
Participant Gifts .....	11
Practice .....	11
Spike Type and Size .....	12-13
Team Areas.....	14
Tickets .....	14
Sponsorship Marketing .....	14-15

## APPENDICES

(1) Facility Map .....	15
(2) Visiting Team Questionaire.....	16
(3) Preferred Vendors .....	17

## CHAMPIONSHIP STAFFING

Championship Director: John Elders  
714-262-9752  
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Event Manager: Scott Stow  
714-296-7211  
[sstow@fullerton.edu](mailto:sstow@fullerton.edu)

Meet Referees: Vince O'Boyle

Games Committee: Tyler Huntley,  
Michelle Almazan,  
Vince O'Boyle,  
John Elders

Officials Coordinator: Faith Hogan

Big West Liaison: Tyler Huntley  
949-261-2525 (Office)  
951-534-3463 (Cell)  
[thuntley@bigwest.org](mailto:thuntley@bigwest.org)

Big West Council Liaison: Michelle Almazan  
951-827-3253  
[michelle.almazan@ucr.edu](mailto:michelle.almazan@ucr.edu)

Media Relations: Kaiber Takamiya  
626-641-2315  
[ktakamiya@bigwest.org](mailto:ktakamiya@bigwest.org)

Athletic Training: Kyle Burnett  
530-513-2944  
[kyburnett@fullerton.edu](mailto:kyburnett@fullerton.edu)

Steve Carranza  
818-294-9554  
[stcarranza@Fullerton.edu](mailto:stcarranza@Fullerton.edu)

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(657) 278-7572  
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**BIG WEST TRACK AND FIELD CHAMPIONSHIPS**

May 5-6, 2023 – Titan Track Complex – Fullerton, CA

**FRIDAY, MAY 6**

<b>Decathlon Events</b>	
12:00pm	100m
TBA	Long Jump
TBA	Shot Put
TBA	High Jump
TBA	400m

<b>Heptathlon Events</b>	
12:30pm	100H
TBA	High Jump
TBA	Shot Put
TBA	200m

**SATURDAY, MAY 7**

<b>Decathlon Events</b>	
11:30am	110H
TBA	Discus
TBA	Pole Vault
TBA	Javelin
TBA	1500m

<b>Heptathlon Events</b>	
12:30pm	Long Jump
TBA	Javelin
TBA	800m

## BIG WEST TRACK AND FIELD CHAMPIONSHIPS

May 12-13, 2023 – Titan Track Complex – Fullerton, CA

**Friday, May 12th**

### Field Events

Time	M/W	Events	Trial/Final
10:00am	W	Hammer	Final
12:00pm	M	Hammer	Final
12:30pm	W	Long Jump	Final
2:00pm	W	Discus	Final
2:00pm	M	Pole Vault	Final
3:00pm	M	Long Jump	Final
4:00pm	M	Discus	Final
4:00pm	W	High Jump	Final

### Running Events

Time	M/W	Events	Trial/Final
2:20pm	M	3000m SC	Final
2:35pm	W	3000m SC	Final
3:20pm	M	1500m	Trials
3:35pm	W	1500m	Trials
3:55pm	M	110H	Trials
4:10pm	W	100H	Trials
4:25pm	M	400m	Trials
4:40pm	W	400m	Tials
4:55pm	M	100m	Trials
5:10pm	W	100m	Trials
5:25pm	M	800m	Trials
5:40pm	W	800m	Trials
6:00pm	M	400H	Trials
6:15pm	W	400H	Trials
6:30pm	M	200m	Trials
6:45pm	W	200m	Trials
7:05pm	M	10000m	Final
7:45pm	W	10000m	Final

## Saturday, May 13th

### Field Events

Time	M/W	Events	Trial/Final
10:00am	M	Javelin	Final
11:30am	W	Javelin	Final
12:00pm	M	Triple Jump	Final
1:30pm	M	Shot Put	Final
1:15pm	W	Pole Vault	Final
2:15pm	W	Triple Jump	Final
3:00pm	W	Shot Put	Final
3:15pm	M	High Jump	Final

