



Ross and Sharon Irwin Invite

March 14-15, 2025

updated 12/6/24

MEET INFORMATION

ENTRIES PROCEDURE

Entries are due on Direct Athletics www.directathletics.com ON OR BEFORE WEDNESDAY MARCH 12, 2025 AT 5:00PM PST. Please use actual marks from the 2023 or 2024 seasons.

ENTRY FEES

COSTS - Collegiate Teams: \$45 per athlete to a max of \$450 per gender per team. Men's or women's team of 10 or more athletes will be capped @ \$450 each.

Unattached Entry will be \$45 per athlete - must email PLNU Coaching Staff for acceptance into the meet. **NO DAY OF MEET ENTRIES** will be allowed.

Please pay via DirectAthletics at time of entry or make checks payable to "POINT LOMA NAZARENE UNIVERSITY". Entry fees on day of competition will be collected from 9:00am to Noon on meet day at Check-in table.

PACKET PICK UP

Team Packets will be available at the Check-in table on the warmup field near the entrance on the 3rd base line. Relay cards will be provided at packet pick up and additional cards will be located at the check-in table as needed.

ATHLETE CHECK-IN

Running events: Check-in table will be on the warmup field near the entrance on the 3rd base line. Please check in 30 minutes prior to scheduled start time. Please bring relay cards to check-in. **Field events:** Check in 30 minutes prior to event start time with the event official.

HAMMER THROW & JAVELIN

Due to facility constraints on campus, **the hammer throw and javelin will be thrown at the Chula Vista Elite Athlete Training Center in Chula Vista on Friday, March 14th**, the day before.

We understand that this is not an "ideal" situation, but our coaching staff believes this affords the best opportunities for your throwers to compete at an elite facility. The Chula Vista Elite Athlete Training Center address is: **2800 Olympic Pkwy, Chula Vista, CA 91915**

FIELD EVENTS PROCEDURES

Each individual competing in the throws or jumps events will receive (4) attempts with no Finals. We will laser measure in all of the throwing events. Starting Heights for PV & HJ:

STARTING HEIGHTS

WOMEN'S Pole Vault 2.60m (8'3"), MEN'S Pole Vault 3.70m (12'1") with each height increasing by 15cm.

WOMEN'S High Jump 1.30m (4'3"), MEN'S High Jump 1.66 m (5'5.25") with each height increasing by 5cm.

IMPLEMENT WEIGH-IN'S

Friday - Hammer and Javelin: 10:30am - 1:00pm at Chula Vista Elite Athlete Training Center (next to the hammer cage - reference facility map)

Saturday - Shotput and Discus: 7:30am - 11:00am at the northwest corner of the track at the track shed. We will *not* weigh in shotput or Discus implements on Friday this year - please weigh those in on Saturday morning.

PLNU TRACK & FIELD FACILITY ACCESS

8-LANE POLYURETHENE TRACK overlooking the Pacific Ocean. Entrances to the track will only take place through the gate at the southwest corner of the track. All other gates will be closed. We ask that you please convey this information to your coaching staff, athletes and spectators as your assistance in this area is greatly appreciated.

SPECTATOR ADMISSION

ADMISSION: \$10 per Adult / \$5 Youth (5-17) / \$5 College Students with ID / \$5 Seniors / PLNU Students with ID - Free

VENUE PARKING

PLNU PARKING: Teams may drop off on the southwest side on Peppertree Ln or in the Golden Gym lot north of the track complex. All Bus, Team Van, and Spectator PARKING is first come first serve anywhere on campus. Please reference our venue map for all parking lots on campus.

Chula Vista PARKING (Fri-only): Team Parking on venue Map; Spectators park in main entrance off of Olympic Parkway. We will have signs & workers to help spectators get to throws area.



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SPIKE LENGTHS

Spike sizes for the RUNNING EVENTS up to ¼"; JAVELIN & HIGH JUMP up to 3/8"; LONG / TRIPLE JUMPS & POLE VAULT up to ¼".

ATHLETIC TRAINING

During Saturday's competition, **our medical tent will be set up on the far west side of the track**, equipped with modalities, emergency equipment, ice, water, and Gatorade. If your student athletes need to be taped, please send them with the necessary taping supplies. In the event of an emergency during the meet your student athletes can be seen/brought to the sports medicine tent at the far west side of the track.

We will also have athletic training staff present at Friday's competition in Chula Vista.

