

15th ANNUAL PLNU TRACK & FIELD INVITATIONAL MARCH 25, 2023

FIELD EVENTS: Each individual throw /jump athlete will receive **(4) attempts with no Finals**. We will laser measure in all of the throwing events. Each horizontal jump will be measured.

STARTING HEIGHTS: **WOMEN'S Pole Vault 2.14m (7'0")**, **MEN'S Pole Vault 3.05m (10')** with each height increasing by **15cm**.
WOMEN'S High Jump 1.30m (4'3"), **MEN'S High Jump 1.66 m (5'5.25")** with each height increasing by **5cm**.

POLE VAULT & HIGH JUMP: **MEN'S HIGH JUMP WILL GO FIRST FOLLOWED BY THE WOMEN. THE WOMEN'S POLE VAULT WILL BEGIN EITHER 30 MINUTES FOLLOWING THE CONCLUSION OF THE HIGH JUMP OR 1:00 PM WHICHEVER IS LATER. WE WILL BE VAULTING IN TWO PITS SIMULTANEOUSLY. MEN'S VAULT IN BOTH PITS WILL FOLLOW THE CONCLUSION OF THE WOMEN.**

Weight-ins: These will take place from 7:30-Noon Saturday. They will take place at the northwest corner of the track at the track shed. If you are at Point Loma on Friday we would request that you leave your implements then and we will weight them all in on Friday night.

THE HAMMER THROW: The hammer event will be thrown on the lower field just west of the track. This facility has been used as our practice area. The left sector line goes a full distance but has cliff immediately to its left. Therefore, any left sector foul will most likely go over that cliff. The right sector line runs about 80' before it ends into a hillside. Being that throws can't easily be measured from up on the hillside, if a throw is deemed to be within the sector but lands in the hillside, the competitor will receive another throw. **I want all throwers and throws coaches to know that this will not be an "ideal" situation, especially for throws longer than 200'. The only other option is to NOT hold a hammer competition.**

ENTRIES: Due at direct athletics www.directathletics.com **ON OR BEFORE WEDNESDAY MARCH 22, 2023 AT 5 PM PST**. We ask that you don't turn in marks which you "believe" an athlete can attain. **Please use actual marks from the 2022 or 2023 seasons.**

TEAM CAMP AREA'S: The baseball outfield will be the team area to set up your tents and canopies, if you are planning on using a ground tarp DO NOT put them on the grass but rather use the outfield warning track or the dirt infield area to lay down your ground tarps. **We will offer to supply, set up and tear down 10' x 10' canopies for teams at an additional charge of \$25 each just let me know by Wednesday March 22 how many you would like and they will be set up on the baseball field when you arrive.** Do not set up between the west edge of the track and the cliff that drops off toward the ocean (no team tents in this area this is a change from past years). **WE DON'T WANT ANY TEAMS COLLECTING IN THE INFIELD! PLEASE KEEP ALL ATHLETES AND COACHES OUT OF THE FLAGGED OFF AREA BETWEEN THE TRACK AND THE INFIELD ON THE SOUTHSIDE OF THE TRACK (THE STRAIGHTAWAY FOR THE SPRINTS AND HURDLES.)**

FACILITY: 8 LANE POLYURETHENE TRACK. **ENTRANCES TO THE TRACK WILL ONLY TAKE PLACE THROUGH THE GATE AT THE SOUTHWEST CORNER OF THE TRACK ALL OTHER GATES WILL BE CLOSED.** I ask that you please convey this information to your coaching staff, athletes and spectators as your assistance in this area is greatly appreciated.

SPIKE LENGTHS: Spike sizes for the **RUNNING EVENTS** up to $\frac{1}{4}$ "; **JAVELIN & HIGH JUMP** up to $\frac{3}{8}$ "; **LONG / TRIPLE JUMPS & POLE VAULT** up to $\frac{1}{4}$ ".

RUNNING / TIMING & FIELD RESULTS: All running events will be handled professionally by **Finished Results**. This will include a LED scoreboard display showing results as quickly as possible following each event. The timing area is located on the outside of the track **(THIS AREA WILL BE OFF LIMITS TO ALL ATHLETES AND COACHES)!** All requests should come through me and I will deal with the timing officials for you. We will also have the South side of the infield of the track flagged off to keep athletes, spectators and coaches away from the finish line and the track. All measurements will be done in the metric system as per NCAA rules.

DRESSING FACILITIES: Available on-campus in the men's and women's locker rooms adjacent to the gym. You will need to bring your own towels. There will be no lockers available.

ATHLETIC TRAINERS: our training room will be fully staffed; however, we do request that you **BRING YOUR OWN TRAINERS WITH YOU IF AT ALL POSSIBLE & PLEASE BRING YOUR NEEDED SUPPLIES**. Our head trainer Shawna Baker would be happy (desires) to coordinate with your trainer she can be reached at sbaker1@pointloma.edu (619) 849-2914 or fax (619) 849-2553.

