

RCC Early Bird

Hosted by Riverside City College @ Riverside City College February 10, 2023

This preliminary meet information is intended to guide coaches, athletes and spectators in their preparation towards the 2023 RCC Early Bird at Riverside City College. Please note that further information may be provided in the weeks leading up to the event.

Entry

Entries are due through www.directathletics.com by Tuesday, February 7 @ 6:00 pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the failure to participate rule will be in effect.

Entry Fees

The entry fee for this competition is xxx per school. That is xxx for Women and xxx for men for each school. Total for program is xxx. Payment is due on Thursday, February 2.

Personal checks, cash, school check are the only acceptable means of payment or school PO, payable to **RCC Track Trust**. Mail checks to ATTN: Athletics Riverside City College, 4800 Magnolia Ave, Riverside, CA 92506 Attn. Head Coach Jim McCarron

Scratches/Adds

Please make any scratches a week ahead of time. No Adds will be allowed on the day of the competition.

Spectator Information:

Field, Court, Complex, Gym Access

Only student-athletes, coaches, officials, and game day administrators have access to field, track, or other competition areas at RCCD venues. Home fans and visiting fans will be asked to sit in separated locations at the competition site. Spectators must remain in bleachers or specified area away from competitors, coaches, judges, and staff at ALL times at event.

Parking

All team parking will be on the northwest side of the stadium next to the practice fields and in the parking structure on the west side of campus. Athletes and coaches will enter the stadium only from the Northwest side of the stadium. Packets can be picked up from RCC staff at the track. Out of an abundance of caution and safety, no tailgating is allowed. School busses will need to enter the college through Saunders St. and drop off on the south side of campus (score board side) and will be directed to either parking lot U or E. When you arrive, coaches can pick up a parking pass for college vans/cars only from our AD, Payton Williams. With a parking permit, college vans can park in any student and staff parking on campus. For spectators, day use permits may be purchased using parking meters or the [ParkMobile App](#) for \$5 (cash or credit for games). Spectators will park in the parking structure and will need to purchase and display a parking permit from one of the parking kiosks on campus.

Athlete and Coaches Entrance/Heat Information

Athletes and coaches will enter the stadium only from the Northwest side of the stadium. Packets can be picked up from RCC athletic director, Payton Williams, or staff at the track.

Technical Competitive Information

This meet will be run in accordance with all pertinent NCAA, CCCAA and 5CTCA rules and bylaws.

Implement Certification/Weigh-Ins

There will be no weigh-ins for this meet. If weigh-ins are needed please contact Jim McCarron at jim.mccarron@rcc.edu right away so we can make arrangements.

Race Schedule

The running event schedule will be strictly adhered to, regardless of events finishing early or lacking numbers sufficient.

Scoring

Invitational Scoring will be used for this meet.

Warm-up Area

All warm-ups will take place on the grass field (away from the hammer and discuss throwing area). Hurdles will be made available. All tents must be set up on the grass area along

the fence away from the throwing areas or in the stands in the top 10 rows.

Clerk/Check-in

Running Events - All track athletes will be required to report to the clerk's canopy located at the track entry gate in order to receive their hip numbers. Athletes will need to report to their event before the start of the event.

Field Events - All field athletes should report directly to their event 1 hour prior to the start of their event. Pole vaulters should check in 90 minutes prior to their event for warm-up purposes.

Liquids. Only water or clear liquids will be allowed in Stadium (no exceptions). Water will be provided at all field event areas, warm-up field, and medical stations.

Track Surface and Field Event Specifications

The running surface and field venues are surfaced with polyurethane that was installed in 2004.

Please make note of the following runway lengths:

Men's PV – 129'

Women's PV – 129'

Men's LJ – 154'

Women's LJ – 154'

Men's TJ = Board #1 – 138' Board #2 – 132'

Women's TJ = Board #1 – 132' Board #2 – 121'

Javelin = 110' Grass Approach

Spikes

Spikes **MUST** be 1/4 inch or shorter. Pyramid spikes are the only allowable spikes. Only 1 inch or less pyramid spikes will be allowed on the javelin grass surface. Pin, needle or Christmas tree spikes will not be allowed. There will be a spike check at the clerk's area, and prior to the start of all applicable field events, please help us with compliance. We will be selling spikes at the athlete entrance.

