



## **2025 Track & Field Championships**

**Hosted by Long Beach City College**

**Veterans Memorial Stadium, Long Beach, CA**

**Prelims: Tuesday, April 22, 2025**

- Hammer Contested at Cerritos College
- All other events contested at Long Beach City College

**Finals: Saturday, April 26, 2025**

- All events contested at Long Beach City College

**Entries: Entries close Sunday, April 20, 2025, at 6:00 pm**

- **Entries are entered online at [DirectAthletics.com](https://DirectAthletics.com)**
- Each college can enter a maximum of seven entries per event per SCC code.
- Following Tuesday's prelims, the finals scratch deadline is Wednesday, April 23, 2025, by 12:00 noon.
- You must email scratches to both Marcus Carroll at [mcarroll@lbcc.edu](mailto:mcarroll@lbcc.edu) and Bryan Ramos at [bramos@cerritos.edu](mailto:bramos@cerritos.edu).
- Contact Meet Director Marcus Carroll at (619) 309-8094 with any questions/concerns.

**Coaches Meeting(s):**

- Monday, April 21, 2025, at 6:00 pm via Zoom
  - <https://us02web.zoom.us/j/86092964684?pwd=uZJlC0KcpiIQY7xJuaOCEZ0sE8pCbr.1>
- Friday, April 25, 2025, at 6:00 pm via Zoom
  - <https://us02web.zoom.us/j/85968012255?pwd=zPQgqDjlkHmHD7JgXhrfzESZ0jlap61.1>

### **Coaches SoCal Seeding Meeting:**

- 30 minutes following Saturday's final event, coaches will meet upstairs in the KLAC, W-Building (W201) across the street from Veterans Memorial Stadium next to the Hall of Champions Building above the Aquatics Area.

### **Jury of Appeals (TBA):**

- Kal Stewart (LBCC Athletic Director), and/or any other Athletic Administrators in attendance.
- Protest Forms will be provided in Team Packets.

### **Meet Referee:**

- Faith Hogan: USATF Officials Coordinator

### **Championship Handbook Links:**

- [SCC Constitution](#)
- [3C2A T&F Championship Handbook](#)

### **Athletic Trainer(s):**

- Long Beach City College Certified Athletic Trainers will be set up on the southwest end of the stadium.

### **Parking:**

- Parking will be available in the lot outside Vets Stadium. Buses and school Vans must drop off equipment and athletes at Vets Stadium's main entrance.

### **Team setup:**

- Only allowed in the upper stands (PLEASE SECURE to BENCHES)

### **Implement Weigh-ins:**

- **Tuesday, April 22, 2025**
  - Weigh-Ins for Hammer at Cerritos College Athletic Fieldhouse: 8:45-10:15 am
  - Weigh-ins for Shot Put at the Northeast end of LBCC Vets Stadium: 1:45-3:15 pm
- **Saturday, April 22, 2025**
  - Weigh-ins for Discus and Javelin at the Northeast end of LBCC Vets Stadium: 10:00 am - 1:00 pm

### **College Work Assignments:**

- **PLEASE see your college's Tuesday and Saturday** event work assignments per the SCC code.
- Each College should have up to five helpers per assignment.

- Assignments are based on team size, availability, and traditional representation at each event.
- You may switch assignments with another college if agreed upon.
- Any changes, please inform meet management before the start of the prelims.

### **Warm-Up Area:**

- The warm-up area will be at the Softball field outside the stadium. From the southwest end of the stadium, there will be a walkway to and from the field.  
(\*Hurdles will be available for practice on the softball field).
- No infield warm-ups are allowed (\*Pole Vault and High Jump Athletes may use the endzone for warm-up)
- No Electronics Allowed in competition areas.

### **Designated Coaching Boxes**

- Coaching Boxes will be provided for 1-2 coaches in field events.
- No extra coaches/athletes/spectators will be allowed on the infield or coaching boxes.

### **Clerk Area/Event Check-in Procedure:**

- The clerk of the Course will be located between the softball field warm-up area and the southwest entrance of the stadium.
- There will be a staging area for athletes to be escorted to the start of their event.
- Athletes in a contested field event are not required to be in the staging area however, athletes who are not in a contested field event must be in the staging area 10 minutes before the start of the event.
- Track event athletes need to check in 30 minutes before the start of their event.
- Field event athletes must check in at the site 30 minutes before the start of their event.
- NCAA Track and Field Rules will be enforced, and the competition will be governed by the 3C2A Track and Field Championship Handbook.