### Running Events

Time	M/W	Events	Trial/Final
1:00pm	M	4 x 100m	Final
1:10pm	W	4 x 100m	Final
1:20pm	M	1500m	Final
1:30pm	W	1500m	Final
1:45pm	M	110H	Final
1:55pm	W	100H	Final
2:05pm	M	400m	Final
2:15pm	W	400m	Final
2:25pm	M	100m	Final
2:35pm	W	100m	Final
2:45pm	M	800m	Final
2:55pm	W	800m	Final
3:10pm	M	400H	Final
3:20pm	W	400H	Final
3:30pm	M	200m	Final
3:40pm	W	200m	Final
3:50pm	M	5000m	Final
4:10pm	W	5000m	Final
4:35pm	M	4 x 400m	Final
4:50pm	W	4 x 400m	Final

## 2023 BIG WEST QUALIFYING STANDARDS

Women's Event	Time/Mark	Men's Event	Time/Mark
100 Meters	12.10	100 Meters	10.79
200 Meters	24.80	200 Meters	21.85
400 Meters	57.30	400 Meters	48.99
800 Meters	2:14.50	800 Meters	1:54.00
1,500 Meters	4:38.00	1,500 Meters	3:53.00
Steeplechase	11:20.00	Steeplechase	9:30.00
5,000 Meters	17:25.00	5,000 Meters	14:45.00
10,000 Meters	No Standard	10,000 Meters	No Standard
100 High Hurdles	14.65	110 High Hurdles	15.15
400 Hurdles	64.00	400 Int. Hurdles	55.00

Women's Event	Time/Mark	Men's Event	Time/Mark
High Jump*	5' 3.25" (1.61m)	High Jump*	6' 4.75" (1.95m)
Long Jump	18' 6.5" (5.65m)	Long Jump	22' 11.75" (7.00m)
Triple Jump	38' (11.58m)	Triple Jump	45' 11.25" (14.00m)
Pole Vault*	12' 1.25" (3.70m)	Pole Vault*	15' 3" (4.65m)
Shot Put	42' 0" (12.80m)	Shot Put	50' 10.25" (15.50m)
Discus	141' 1" (43.00m)	Discus	155' 10" (47.49m)
Hammer	160' 0" (48.77m)	Hammer	170' 7" (52.00m)
Javelin	120' 0" (36.58m)	Javelin	164' 0.5" (50.00m)

**\*Bar Raise Progressions** - The starting heights in the conference championship for the pole vault and high jump events shall be set at the technical meeting using the following process:

- a. The regional qualifying marks are projected.
- b. Once the projected regional qualifying mark is determined, the new conference standard is set at three bar progressions below that mark.

The starting heights should be set at two bar progressions below the new conference standard.

## Important Dates and Deadlines

### Monday, April 24

Bar progression recommendations sent to coaching group.

### Tuesday, May 2

6 p.m.

Deadline for Heptathlon/Decathlon entries on Direct Athletics

### Thursday, May 4

1 p.m.

Track available for Practice

6 p.m.

Track closes to Practice

### Friday, May 5

9 a.m.

Track available for Practice

10-11 a.m.

Implement weigh-in for Heptathlon/Decathlon Shot Put (implements will be impounded)

11:00 a.m.

Head Coaches Technical Meeting in Sports Medicine Tent

12:00 p.m.

Competition Begins

### Saturday, May 6

8:30 a.m.

Track available for Practice

9-10 a.m.

Implement weigh-in for Heptathlon Javelin & Decathlon Discus & Javelin (implements will be impounded)

11:30 a.m.

Competition Begins

### Tuesday, May 9

6 p.m.

Declaration deadline for Championship entries on Direct Athletics

8 p.m.

Each institution will receive their entries from the conference office.

### Wednesday, May 10

9 a.m. – 5 p.m.

Coaches clerical period for entries (For editing names and marks only)

8 p.m.

Lane assignments posted by the conference office

### Thursday, May 11

1 p.m. – 6 p.m.

Track complex facilities open for practice time.

1 p.m. – 3:30 p.m.

Hammer ring open for practice

12 p.m. – 6 p.m.

