



## Dave Shannon Invitational

### El Camino College Murdock Stadium

### Saturday March 30<sup>th</sup> 2024

We invite you to the Dave Shannon Invitational hosted by El Camino College. Located in the south bay approximately 4.5 miles from the beach and near LAX, we look forward to nice weather (*March average mid to high 60's*) and quality times on our Beynon track surface (*#2 400m on American soil 43.45 in 2019 by Michael Norman*). We wish you success and an enjoyable experience.

#### **ENTRY PROCESS:**

- Submit entries to Direct Athletics by Tuesday March 26<sup>th</sup> 6:00pm. All entries received by the deadline will be accepted and seeded into their desired event. Meet heat/flight sheets will be posted on ECC T & F website and mailed by Thursday March 28<sup>th</sup> 5:00pm <https://www.eccwarriors.com/sports/track/index>
- If not on Invited list and wish to be, please email [dlofgren@elcamino.edu](mailto:dlofgren@elcamino.edu) to be added.
- **High School portion hosted separately by West Torrance High School**

#### **ENTRY FEE:**

- The entry fee is \$600.00 per combined college program or \$300.00 per team gender.
- Unattached, Open, and Club entries are \$30.00 unlimited events if done in advance through Direct Athletics. \$35.00 late adds on day of meet. Make Checks payable to: **El Camino College Athletics**
- **Unattached Athletes will be provided a wristband with fee payment and must have on their arm to be allowed to compete. Cash or check only for Unattached payment (no Venmo).**

#### **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.
- Spectator and Athlete **RESTROOMS on 2<sup>nd</sup> floor East Side** of stadium. **Restrooms also behind West Side Bleachers.**
- **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 and Warm-Up Area:**

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

- Outside soccer field available for tents and warm-up.

### **ATHLETIC TRAINING:**

- Athletic Training area set-up on the south side of stadium field (by high jump). Certified Athletic Trainers will be on site.

### **PARKING (Free):**

- **NORTH, SOUTH, and WEST parking structures.** Located at North end of stadium off Manhattan Beach Blvd. and two located off Redondo Beach Blvd. at south and southwest side of stadium.

### **FIELD EVENT INFORMATION:**

- The **Shot, Discus, and Hammer** circles are brushed concrete. The **Javelin** approach is synthetic (no spikes longer than ¼ inch allowed)
- **Women's TJ Boards** 27' (8.20m) and 33' (10.10m)
- **Men's TJ Boards** 38' (11.60m) and 42' (12.80)
- High jump will be on the *south apron*
- One Pole Vault landing system on *north apron*.

### **EVENT INFORMATION:**

<b>Clerk Area:</b>	Located in the <b>NORTH TUNNEL</b> at northeast side of stadium.
<b>Meet program/timing:</b>	<b>Finished Results</b>
<b>Hip Numbers:</b>	<b>All athletes will be declared after the entry deadline and will “self-check” and pick up hip numbers at clerk table in the North Tunnel.</b> A QR code will be provided as well as posted heat sheets for heat and lane assignment.
<b>Declarations for 200m:</b>	<b>Beginning after women's 100m and ending prior to 400H.</b> After that time, <b>ALL women's and men's 200m races will be seeded. <u>Failure to declare will result in being scratched.</u></b>
<b>Results:</b>	Will be announced and available online at Finished Results.
<b>Coaches:</b>	Are allowed on field.
<b>Rules:</b>	<b>College/Open</b> will follow NCAA rules.

### **TIME SCHEDULE AND ORDER OF EVENTS:**

#### **THROWS (4 attempts will be given):**

**9:00a** Hammer - Women followed by Men

Javelin – Women followed by Men **following HAMMER (approximately 12:00 noon)**

Shot Women and Discus Men **following JAVELIN (approximately 3:00pm)**

Shot Men and Discus Women **following W SHOT and M DISCUS (approximately 5:00pm)**

**JUMPS/POLE VAULT (LJ and TJ will receive 3 attempts with 8 advancing to finals):**

- 1:00 Pole Vault Women followed by Men
- 1:00 Long Jump Women (Southwest pit) and Men (Southeast pit)
- 2:30 High Jump Women followed by Men (south apron)
- 3:30 Long Jump HS Girls (Southwest pit) and Boys (Southeast pit)
- 5:00 Triple Jump Women (Southwest pit) and Men (Southeast pit)
- 5:00 Pole Vault HS Girls and Boys (to follow college/open)

**RUNNING EVENTS (# of heats and final time schedule to be determined and announced)**

**2:00p** Welcome and National Anthem

400m Relay HS Girls (1)

400m Relay HS Boys (1)

400m Relay Women

400m Relay Men

1500m Women

1500m Men

100 Hurdles Women

110 High Hurdles Men

400m Women

400m Men

100m HS Invite Girls (2)

100m HS Invite Boys (2)

100m Women

100m Men

***200m Declaration period begins after Women's 100m***

800m HS Invite Girls (1)

800m HS Invite Boys (1)