RESULTS: Will be available as soon as possible after the meet. They will be online and can also be faxed to your fax number. Please feel free to contact our SID Tim Heiduk at (619) 849-2441 or e-mail theiduk@pointloma.edu with any or all questions.

FEES: NO DAY OF MEET ENTRIES:

15th annual PLNU Track and Field Invitational: Collegiate Teams: \$40 per athlete to a max of **\$400 per gender per team**. Thus, men's team of 10 or more athletes will be capped @ **\$400** and women's team of 10 or more athletes will be also capped @ **\$400**. **Entry fees can be paid by Credit card through direct athletics by 3/22/2023 or cash/check day of meet.** Please make checks payable to "POINT LOMA NAZARENE UNIVERSITY". Entry fees will be collected **ONLY from 10:00am to Noon** on meet day at canopy located on the north side of the track walk way above the third base side dugout of the baseball field.

No Unattached athletes will be allowed this year only 4 year collegiate teams.

HOUSING: Bartell Hotels has been a great partner for us and the teams that visit PLNU. They have seven properties in San Diego, including three in Point Loma. Here is a link to recommend lodging scroll down to San Diego

https://thepacwest.com/sports/2014/8/4/GEN_0804141939.aspx.

ADMISSION: Spectators 4 and under no charge, students with ID's, seniors & Military \$5 everyone else \$10. PLNU students with ID are free.

Spectators' parking is available on the south side of the campus overlooking the track. Teams should park in the gym lot for easy access to the baseball field and the team staging area. ALL QUESTIONS CONTACT: JERRY ARVIN e-mail jarvin@pointloma.edu

TRACK & FIELD EVENT SCHEDULE

Saturday MARCH 25, 2023

Field Events: (ATHLETES CHECK IN AT THE VENUE PRIOR TO THE START OF THEIR EVENT)

9:00 AM — HAMMER MEN/WOMEN TO FOLLOW
9:00 AM -- JAVELIN WOMEN/MEN TO FOLLOW
9:00 AM -- HIGH JUMP MEN/WOMEN TO FOLLOW
10:30 AM -- LONG JUMP MEN East Pit/WOMEN West Pit
12:15 PM -- TRIPLE JUMP MEN East Pit/WOMEN West Pit
12:00 PM -- SHOT PUT WOMEN/MEN TO FOLLOW
1:00 PM -- POLE VAULT WOMEN/MEN TO FOLLOW
2:45 PM — DISCUS- WOMEN/MEN TO FOLLOW

Running Events: (ATHLETES THE CHECK IN AND CLERK TABLE WILL BE LOCATED ON THE BASEBALL VIEWING DECK LOCATED TRACK LEVEL OUTSIDE THE TRACK FENCE NORTHSIDE OF TRACK. PLEASE CHECK IN 30 MINUTES PRIOR TO YOUR EVENT.)

11:20 AM -- National Anthem
11:30 AM -- 3000-METER STEEPLECHASE W
11:50 AM -- 3000-METER STEEPLECHASE M
12:05 PM -- 4 X 100 RELAY W
12:10 PM -- 4 X 100 RELAY M
12:20 PM -- 1500 METERS W
12:55 PM -- 1500 METERS M
1:25 PM -- 100-METER HURDLES
1:40 PM -- 110-METER HURDLES
1:55 PM -- 400 METERS W
2:10 PM -- 400 METERS M
2:25 PM -- 100 METERS W
2:40 PM -- 100 METERS M
2:55 PM -- 800 METERS W
3:05 PM -- 800 METERS M
3:20 PM -- 400 METER HURDLES W
3:35 PM -- 400 METER HURDLES M
3:45 PM -- 200 METERS W
4:05 PM -- 200 METERS M
4:25 PM -- 5000 METERS W (2 heats if needed)
5:10 PM -- 5000 METERS M (2 heats if needed) 4:40 PM with 1 heat of the women's 5K
5:50 PM -- 4 X 400 RELAY W will adjust time forward if 2 heats are not needed in the 5K's
6:00 PM -- 4 X 400 RELAY M will adjust time forward if 2 heats are not needed in the 5K's

PLEASE INFORM YOUR ATHLETES AND COACHES THAT WE WILL BE USING A FLOATING TIME SCHEDULE FOR THE RUNNING EVENTS WHICH MAY CAUSE THE MEET TO COMPRESS OR EXPAND. AT THE CONCLUSION OF THE PREVIOUS SCHEDULED EVENT WE WILL START THE NEXT EVENT WITHIN 5 MINUTES IF AT ALL

POSSIBLE.