Please contact Jessica Chaney with any accommodations that we can meet for your student-athletes if your team will not be traveling with an athletic trainer: 225-276-1223
Jchaney@pointloma.edu

TEAM CAMP AREAS

The baseball outfield's warning track will be the team area for this meet. Please do not set up team camps on any other part of the baseball field besides the dirt warning track. The outfield grass will serve as a warm-up area for all competitors. The infield will be off limits.

Please do not set up between the west edge of the track and the cliff that drops off toward the ocean. Please keep all athletes and coaches out of the flagged-off area between the track and the infield on the south-side of the track (Straightaway for sprints & hurdles).

PLNU CANOPY RENTAL

On Saturday: **we will offer to supply, set up and tear down 10' x 10' canopies for teams at an additional charge of \$25 each.** Let our coaching staff know by Wednesday March 13 how many you would like and they will be designated for your team at the baseball field when you arrive. You may pay for Canopies via cash or check payable to "POINT LOMA NAZARENE UNIVERSITY."

TIMING & LIVE RESULTS

All running events will be handled professionally by **Finished Results**. This will include a LED scoreboard display showing results as quickly as possible following each event. The timing area is located on the outside of the track. **THIS AREA WILL BE OFF LIMITS TO ALL ATHLETES AND COACHES.** All measurements will be done in the metric system as per NCAA rules. We will operate with a fixed time schedule - we will not go ahead of scheduled start time for each event.

There will be live results for this meet via Finished Results. Final Results will be emailed out and uploaded onto TFRRS as soon as the meet is complete. Please feel free to contact our SID, Tim Heiduk, at (619) 849-2441 or email: theiduk@pointloma.edu with any or all questions

HOTELS & AREA LODGING

Bartell Hotels has been a great partner for us and the teams that visit PLNU. They have eight properties in San Diego, including three in Point Loma.

Here is a link with the lodging and contact info that we recommend to acquire a discounted room rate: https://thepacwest.com/sports/2014/8/4/GEN_0804141939.aspx

FURTHER INFORMATION

For Any other Questions or Further Information, please contact Coach Jake Poyner at 574-551-8901 or email: jpoyner@pointloma.edu

