



El Camino College “Dave Shannon” Invitational; Murdock Stadium Saturday April 1st 2023

ENTRY PROCESS:

- Submit entries to Direct Athletics by Tuesday March 28th 6:00pm.
All entries received by the deadline will be accepted and seeded into their desired event.
- If not on Invited list and wish to be, please email dlofgren@elcamino.edu to be added.
- **High School portion hosted by West Torrance HS**

ENTRY FEE:

- The entry fee is \$500.00 per combined college program or \$250.00 per gender.
- Unattached, Open, and Club entries are \$20.00 unlimited events if done in advance through Direct Athletics. \$30.00 on day of meet. Make Checks payable to: **El Camino College Athletics**

LATE ENTRIES:

- We will accept late entries if lanes are available and field sizes allow.

STADIUM:

- NO Spikes longer than ¼ inch allowed on track or runways. Pyramid and Needle are ok.
NO **Christmas Tree spikes** allowed! Track is a **9-Lane Beynon** surface with 42” lane width.
- **Water only** on infield of stadium and soccer warm-up field. **No food, gum, or sport drinks.**
- Restrooms for both genders are inside stadium.

TENTS:

- Please set-up tents in **UPPER DECKS** and **SECURE to bleachers** in the event of wind.

ATHLETIC TRAINING:

- Athletic Training area set-up in the **NORTH TUNNEL**. Certified Athletic Trainers will be on site.

PARKING:

- NORTH or SOUTH parking structures. One located at North end of stadium off Manhattan Beach Blvd. and one located off Redondo Beach Blvd. at south side of stadium. OFFICIAL COLLEGE vehicles can park in either staff or student parking. PERSONAL VEHICLES will need to park in student parking.

FIELD EVENT INFORMATION:

THROWS:

- The Shot, Discus, and Hammer circles are brushed concrete. The Javelin approach is synthetic (no spikes longer than ¼ inch allowed)

LONG and TRIPLE JUMP:

- Women's TJ Boards 27' (8.20m) and 33' (10.10m)
- Men's TJ Boards 38' (11.60m) and 42' (12.80)

HIGH JUMP and POLE VAULT:

Saturday April 1st Schedule of Events and Information

Clerk of the Course:	Located in the NORTH TUNNEL at east side of stadium.
Heat Sheets:	Probably on Finished Results (working on getting them)
Hip Numbers:	Runners will pick up hip numbers at Clerk of the Course.
Results:	Will be announced and available online
Coaches:	Are allowed on field.
Rules:	College/Open will follow NCAA rules.

El Camino College "Dave Shannon" Invitational @ Murdock Stadium Saturday April 1st, 2023

THROWS:

- 11:00 Hammer - Women followed by Men
 1:00 Javelin – Women followed by Men
 3:00 Shot – Men
 Discus – Women

5:00 Shot – Women
Discus – Men

JUMPS/POLE VAULT:

2:00 Pole Vault Women followed by Men
2:00 Long Jump Women (SW pit) and Men (SE pit)
2:00 High Jump Women followed by Men (south apron)
3:30 Long Jump HS Girls (SW pit) and Men (SE pit)
5:00 Triple Jump Women (SW pit) and Men (SE pit)
5:00 Pole Vault HS girls followed by boys

3:00pm RUNNING EVENTS

5,000m women
5,000m men
400m Relay HS girls
400m Relay HS boys
400m Relay women
400m Relay men
100 Hurdles women
110 High Hurdles men
1500m women
1500 men
400m women
400m men
100m HS Invite girls
100m HS Invite boys
100m women
100m men
4 x 800m Relay HS Invite girls
4 x 800m Relay HS Invite boys
800m women
800m men
400 Hurdles women
400 IH men
200m women
200m men
15 Minute Honor presentation
1600m HS Invite girls
1600m HS Invite boys
1600m Relay women

1600m Relay men



EL CAMINO
WARRIORS