Starting Blocks

Only those supplied by meet management are acceptable. VS International Blocks and/or Gill Fusion 8 will be used.

Throwing Venues

All throwing events will take place in the throws area northwest of the track. **The Javelin will be thrown off of a grass runway northwest of the track.**

Viewing for Throws events

For both the Hammer and Discus throws there will be areas to sit just west of the ring near the shot put. For the Javelin there will be areas to sit just west of the runway, and athletes will be asked to stay on the west side of the runway. The Shot Put will have an area for coaches and spectators on the on the south side of the sector. In all the throwing events coaches will need to stay in spectator area.

Trainers

Trainers will be available to all athletes. A medical station will be staged inside the stadium on the northeast side next to the marching band trailer. Please provide your own supplies. Medical staff may also be permitted to stage at the warm up field next to their teams' canopy.

Restrooms

Restrooms are located inside the stadium on the northwest and northeast sides of the track, and in the gymnasium.

Concessions

Riverside City College may have a concession booth with all sorts of food and drinks for sale on both dates near the spectator's entrance to the track. Be prepared to bring your own food due to Covid regulations.

Results

Live Results will be posted on www.finishedresults.com or the FinishedResults app. All other official results will be posted on www.directathletics.com following the conclusion of the meet.

Contact Info

Meet Directors are Payton Williams 951-222-8420 Payton.williams@rcc.edu

Jim McCarron 951-222-8322; jim.mccarron@rcc.edu Damien Smith 951-222-8272; damien.smith@rcc.edu

**The RCC Early Bird
@ RCC
Friday, February 10, 2023**

FIELD EVENTS—10:30		
Time	Event	Competitor(s)
1:00-3:00	LJ (open pit)	
2:00 <small>or after conclusion of PV</small>	HJ (men 1st)	
12:00	SP (women 1st)	
10:30	PV (men 1 st)	
12:00	JAV (men 1 st)	
3:00 (or after Javelin)	Discus (at conclusion of jav and shot women 1 st , men follow)	
3:30-5:30	TJ (open pit)	
10:30	Hammer (open)	

Friday, February 10, 2023
TRACK EVENTS—2:30

Time	Event	Competitor(s)
2:30	DMR(12,4,8,16) W	
2:45	DMR(12,4,8,16)M	
3:00	1mile (W)	
3:05	1mile (M)	
3:10	4x100 (W)	
3:15	4x100 (M)	
3:25	60M Hurdles (w)	
3:35	60M HH (M)	
3:40	60 M (W)	
3:45	60M (M)	
3:50	600M (W)	
3:55	600M (M)	
4:00	400 IH (W)	
4:10	400 IH (M)	
4:20	4x800 (W)	
4:30	4x800 (M)	
4:40	300M (W)	
4:45	300M (M)	
4:50	2 Mile (W)	
5:05	2 Mile (M)	
5:20	4x400 (W)	
5:25	4x400 (M)	

INVOICE

RIVERSIDE COMMUNITY COLLEGE
Track and Field
2022
4800 MAGNOLIA AVENUE
RIVERSIDE, CA 92506

December 14, 2022

RCC TRACK & FIELD

DESCRIPTION

AMOUNT

RCC Early Bird on February 11, 2022

(\$xxx per gender/\$xxx for both genders)

\$xxx

Teams attending: TBA

TOTAL AMOUNT PAYABLE

\$xxx

THANK YOU!!

**Please make your check payable to "RCC
Track Trust"**

By February 2, 2023

PLEASE MAIL CHECKS TO:

**RIVERSIDE COMMUNITY COLLEGE
TRACK & FIELD
4800 MAGNOLIA AVENUE
RIVERSIDE, CA 92506
Attn. Jim McCarron**