Shot put ring open for practice

1 p.m. – 6 p.m.

Javelin runways open for practice

3:30 p.m. – 6 p.m.

Discus facility open for practice

1 p.m. – 6 p.m.

PV, LJ, TJ runways open for practice

12p.m. – 6 p.m.

High Jump runway open for practice

1 p.m. – 6 p.m.

Early Implement Weigh-ins (implements will be impounded)

4 p.m.

Head Coaches Technical Meeting in Sports Medicine Tent

### Friday, May 12

8 a.m. – 1 p.m.

Implement Weigh-ins (implements will be impounded)

10 a.m. Gates Open  
10 p.m. Field competitions begin  
2:20 p.m. Track competitions begin

**Saturday, May 13**

8 a.m. – 1:15 p.m. Implement Weigh-ins (implements will be impounded)  
9:30 a.m. Gates Open  
10 a.m. Field competitions begin  
1 p.m. Track competition begins

## Big West Championship Information

### Awards

The top three individuals will proceed to the awards podium located on the SE corner of the track's infield, immediately at the conclusion of their event. The PA announcer will begin the awards ceremony and the individual will receive their plaque. When the championship concludes, the award ceremony will begin with the Male Track and Male Field Athletes of the meet followed by the Female Track and Female Field Athletes of the meet. During this time, the team champions will receive their champion shirts and hats. Following the athletes of the meet presentation, the team champions will be honored with the trophy and champions' flag.

### Credentials and Wristband Access:

Wristbands (see below) will be provided for the following categories:

- Coaches (will have hospitality access)
- Student-Athletes
- Spectators (One color for each day)
- Staff (will have hospitality access)

Armbands will be provided for the following categories:

- Media

\*Volunteers shall be denoted by their staff t-shirt, and officials' uniforms will serve as their access for the event.

Student-Athletes and Coaches  
(Multi's Weekend Only)



Student-Athletes



Coaches



Championship Staff and Volunteers



## **Participants**

Wristbands will be used for student-athlete in and out access for the facility as well as the student-athlete specific areas for the event. Wristbands will be distributed at the coaches' technical meeting on Thursday, May 11.

## **Coaches and Administrators**

Wristbands for coaches and team staff will also be available at the coaches' technical meeting on Thursday, May 11. Team personnel will need these at all times for in/out access to the facility as well as the team specific areas and hospitality.

Institutional administrators can request a credential in order to attend the event. To request this credential, please reach out to Tyler Huntley at [thuntley@bigwest.org](mailto:thuntley@bigwest.org) with the name and title of the individual. Requests for administration credentials are due no later than 5pm on Wednesday, May 10<sup>th</sup>.

## **Media**

Media credentials will be available through requests directed to Kaiber Takamiya at 626-641-2315 or email ([ktakamiya@bigwest.org](mailto:ktakamiya@bigwest.org)). Working media will receive an armband for facility and infield access. Interviews will be available in the designated media area, just south of the large white tent on the south side of the facility. Please contact Kaiber upon your arrival to pick up your media credentials.

Media will only be allowed in all spectator areas, as well as the infield boxes marked specifically for media.

## **Entrances**

### Participants

Participants must enter through the East Gate of the Track, near the clerk tent.

Participants must exit through the south-east gate of the track, for All athletes, coaches, officials, and media will be required to show their meet wristbands/credentials to enter the complex each day.

Noncompeting athletes wishing to spectate, can enter through the southwest spectator gate.

### Spectators

The spectators will enter through the southwest gate of the facility. Spectators will be allowed to exit and reenter the facility so long as they have their wristband.

ADA spectators will enter at the southeastern gate. ADA parking will be in lot D.

## **Team Parking**

Team buses can drop off along Gymnasium Campus Drive, but must vacate the area. For buses that wish to stay on campus, they will be directed to lot A upon arrival.

Team vans and vehicles will be parked in the lot D, lot A south, lot A as shown on the map. Passes will be provided upon arrival to the practice day. Parking pass allotments are requested in the Visiting Team Information sheet (Appendix 2).

