



Shelia Burrell Aztec Heptathlon/Decathlon
San Diego State University
March 27th & 28th, 2025

Track Address

SDSU Sports Deck: 5490 Montezuma Rd San Diego, CA 92182

Track GPS Location

When using GPS, enter "SDSU Sports Deck" for directions.

Thursday, March 27, 2025

- Weigh-Ins: 9:30 - 12:30

- Important Note – Please come prepared to certify all implements for both days of competition on Thursday. Friday's implements will be held overnight. There will be no weigh-ins on Friday.

Decathlon

10:30**	100 meters
11:15	Long Jump
1:15	Shot Put
3:15	High Jump
5:15	400 meters

Heptathlon

12:30**	100m Hurdles
1:15	High Jump
3:15	Shot Put
4:45	200 meters

Friday, March 28, 2025

- Claim Implements: 8:30 am

Decathlon

9:00 **	110 m Hurdles
9:45	Discus
11:30	Pole Vault
2:15	Javelin
3:30	1500 meters

Heptathlon

10:00 **	Long Jump
12:00	Javelin
2:00	800 meters

** Daily start time for each day is firm. All other times are estimates

ENTRY INFORMATION

- All entries are through Direct Athletics.
- ENTRY DEADLINE
 - March 15th, 11:59 pm
- ACCEPTANCE
 - Accepted entries for all aspects of the meet will post by 5:00 pm PST, March 17th. at finishedresults.com
 - Heat sheets will be posted Thursday, March 20th at finishedresults.com
- ENTRY FEE
 - \$45.00 per athlete entered
 - Collegiate fee's must be paid online via Direct Athletics before the entries close.
 - Unattached or Individual Registration Fees: \$50 per athlete per event.
 - All fees are non-refundable and must be paid by credit card during registration on Direct Athletics.
 - Entry marks will be verified and adjusted if false.
 - Unverified performances may not be accepted.
 - Unattached entrants must pay their registration fee at the time of registration. If your entry is not accepted, your Registration Fee will be forfeited

RESULTS

- Live Results and Final Results will be available at finishedresults.com
- Results will also be available at goaztecs.com

GENERAL INFORMATION

- CHECK IN PROCEDURES
 - Running Events: Please check in at the Clerking tent, located at the track entrance to receive your hip number and lane assignment at least 20 minutes before the event's start time.
 - Field Events: All field event athletes will report directly to their field event location and check in with the field event official.
- WEIGH-INS
 - Implement weigh-ins will take place in the Aztec Team Room located at the North end of the stadium.
 - Bring all implements for both days with you to weigh-in on the first day. We will hold all second day implements for you overnight. There will be no weigh-ins on the second day.

- STARTING HEIGHTS
 - These will be based on the final field size and competitor marks.
- TEAM CAMP
 - Team camps should be set up outside of the track oval.
- VAULTING POLES
 - You may ship your poles ahead of time to:
 San Diego State University
 Department of Athletics, Women's Track and Field
 Attention: Richard Fox
 5500 Campanile Dr.
 San Diego, CA. 92182
 Contact Info: richardfox5050@gmail.com, 619 807 8800
- RESULTS
 - Live results will be available via the Finished Results app and website.
finishedresults.com
 - Results will be available at Finished Results and the San Diego State Athletic web site. goaztecs.com
- SAN DIEGO STATE TRACK PRACTICE SCHEDULE
 - Wednesday, March 26th: 1:00 pm to 6:00 pm
- SPECTATOR ENTRY
 - No admission charged
- STADIUM CONCESSIONS will not be available.
- CONTACT INFORMATION
 - Meet Director: Doug Todd, Athletic Event Management, dtodd4882@gmail.com
 909 963-6579
 - Head Coach: Shelia Burrell, sburrell@mail.sdsu.edu, 619 594 5514
- PARKING
 - Park in the parking structure located beneath the Track and Field facility
- WARM-UP AREA
 - The track surface will be available for warm-up except when doing so interferes with an event that is underway. There is a turf field outside of the stadium on the west side of the track that can be used anytime.
- SPIKES / SURFACE
 - World Athletics Guidelines: All meets will follow these guidelines, and a spike/shoe check will be conducted at the clerk of course.

- Spike Type: 1/4" pyramid spikes must be used in all events except the High Jump, where 3/8" pyramid spikes are allowed.
- Prohibited Spikes: No needle or Christmas tree spikes are permitted.
- Non-Compliant Shoes: Spiked shoes with permanent non-compliant spikes are not allowed.
- The track is a Mondo surface with nine lanes.
- NCAA/World Athletics Spike/Shoe Policy New Rule:
 - According to Rule 14 of the NCAA Handbook, Article 15, all shoes must be reasonably available and listed on the World Athletics approved list. Random shoe checks will occur throughout the meet.
 - Check Your Spikes/Shoes: Verify the compliance of your spikes/shoes at <https://certcheck.worldathletics.org/FullList>