

BEN BROWN TRACK & FIELD INVITATIONAL

March 6th & 7th, 2009

Cal State Fullerton

ATTENTION COACHES!

- 1) MEET IS AT CAL STATE FULLERTON.**
- 2) NEW 2-DAY OPEN/INVITATIONAL
FORMAT FOR 2009.**
- 3) PLEASE READ ENTRY INFORMATION
CAREFULLY.**
- 4) ENTRY DEADLINE MONDAY, MARCH 2ND
@ 5:00pm PST.**
- 5) THERE WILL BE NO LATE OR MEET DAY
ENTRIES.**
- 6) PLEASE MAKE SURE YOUR ATHLETES
FOLLOW THE MEET DAY DECLARATION
AND CLERKING PROCEDURES OR THEY
WILL BE SCRATCHED.**

2009 BEN BROWN TRACK & FIELD INVITATIONAL

Hosted by Cal State Fullerton

LOCATION

Cal State Fullerton, 800 N. State College Blvd., Fullerton, CA 92834

DATES

Friday, March 6th

Open Session

Saturday, March 7th

Invitational Session; Open/Invitational Distance Carnival

ENTRY INFORMATION

Invitational/Open:

In each event an athlete may be entered in the open session or the invitational session but not both. **Open Entries:** each athlete entered in an open event will be accepted and automatically placed in the open session on Friday. **Invitational Entries:** all NCAA Division I athletes entered in an invitational event will automatically be accepted and placed in the invitational session on Saturday. The remaining spots in each invitational event will be filled by the best marks entered until the desired field size is reached. Athletes entered in an invitational event that do not make the field will automatically be placed in the corresponding open event on Friday.

Saturday Open/Invitational Distance Carnival – All open and invitational entries will be accepted and seeded by marks entered.

This entry system allows the following scenarios: (1) a coach that wants all their athletes to compete on Friday can enter only in the open session, (2) a coach that wants their best athletes to have an opportunity to compete on Saturday can enter those athletes in the invitational session and their remaining athletes in the open session, and (3) Division I coaches have the opportunity to enter all their athletes in the Saturday invitational session.

Entry Deadline:

Entry deadline is Monday, March 2nd @ 5:00pm PST. **There will be no late or meet day entries.**

Team Entries:

All team entries will be done online at www.ezmeets.com. Email Don Chadez at dchadez@aol.com to be placed on the team list and to receive your password. You may enter and update your entries up until the posted entry deadline.

Individual Entries:

Individual/Unattached entrants must email Don Chadez at dchadez@aol.com the following information by the posted entry deadline: Name, Sex, Event(s), Open/Invite, & Mark(s). Please put **Ben Brown Entry** as the subject of your email. Sample entries:

Barak Obama	M	High Jump	Invite	7' 2"
Sarah Palin	F	400 meters	Open	63.05

Entry Marks: In the interest of fairness and the integrity of this meet as well the sport of track & field, all coaches and athletes are asked to enter only legitimate/current marks.

Entries Posted: Entries will be posted on www.flashresults.com/flashwest by Wednesday evening, March 4th.

Entry Fees: Option 1 - \$350 per team (unlimited entries); Men + Women = \$700.
Option 2 - \$20 per individual athlete entered. \$20 per relay entered.

Checks payable to: CSF Athletics

Send entry fee to: John Elders, Head Track & Field Coach
Cal State Fullerton
P.O. Box 6810
Fullerton, CA 92834-6810

MEET DAY DECLARATIONS & CLERKING

Declarations: **Track Events:** Athletes must declare at the clerk's table no later than 45 minutes prior to the event. Athletes that do not declare prior to the deadline will be scratched.

Field Events: Report directly to the event for flight assignments no later 30 minutes prior to the event. Athletes that do not report by the 30-minute deadline will be scratched.

Heat/Lane Assignments: Running event athletes must return to the clerk's table 10 –15 minutes prior to the event to get their heat/lane assignment and the appropriate hip number.

Clerk: Clerk's tent will be located on the grass on the West end of the track.

FIELD EVENT INFORMATION

Attempts/Flights: **Hammer/Javelin/Discus/Shot/Horizontal Jumps** - 4 attempts for all competitors. Flights will be ordered from best to least.

Opening Heights:

	<u>Open</u>	<u>Invite</u>
W. PV	2.95m	3.25m
M. PV	4.00m	4.45m
W. HJ	1.40m	1.55m
M. HJ	1.70m	1.85m

Weigh-ins: Implement weigh-ins will be located on the field east of the track and near the hammer area.

Friday: 10:30am – 3:00pm
Saturday: 9:30am – 2:00pm

MISC. INFORMATION

- Time Schedule:** The time schedule posted is tentative. A final time schedule will be posted at www.flashresults.com/flashwest and on the track & field page of www.fullertontitans.com by Noon on Thursday, March 5th.
- Athlete Entrance:** Athletes will enter at the North Gate. The North Gate can be accessed from the service road that runs between Titan Stadium and the Track.
- Spectators:** The admission fee will be \$5. Children 5 and younger are free.
- Warm-ups:** Please have your athlete's warm-up on the West field. The West field is behind the main bleachers and next to the tennis courts.
- Spikes:** Please no longer than ¼' pyramid spikes.
- False Starts:** Meet will be conducted under NCAA rules (no false starts).
- Timing/Results:** FAT & results will be provided by *Flash Results Inc.* Hand times for the 3000m Steeplechase only. Results will be available Sunday on the web at www.flashresults.com/flashwest.
- Location:** **CSF** - CSF is located in North Orange County next to the 57 freeway; exit the 57 @ Yorba Linda Blvd. and go West; turn left onto State College Blvd.; immediately turn left into Parking Lot A. **Parking is \$8 on Friday and Free on Saturday.** From Lot A walk directly across West Campus Drive. The track is just South of Titan Stadium.
- Contact Person:** John Elders (714) 278-3490 or jelders@fullerton.edu.