**Health and Safety:**

Cal State Fullerton will dictate the health and safety protocols based on campus and county guidelines, in conjunction with the conference office.

**Hospitality Area**

A hospitality area for referees, volunteers, staff, and coaches only will be available throughout the meet, to include lunch, snack food and drinks. Hospitality will be located on the Southeast side of the facility, on the east field and under the white tent.

To enter the hospitality area you must show your wristband. Please see the credentialling section for the wristband chart.

**Infield Access**

Coaches box access will be provided for one coach from each institution for all field events. Track and field coaches shall not be in the infield or on the track during the Conference Championship Meet, unless utilizing designated coaching boxes. Box locations are denoted in Appendix 1, Facility Diagram.

An exception will be made for the host coach(es) serving as meet director(s), but only to the extent that appearances on the track or infield are directly related to the conduct of the meet.

**Medical Information**

The athletic training tent for the championship will be located near the team area (see map) This area will be available to provide your team with all the necessary equipment, hydration and services during your stay at CSUF. These services will be available one hour prior to the first practice/competition and 30 minutes after the last practice/competition. For those traveling with an athletic trainer, supplies/items provided will include:

- Injury Treatment Ice / Ice Bags / Flexiwrap
- First Aid Supplies
- Emergency Medical Services
- AED, Splints, Crutches
- Water & Cups
- Hydrocollator and covers

On the practice day, CSUF will provide ice and bags for student-athletes, as well as water and Gatorade.

Water coolers will also be located throughout the venue. Cups will be provided on the infield event stations and finish line only. Please ask your athletes to bring water bottles with them to fill at the water stations.

A physician will be on call during competition and practices, and an EMS unit will be onsite for the duration of both pole vault events. Please have your insurance forms available, as your school will be responsible for any expenses.

**St. Jude Medical Center: (Major Trauma)**

[101 E. Valencia Mesa Dr. / Fullerton, CA 92835](https://www.stjude.com/locations/fullerton) (714) 871-3280

DIRECTIONS: Leave campus with a right turn onto State College Blvd. Drive about one mile to Bastenchury Road. Turn left and continue to Harbor Blvd. Turn left and continue to Valencia Mesa. Turn left and continue to Emergency room on left side.

**Placentia Linda Hospital: (Minor Trauma)**

[1301 Rose Drive / Placentia, CA 92870](#) (714) 933-2000

DIRECTIONS: Leave campus with a right turn onto Yorba Linda Blvd. Drive about 2.6 miles to turn right on Rose Drive. Destination will be on right side.

**UC Irvine Medical Center: (Major Trauma/Spine Injury)**

[101 The City Drive S. / Orange, CA 92868](#) (714) 456-7890

Directions: Leave campus on Nutwood Ave. Turn right onto CA-57 S. Exit W. Chapman Ave. Continue on W. Chapman Ave to destination.

**Kaiser Permanente**

[3460 E. La Palma Ave. / Anaheim, CA 92806](#) (888) 988-2800

DIRECTIONS: Leave campus on Nutwood Ave. Turn right onto CA-57 S. Exit CA-91 E. Take N. Glassell St/ N. Kraemer Blvd. exit. Drive to E. La Palma Ave.

**Cal State Fullerton Athletic Training Staff Contact**

Steve Carranza	(818)294-9554	stcarranza@Fullerton.edu
Meaghan Beaudoin	(657) 278-7572	mbeaudoin@Fullerton.edu
Kyle Burnett	530-513-2944	kyburnett@fullerton.edu

\*All Emergency Care and Transport will be coordinated by the Cal State Fullerton Training Staff.

**Practice/Warm-up times**

Warmups are to take place on West Field, directly east of the of the track and field stadium. Entry from the practice area, into the facility for student-athletes and coaches shall be past the clerk tent and through the South gate located on turn 1.

