

SCIAC Multi Dual 1

Caltech, Cal Lutheran, Claremont-Mudd-Scripps, Redlands

March 4, 2023

Facilities and Team Camps:

Buses should drop off on S Wilson Ave to avoid getting stuck. Teams and spectators will enter the track and field facility through the gate on the northeast corner of the track.

Team camp areas should be set up on the north side of the track, in Tournament Park to the east of the track, or in Brown Gymnasium (masks required inside).

This is a 6 lane track. Hammer, discus, and javelin will be contested on the infield of the track. Student-athletes should avoid using the infield for warm ups during these events. The javelin will be thrown from a runway surface.

Bathrooms are located in Brown Gymnasium (locker rooms) and in Tournament Park.

Entries:

Entries are due by Thursday, March 2 at 1:00 pm through Direct Athletics. Entry marks must have been achieved in the 2023 season or seed time should be listed as “no time” or “no mark.” Entries will be posted on gocaltech.com by Thursday evening.

Lane Assignments:

Please email Kelli Blake at krblake@caltech.edu by the entry deadline with the one athlete you would like in your assigned lane in the lane races (100, 200, 400, 100mH/110mH, 400mH) and the 3 athletes in the 800 (alleys will be used).

Coaches Meeting:

Coaches may enter or scratch athletes at a mandatory coaches’ meeting at 9:45 am near the finish line. If necessary, heats and lanes will be revised.

Results:

Results will be available at [Finished Results](#)

Scoring:

Events will be scored 5, 3, 1 and 5, 0 for relays.

Field Events:

Each field event competitor shall receive four finals attempts.

Weigh-ins:

8:30-10:00 am – All throwing implements will be weighed on the east side of the track in the Barn (weight room area by the entrance gate).

Check-in:

All athletes competing in running events are asked to check-in at the clerk's tent (in the Barn near the northeast corner of the track). Athletes must check in at least 10 minutes prior to the start of their event. Running event athletes are encouraged to check in early. Field event athletes check-in at your event site 10 mins prior to the start of the first flight of your event. Additions will be allowed up to 10 minutes prior to an event's scheduled time. Additions which would require adding an additional heat will be discouraged.

Questions: Contact Kelli Blake at krblake@caltech.edu



SCIAC MULTI DUAL SCHEDULE

FIELD EVENTS

10:00 Hammer M / W

10:00 Javelin W / M

10:00 Pole Vault M / W

10:00 Long Jump W / M

11:15 High Jump M / W

Shot Put M / W (Follows Hammer)

Discus M / W (Follows Javelin)

Triple Jump W / M (Follows Long Jump)

TRACK EVENTS

11:00 100m Hurdles W

11:10 110m Hurdles M

11:20 3000m Steeplechase W

11:50 3000m Steeplechase M

12:10 4x100m Relay W

12:15 4x100m Relay M

12:20 1500m Run W

12:30 1500m Run M

12:40 400m Run W

12:45 400m Run M

12:50 100m Dash W

12:55 100m Dash M

1:00 800m Run W

1:10 800m Run M

1:25 400m Hurdles W

1:35 400m Hurdles M

1:45 200m Dash W

1:50 200m Dash M

1:55 5000m Run W

2:20 5000m Run M

2:40 4x400m Relay W

2:50 4x400m Relay M