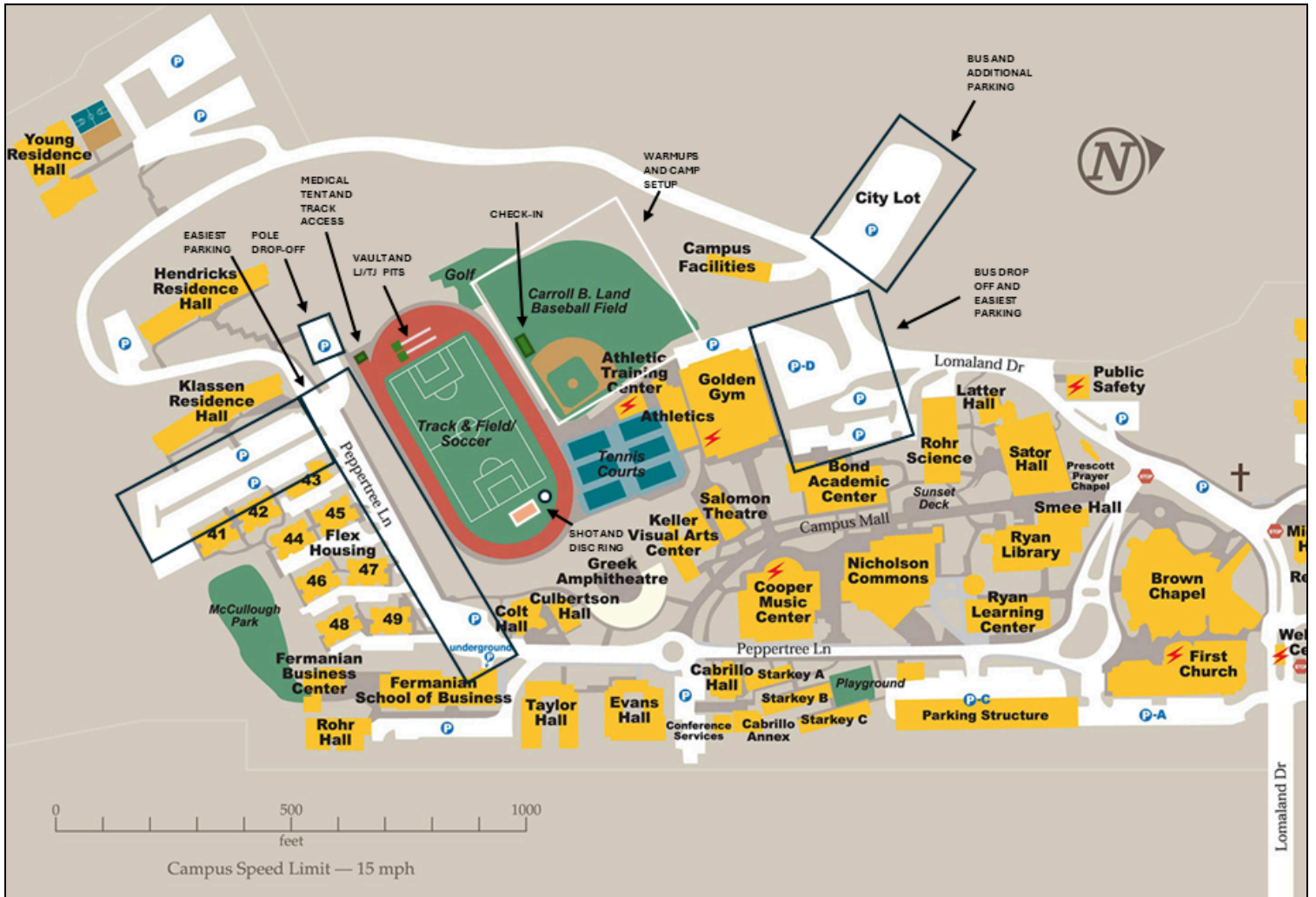


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VENUE MAP - Saturday, March 15th



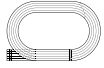
PLNU Track & Field Complex

3900 Lomaland Dr., San Diego 92106



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VENUE MAP - Friday, March 14th



Chula Vista Elite Athlete Training Center

2800 Olympic Pkwy, Chula Vista, CA 91915

Teams - Use "Athletes' Entrance" off of Wueste Rd.

Spectators - Use "Main Entrance" off of Olympic Pkwy.



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TENTATIVE SCHEDULE OF EVENTS

updated 12/6/24

Friday, March 14, 2025 - Chula Vista Elite Training Center FIELD EVENTS

| TIME | EVENTS |
|---------|---------------------------------|
| 10:30am | WEIGH-INS START |
| 12:30pm | HAMMER - WOMEN / MEN TO FOLLOW |
| 2:30pm | JAVELIN - WOMEN / MEN TO FOLLOW |

Saturday, March 15, 2025 - PLNU Track & Field Complex FIELD EVENTS

| TIME | EVENTS |
|---------|---|
| 7:30am | WEIGH-INS START |
| 9:00am | HIGH JUMP - MEN / WOMEN TO FOLLOW |
| 10:00am | SHOT PUT - WOMEN / MEN TO FOLLOW |
| 10:30am | LONG JUMP - MEN East Pit / WOMEN West Pit |
| 12:15pm | TRIPLE JUMP - MEN East Pit / WOMEN West Pit |
| 1:00pm | DISCUS - WOMEN / MEN TO FOLLOW |
| 1:00pm | POLE VAULT - WOMEN / MEN TO FOLLOW |

Saturday, March 15, 2025 - PLNU Track & Field Complex RUNNING EVENTS

| TIME | EVENT |
|----------|-----------------------------------|
| 11:20 am | NATIONAL ANTHEM |
| 11:30 am | 3000-METER STEEPLECHASE W |
| 11:50 am | 3000-METER STEEPLECHASE M |
| 12:05 pm | 4 X 100 RELAY W |
| 12:10 pm | 4 X 100 RELAY M |
| 12:20 pm | 1500 METERS W |
| 12:45 pm | 1500 METERS M |
| 1:05 pm | 100-METER HURDLES |
| 1:15 pm | 110-METER HURDLES |
| 1:25 pm | 400 METERS W |
| 1:40 pm | 400 METERS M |
| 1:55 pm | 100 METERSW |
| 2:10 pm | 100 METERS M |
| 2:25 pm | 800 METERS W |
| 2:45 pm | 800 METERS M |
| 3:05 pm | 400 METER HURDLES W |
| 3:15 pm | 400 METER HURDLES M |
| 3:25 pm | 200 METERS W |
| 3:50 pm | 200 METERS M |
| 4:15 pm | 5000 METERS W (2 heats if needed) |
| 5:00 pm | 5000 METERS M (2 heats if needed) |
| 5:40 pm | 4 X 400 RELAY W |
| 5:50 pm | 4 X 400 RELAY M |

This is a fixed time schedule. We may get behind, but we will NOT go ahead of schedule.