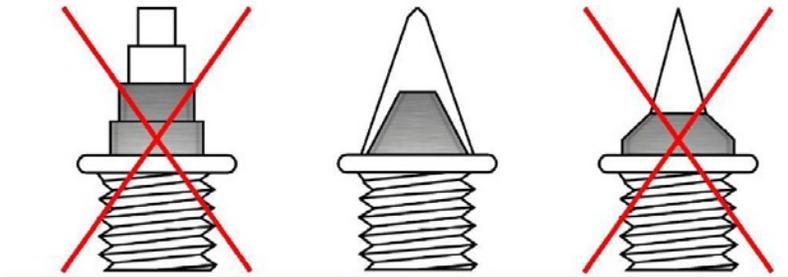
**Protest Table**

The protest table panel will be located at the clerks tent. Each field event lead will also have protest forms.

**Spike Pin Type and Size**

A maximum length of 1/4" **PYRAMID** spikes will be accepted on the track facility and runways. Athletes with the incorrect spike type or length **will not be allowed to compete.** Spike checks will be conducted at the entrance to the track through the clerk area before the athletes enter the stadium. Any shoe that is not inspected and approved will be disqualified at the competition site and/or starting line.

High Jump and Javelin events are allowed a 3/8” pyramid spike. **NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED** (see image below). No permanent spike shoes allowed. Shoes will be checked at last call in the clerk area prior to entering the track.



### Team Areas

Teams can set up camps on East Field, just south east of the track and Field facility. Each team will be provided a 10x20 tent in the team area. No team tents of any type shall be allowed inside the competition venue.

### Ticket Information

Only the second weekend of the championship will be ticketed, the multi events on 5/5 and 5/6 will be free to attend.

Tickets are available online at <https://fullertontitanstickets.com/tickets/events/track-and-field> or in person beginning at 9am each day. Fans will be provided with a wristband for each day of the event. Re-entry is permitted throughout the event.

Ticket Pricing is:

- All Session – Adult / Senior - \$25
- All Session – Youth (3-13 yrs old) - \$20
- Day 1 – Adult / Senior - \$15
- Day 1 – Youth (3-13 yrs old) - \$12
- Day 2 – Adult / Senior - \$15
- Day 2 – Youth (3-13 yrs old) - \$12
- Big West Student - \$0

### SPONSORSHIP MARKETING

It is important to emphasize that this is a conference championship event and should be considered a neutral venue for the duration. It should not be considered in any way as a home event for the host institution. As such, all in-venue championship marketing assets will be sold and provided by the Conference Office unless otherwise specified. Sponsors of the host institution will not be acknowledged or otherwise recognized via signage, public address announcements, digital signage, promotions during the event unless they are also considered to be a sponsor of the championship event.

Host institution permanent corporate sponsorship signage that has been in place throughout the regular season may remain for the championship. For avoidance of doubt, permanent signage is defined as arena or stadium signage (backlit or not) which is permanently affixed to a structure. Courtside rotational signage, videoboard signage, digital signage or any other movable signage such as banners, pop-up signs, decals or other such signage are NOT considered permanent signage and must be removed for the championship.

The Conference Office may sell championship sponsorships that include in-venue signage which may compete with host venue sponsors. The Conference Office reserves the right to cover any permanent corporate signage that may conflict with championship sponsors. If so, the Conference will be responsible for the cost of manufacture and installation of such signage.

The responsibility for sales and service of all sponsorships associated with Big West championship events remains with the conference. The host institution may not sell corporate sponsorships for a championship event unless otherwise approved by the Conference Office.

Appendix 1:

Facility Map:







## DIRECTORY

- AD** Admissions Office
- AF** Anderson Field
- ASC** Auxiliary Services Center
- B** Bookstore/Titan Shop
- CC** Children's Center
- CJ** Carl's Jr.
- CP** College Park
- CPAC** Clayes Performing Arts Center
- CS** Computer Science
- CY** Corporation Yard
- DBH** Dan Black Hall
- E** Engineering
- EC** Education-Classroom
- ENPS** Eastside North Parking Structure
- ESPS** Eastside South Parking Structure
- GAH** Goheller Alumni House
- GAS** Gastronome
- GC** Greenhouse Complex
- GF** Goodwin Field
- GH** Gordon Hall
- H** Humanities/Social Sciences
- HRE** Housing & Residential Engagement
- KHS** Kinesiology & Health Sciences
- LH** Langsdorf Hall
- MC** Modular Complex
- MH** McCarthy Hall
- MS** Military Science
- NPS** Nutwood Parking Structure
- P** Parking & Transportation Office
- PL** Pollak Library
- RG** Ruby Gerontology Center
- RH** Residence Halls
- SCPS** State College Parking Structure
- SGMH** Steven G. Mihaylo Hall
- SHCC** Student Health & Counseling Center
- SRC** Student Recreation Center
- T** Titan House
- TG** Titan Gymnasium
- TH** Titan Hall
- TS** Titan Stadium
- TSC** Titan Sports Complex
- TSF** Titan Softball Field
- TSU** Titan Student Union
- TTC** Titan Tennis Courts
- TTF** Titan Track & Field
- UP** University Police
- VA** Visual Arts Center