### **Award Procedures:**

- **An awards presentation will take place** immediately after each track and field event at the center of the infield.
- The top 4 individuals will be recognized with medals
- We will have volunteers escort the top 4 finishers to the awards stand immediately after each event.
- **TEAM CHAMPIONS** will be awarded with a plaque after the meet.

**Tuesday, April 22, 2025**  
**Prelims (Tentative) Schedule**

**Tentative schedule** pending entries - A permanent **PRELIMS** schedule will be **determined** after races are seeded at the entry deadline.

**Tentative Schedule** *(May be condensed if less than two heats/flights in any event)*

**Running Events:**

**College Work Assignment(s)**

2:55 National Anthem

LBCC Blocks

3:00	1500m	W	2 heats
3:15	1500m	M	2 heats
3:30	100H	W	2 heats
3:45	110HH	M	3 heats
4:05	400m	W	2 heats
4:15	400m	M	3 heats
4:30	100m	W	2 heats
4:40	100m	M	4 heats
5:00	800m	W	2 heats
5:15	800m	M	3 heats
5:35	400H	W	2 heats
5:45	400IH	M	2 heats
6:00	200m	W	3 heats
6:15	200m	M	4 heats
6:35	10,000m	W	<b>FINAL</b>
7:25	10,000m	M	<b>FINAL</b>

LBCC/Compton

LBCC/Compton

LBCC/El Camino

LBCC/El Camino

Each School Counting Laps

Each School Counting Laps

**Field Events:**

11:00	Hammer	W
1:30	Hammer	M
2:00	Pole Vault	W
2:30	Long Jump	M
3:30	Shot Put	W
4:00	Pole Vault	M
5:00	Long Jump	W
6:00	Shot Put	M

**PRELIM/FINAL**

**PRELIM/FINAL**

**FINAL**

**PRELIM/FINAL**

**PRELIM/FINAL**

**FINAL**

**PRELIM/FINAL**

**PRELIM/FINAL**

Cerritos

Mt. SAC

Compton

Pasadena

LBCC

Mt. SAC

El Camino

ELAC

## **Saturday, April 26, 2025**

### **Finals schedule**

#### **Field Events:**

#### **College work assignment(s)**

11:30 am	W	Javelin	<b>PRELIM/FINAL</b>	LBCC
1:00 pm	W	High Jump	<b>FINAL</b>	Mt. SAC
1:30 pm	M	Triple Jump	<b>PRELIM/FINAL</b>	Cerritos
1:30 pm	W	Discus	<b>PRELIM/FINAL</b>	El Camino
2:00 pm	M	Javelin	<b>PRELIM/FINAL</b>	ELAC
3:30 pm	M	High Jump	<b>FINAL</b>	Compton
4:00 pm	W	Triple Jump	<b>PRELIM/FINAL</b>	Pasadena
4:00 pm	M	Discus	<b>PRELIM/FINAL</b>	Cerritos

#### **Running Events:**

#### **College work assignment(s)**

Blocks: LBCC

12:55 pm		<u>National Anthem</u>	
1:00 pm	W	3,000m Steeplechase	Barriers: LBCC/Pasadena
1:25 pm	M	3,000m Steeplechase	Barriers: LBCC/Pasadena
1:45 pm	W	400m Relay	
1:55 pm	M	400m Relay	
2:05 pm	W	1500m	
2:20 pm	M	1500m	
2:35 pm	W	100 Hurdles	LBCC/El Camino
2:45 pm	M	110 High Hurdles	LBCC/El Camino
2:55 pm	W	400m	
3:05 pm	M	400m	
3:15 pm	W	100m	
3:25 pm	M	100m	
3:35 pm	W	800m	
3:45 pm	M	800m	
3:55 pm	W	400 Hurdles	LBCC/ELAC
4:05 pm	M	400 Intermediate Hurdles	LBCC/ELAC
4:15 pm	W	200m	
4:25 pm	M	200m	
4:35 pm	W	5,000 Meters	All schools counting their laps
5:05 pm	M	5,000 Meters	All schools counting their laps
5:30 pm	W	1600m Relay	
5:45 pm	M	1600m Relay	