



## El Camino College “Dave Shannon” Invitational; Murdock Stadium Saturday March 29, 2025

### ENTRY PROCESS:

- Submit entries to Direct Athletics by Tuesday March 25th at 6:00pm.  
All entries received by the deadline will be accepted and seeded into their desired event.
- If not on Invited list and wish to be, please email [Khughley@elcamino.edu](mailto:Khughley@elcamino.edu) to be added.

### ENTRY FEE:

- The entry fee is \$300.00 per combined college program or \$300.00 per team gender.
- Unattached, Open, and Club entries are \$35.00 unlimited events if done in advance through Direct Athletics. \$45.00 on day of meet. Make Checks payable to: **El Camino College Athletics**

### 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.
- **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:

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

### ATHLETIC TRAINING:

- Athletic Training area set-up in the **NORTH TUNNEL**. Certified Athletic Trainers will be on site.

### PARKING:

- **NORTH** or **SOUTH** parking structures. One located at North end of stadium off Manhattan Beach Blvd. and one located off Redondo Beach Blvd. at south side of stadium.

OFFICIAL COLLEGE vehicles can park in either staff or student parking.  
PERSONAL VEHICLES will need to park in student parking.

**(Tentative) 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):**

12:00 Pole Vault Women followed by Men

12:00 Long Jump Women (Southwest pit) and Men (Southeast pit)

2:30 High Jump Women followed by Men (south apron)

5:00 Triple Jump Women (Southwest pit) and Men (Southeast pit)

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

2:00p Welcome and National Anthem

400m Relay Women

400m Relay Men

1500m Women

1500m Men

100 Hurdles Women

110 High Hurdles Men

400m Women

400m Men

100m Women

100m Men

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

800m Women

800m Men

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

400 Hurdles Women

400 IH Men

200m Women

200m Men

5,000m Women

5,000m Men

1600m Relay Women

1600m Relay men



EL CAMINO

**WARRIORS**