Appendix 2:  
Visiting Team Questionnaire

Please return to John Elders at [jelders@fullerton.edu](mailto:jelders@fullerton.edu) by Monday 5/8.

**GENERAL**

Visiting Team: \_\_\_\_\_

Main Contact: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Number of Staff Attending Coach Technical Meeting: \_\_\_\_\_

**TRANSPORTATION AND STAY**

Date of Arrival in Fullerton: \_\_\_\_\_

Arrival Time to Titan Track for Practice: \_\_\_\_\_

Arrival Time to Titan Track for Championship: \_\_\_\_\_

Number of Team Buses: \_\_\_\_\_

Number of Team Vans: \_\_\_\_\_

Number of Other Staff Vehicles: \_\_\_\_\_

Appendix 3:

Preferred Vendors (Restaurants)

The following restaurants are proud sponsors of Titan Athletics.

**BIGS**

(714) 526-4950 | 323 N State College Blvd., Fullerton, CA 92831

**Brian's/Big B's Barbeque**

(714) 993-1401 | 1944 W. Placentia Ave., Fullerton, CA 92831

**Burger Parlor**

(714) 441-2003 | 204 N. Harbor Blvd., Fullerton, CA 92832

**Canyon Inn**

(714) 779-0880 | 6821 Fairlynn Blvd., Yorba Linda, CA 92886

**Esther's Taco House**

(714) 996-2397 | 2001 E. Orangethorpe Ave., Placentia, CA 92870

**Flame Broiler**

(714) 526-2720 | 2720 Nutwood Ave., Fullerton, CA 92831

**Fullerton Brew Co**

(714) 447-4200 | 305 N. Harbor Blvd., Ste 128 Fullerton, CA 92832

**Gina Maria's Pizzeria**

(714) 996-7371 | 1525 N. Placentia Ave., Unit C Placentia, CA 92870

**Heroes**

(714) 738-4356 | 125 W. Santa Fe Ave., Fullerton, CA 92832

**In-N-Out Burger**

(800) 786-1000 | 825 W. Chapman Ave., Placentia, CA 92870

**Jersey Mike's Subs**

(657) 378-9490 | 2561 E. Chapman Ave., Fullerton, CA 92831

**Juice it Up**

(714) 294-0556 | CSUF TSU Food Court 800 N. State College Blvd., Fullerton, CA 92834

**Kettle Masters**

(909) 964-7990 | 1249 Diamond Bar Blvd., Diamond Bar, CA 91765

**Nothing Bundt Cake**

(714) 529-1519 | 1050 E. Imperial Hwy., Ste C2 Brea, CA 92821

**Old Spaghetti Factory**

(714) 526-6801 | 110 E. Santa Fe Ave., Fullerton, CA 92832

**Pepe's Mexican Food**

(714) 528-9291 | 821 N. Placentia Ave., Fullerton, CA 92831

**Roscoe's Famous Deli**

(714) 879-2153 | 116 W. Commonwealth Ave., Fullerton, CA 92832

**The Original Mexican Taco**

(949) 464-8226 | 8040 Orangewood Ave., Stanton, CA 90680

**Tlaquepaque**

(714) 525-0110 | 101 W. Santa Fe Ave., Placentia, CA 92870

**Yard House**

(714) 529-9273 | 160 S. Brea Blvd., Brea, CA 92821