

UNIVERSITY OF Redlands

SCIAC Quad Cup #2 “Sun” Track & Field Meet Redlands, Chapman, Claremont, Pomona Saturday, March 29, 2025

Entries: Entries **are due by 1:00 pm (PDT) on Thursday, March 27th** at **Direct Athletics**. There will be no adds or scratches to any event after the entry deadline. *The “Failure to Participate” rule will be in effect for this meet.*

Facilities: 9-lane Beynon[®] surfaced track with surfaced HJ, LJ, TJ, Jav areas. The shot put ring is located on the north side of the stadium, the discus is held on the inside field, hammer ring is located directly outside the stadium in the dirt lot. ¼” pyramid spikes preferred. No “Christmas Tree” spikes allowed.

Timing/Results: Timing services will be provided by Finished Results. Live Results will be available at <https://www.finishedresults.com/meets/5750> as soon as possible at the conclusion of each event. Full results will be provided online as soon as possible after the conclusion of the meet at Finished Results and <https://goredlands.com/sports/track-and-field/schedule>.

Scoring: Individual events will be scored to 6 places 10, 8, 6, 4, 2, 1, and Relays will be scored up to 5 places 10, 8, 6, 4, 2. *Only Relay teams designated the “A” team may score points, 1 team per school.* Final Team Scores determining the winner of the Quad Cup shall be the combined sum of Men’s and Women’s team scores.

Check-In:

Running event athletes will check in at the tent located outside the track near the finish line at least 10 minutes prior to the start of the first heat of their event.

Field event athletes will check in at the event site at least 10 minutes before the first flight of their event. The throws and horizontal jumps will proceed with 4 final attempts per flight.

Weigh-ins: Implements will be weighed in and certified underneath the southwest corner of the stadium on the home side between 2:30-3:45 PM.

Athletic Trainer & Restroom Facilities: An athletic trainer will be available on the east side of the track near the end of the stadium. Restrooms are available underneath the bleachers. There will be no shower facilities available.

Parking: Parking is available in the dirt lot to the west of the stadium.

Live Stream: Pending any technical challenges, we will provide live streaming for the meet at <https://www.flotrack.org/events/13489347-2025-sciac-quad-cup-at-redlands>

Questions: Call Andrew Clarey at (909) 748-8445 or e-mail andrew_clarey@redlands.edu

Field Events

4:00	Hammer (HT)	M/W	
	Shotput (SP)	M/W	(M SP follows W HT)
	Discus (DT)	W/M	
	Javelin (JT)	W/M	(W JT follows M DT)
	Long Jump (LJ)	W/M	
	Triple Jump (TJ)	W/M	(W TJ follows M LJ)
	Pole Vault (PV)	M/W	
4:45	High Jump	W/M	

Track Events

All Track events will run on time, there will be no moving ahead of schedule

5:00	100 Meter Hurdles	W
5:10	110 Meter Hurdles	M
5:20	3,000m Steeplechase	W
5:50	3,000m Steeplechase	M
6:10	4x100 Meters	W
6:15	4x100 Meters	M
6:20	1500 Meters	W
6:30	1500 Meters	M
6:40	400 Meters	W
6:45	400 Meters	M
6:50	100 Meters	W
6:55	100 Meters	M
7:00	800 Meters	W
7:10	800 Meters	M
7:25	400 Meter Hurdles	W
7:35	400 Meter Hurdles	M
7:45	200 Meters	W
7:50	200 Meters	M
7:55	5,000 Meters	W
8:15	5,000 Meters	M
8:35	4x400 Meters	W
8:45	4x400 Meters	M