800m Women

800m Men

***200m Declarations end before start of 400H***

400 Hurdles Women

400 IH Men

200m Women

200m Men

1600m HS Invite Girls (1)

1600m HS Invite Boys (1)

5,000m Women

5,000m Men

1600m Relay Women

1600m Relay men

## El Camino College Murdock Stadium Men's Track & Field Records

<u>Event</u>	<u>Mark</u>	<u>Name</u>	<u>Affiliation</u>	<u>Year</u>	<u>Wind</u>
100 Meters	9.97	Ronnie Baker	Nike	2018	0.5
200 Meters	20.30	Paulo Andre Camilo	Brazil	2019	0.5
400 Meters	43.45	Michael Norman	Nike	2019	(#2 ever on U.S. soil)
800 Meters	1:43.60	Clayton Murphy	Nike	2017	
1500 Meters	3:43.58	David Torrence	Hoka	2017	
5,000 Meters	13:31.35	Suldan Hassan	Halle IF	2019	
10,000 Meters	28:19.94	Vincent Kiprop	Missouri Southern	2017	
110 M High Hurdles	13.47	David Kinzera	Illinois	2018	1.4
		Trey Cunningham	Florida State	2019	-0.9
400M Int Hurdles	49.13	Shawn Rowe	GW Express	2018	
3,000M Steeplechase	8:36.93	John Gay	Vancouver Thunderbirds	2019	
Mile	4:00.16	Cooper Teare	St. Joseph HS	2017	
2 Mile	8:54.74	Evert Silva	Fresno HS	2017	
400M Relay	38.57	LSU (Aly, Flournoy, Mitchell-Blake, Jackson)		2017	
1600M Relay	3:03.54	USC (Samuel, Allen Jr., Jewett, Shinnick)		2019	
4 X 200M Relay	1:20.74	Altis	Altis	2017	
4 x 800M Relay	7:45.77	Loyola HS	Loyola HS	2018	
4 X 1600M Relay	17:29.53	Great Oak HS	Great Oak HS	2017	
Distance Medley Rly	10:01.90	Claremont HS	Claremont HS	2017	
Long Jump	27-1 ¾	Jarvis Gotch	USA-HP	2018	0.8
Triple Jump	55-9 ¾/17.01	Donald Scott	USATF	2017	1.8

High Jump	7-6 ½/2.30	Mike Mason	Canada	2017
		Django Lovett	Canada	2019
Pole Vault	18-8 ¼ /5.70	Seito Yamamoto	Toyota-Japan	2017
Shot Put	69-11/21.31	Mostafa Hassan	Colorado State	2017
Discus	211-6/64.46	Andrew Evans	USATF	2017
Hammer	177-11	Kevin Ward	UNAT	2023

## El Camino College Women's Murdock Stadium Track & Field Records

<u>Event</u>	<u>Mark</u>	<u>Name</u>	<u>Affiliation</u>	<u>Year</u>	<u>Wind</u>
100 Meters	10.99	Twanisha Terry	USC	2018	1.7
200 Meters	22.31	Deajah Stevens	Oregon	2017	-0.6
400 Meters	50.95	Lynna Irby	Georgia	2018	
800 Meters	1:59.10	Raevyn Rogers	Oregon	2017	
1500 Meters	4:12.86	Amanda Eccelston	Brooks	2017	
5,000 Meters	15:23.48	Yui Fukuda	Toyota Wellness	2017	
10,000 Meters	32:39.01	Camilla Richardsson	Finland	2018	
100 Meter Hurdles	12.43	Brianna Rollins-McNeal	Nike/Hurdle Mechanics	2019	1.5
400M Hurdles	55.25	Dalilah Mohammed	Nike	2018	
3,000M Steeplechase	9:51.09	Alicja Konieczek	Western State	2017	
Mile	4:45.24	Maria Castillo	Saugus HS	2018	
2 Mile	10:08.01	Maddy Denner	Oak Ridge HS	2018	
400M Relay	42.12	Oregon (Dunmore, Stevens, Cunliffe, Washington)		2017	<b>(NCAA Record)</b>

1600M Relay	3:27.98	Oregon (Rogers, Guster, Waller, Horsley)		2017	
4 x 800M Relay	9:03.31	Great Oak HS	Great Oak HS	2018	
4 X 1600M Relay	20:06.96	Great Oak HS	Great Oak HS	2018	
Distance Medley Rly	11:52.99	El Toro HS	El Toro HS	2017	
Long Jump	21-10 ¼/6.66	Elaine Martins	Brazil	2019	0.0
Triple Jump	47-0 1/4 /14.33	Keturah Orgi	Georgia	2018	1.6
High Jump	6-5 1/2 /1.97	Vashti Cunningham	Nevada Gazelles	2019	
Pole Vault	15-3/4.65	Annie Rhodes-Johnigan	Unattached	2019	
Shot Put	59-8 1/4 /18.19	Jeneva Stevens	NYAC	2017	
Discus	210-6/64.16	Fernanda Martins	Brazil	2019	
Hammer	159-1	Crystal Rodriguez	Cerritos College	201	

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**WARRIORS**