

South Coast Conference Opener

Saturday February 8th, 2025

Veterans Memorial Stadium

11.1.10 South Coast Conference Opener Event will be a conference obligation competition and shall be at the site of conference championship, unless mutually agreed at the pre-season meeting by the coaches to deviate.

11.1.8 At South Coast Conference Obligated Track & Field Competitions by-law 20.1.1, a conference member college that does not provide the necessary work crew (5) 30 minutes prior to the scheduled start time of the event, will be charged \$250.00 (\$50.00 per worker, 5 workers per event). This charge will be assessed for either prelims and/or finals infractions. The amount will be used to pay additional workers to man the vacated competition. The fine(s) must be paid prior to the start of the next South Coast Conference Obligated Competition (conference championship included) or the college and its athletes will not be allowed to participate. All fines must be paid to the host school where the infraction occurred.

***In an effort to have the meet run as most efficiently as possible, we would GREATLY appreciate each college's assistance in providing FIVE individuals that we can utilize to assist with certain field events. Your help is appreciated - Thank you.**

Entry Fees: Please make checks payable to LBCC Track & Field

Teams: \$350 per gender, \$700 per both

Unattached: \$40 per athlete (Unlimited Events)

***All entry fees will be collected at the main entrance; unattached athletes will be provided with a wristband verifying payment with clerk of the course and/or field official.**

Spectators: General Admission is \$5.00, LBCC Students are Free at Gate with Valid Student ID.

Entry Registration: Teams must register through Direct Athletics by Tuesday, February 5th, 11:59 PM

Late Adds/Scratches: No additional athletes will be allowed after the entry deadline. Please communicate any scratches prior to the day of the meet.

Timing/Results: Timing for this event will be handled by **Finished Results**. Visit their website or Live Results App at the following: <https://finishedresults.com>. QR Code will be posted throughout the stadium with the live results link. At the end of the meet, official results will be posted on Direct Athletics.

Parking: Parking will be available in lot outside of Vets Stadium. Buses/School Vans will need to drop off equipment/athletes at Vets Stadium's main entrance.

Athlete/Coaches Entrance: Coaches and Athletes may enter the track and field through the south-end entrance in the stadium. Entrance to the stadium will be through the tunnels connected to the front entrance.

Implement Weigh-Ins: Implement weigh-in will be located at the north entrance to the stadium. Signs will be posted directing athletes/coaches where to go.

Check-in: Track Events: 30 minutes prior to the start of the event at the Clerk's table located in the infield - Field Events: 30 minutes prior to the start of the event at the field event site.

Warm-up area: Athletes may warm up on the infield and track prior to the first running event. Track will be closed for warm-up after the national anthem. Athletes only will be allowed on the infield. Baseball/Softball field may be available for larger warm up areas.

Throwing Venues/Viewing: All throwing events will be contested at the north end of the stadium. Seats on the north end of the stands will be reserved for the viewing and coaching of the throwing events. There will be a small portable bleacher area for athletes and coaches at the Javelin and Discus area. Spectators will need to view all Throws from the stands.

Restrooms: Restrooms are located across the entrance to the main stadium.

First Aid: LBCC Athletic trainers will be On-Site. Teams and individual athletes are responsible for supplying their own Athletic Tape, Medical Supplies, etc.

Questions Contact: Marcus Carroll, Director of Track & Field/Cross Country, Long Beach City College, Office: 562.938.4741, Cell: 619.309.8094, Email: mcarroll@lbcc.edu

Saturday February 8th
Time Schedule

Field Events (4 attempts throws, LJ, and TJ):

8:00am	Hammer	Women followed by Men (at Cerritos College)
11:00am	Pole Vault	Women followed by Men
	Long Jump	Women followed by Men
	Discus	Women followed by Men
	Javelin	Men followed by Women
2:00pm	High Jump	Women followed by Men
3:00pm	Triple Jump	Women and Men
	Shot Put	Women then Men

12:00pm Running Events *(final time schedule determined after entries submitted)*

National Anthem

Mixed 4x200m Relay (2 Women, 2 Men)

1500m W

1500m M

60m Hurdles W

60m Hurdles M

600m W

600m M

60m W

60m M

DMR (1200, 400, 800, 1600) W

DMR (1200, 400, 800, 1600) M

Mixed 4x800m Relay (2 Women, 2 Men)

300m Hurdles W

300m Hurdles M

150m W

150m M

3000m W

3000m M

Mixed 4x400m Relay (2 Women, 2 Men)