



# PACIFIC COAST INTERCOLLEGIATE

Jack Rose Track • Long Beach State University

Thursday, April 13, 2017

## ENTRY PROCEDURES

### COLLEGE/UNIVERSITIES

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All collegiate teams must enter using the *Direct Athletics* website at [www.directathletics.com](http://www.directathletics.com).

### PAYMENT INSTRUCTIONS FOR COLLEGE/UNIVERSITIES

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ENTRY FEES MUST BE PAID ONLINE WITH [www.directathletics.com](http://www.directathletics.com) PRIOR TO THE CLOSE OF ENTRIES. Schools who DO NOT PAY ONLINE by the entry deadline risk having their entries scratched from the meet. Online payment must be received by the entry deadline of Wednesday, April 5<sup>th</sup> at 6pm.

### ENTRY PROCEDURES FOR ELITE POST-COLLEGIATE ATHLETES

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Because we are in an NCAA recruiting Dead Period, we will not be accepting any open competition or teams that have prospective student-athletes (i.e., Junior Colleges or High Schools). A few hand picked elite, post-collegians will be allowed to compete as exhibition, but those individuals must receive our approval first to be added to the meet.

*Top 15-ranked U.S. and top 50 world-ranked athletes may have entry fees waived upon request. This is based on 2016, 2017 or current Track & Field News or IAAF Senior World rankings. Email [latanya.sheffield@csulb.edu](mailto:latanya.sheffield@csulb.edu) to enter as an elite athlete. We cannot reimburse fees once paid. Meet management reserves the right to select what entries will be accepted and in which sections and lanes entrants will be placed.*

### ENTRY FEE (TEAM AND INDIVIDUAL)

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Individual entry fees are calculated based upon the number of entries submitted as of 6:00pm (PST), Wednesday, April 5<sup>th</sup>.

Team entry fees are \$400 per team/per gender. Individual entries are \$25 per event/per athlete and \$40 per relay. Team and Individual Entries are payable ONLINE ONLY. Schools with 14 or more athletes are considered a team with no relay fees for full team entries. Teams with 13 or less athletes will pay \$25 dollars per event/per athlete and \$40 per relay fee. ALL ENTRY FEES SHOULD BE PAID ONLINE ON DIRECTATHLETICS.COM PRIOR TO THE CLOSE OF ENTRIES.

*There will be no refunds for scratches or entries not accepted into the meet.*

### ACCEPTED ENTRIES

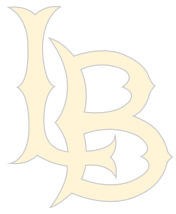
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A list of accepted entries will be available to view online at <http://www.longbeachstate.com/sports/c-track/lbst-c-track-body.html> on Thursday, April 6 @ 12:00 p.m. (PST).

**No day-of-the-meet entries, changes, or swops. NO EXCEPTIONS!!!**

### IMPORTANT DATES TO REMEMBER

ENTRY DEADLINE:	Wednesday, April 05 @ 06:00 p.m. PST	TEAM INFORMATION FORM DEADLINE:	Monday, April 10 @ 12:00 p.m. PST
ACCEPTED ENTRY LIST POSTED:	Thursday, April 06 @ 12:00 p.m. PST	FINAL BAR PROGRESSIONS POSTED:	Monday, April 10 @ 12:00 p.m. PST
MEDIA CREDENTIAL REQUESTS:	Monday, April 10 @ 12:00 p.m. PST	HEAT SHEETS POSTED:	Monday, April 10 @ 12:00 p.m. PST



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## **ARRIVAL ON CAMPUS**

### **DIRECTIONS**

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Driving directions can be found on-line by [clicking here](#). Campus maps with parking locations can be found by [clicking here](#).

### **PARKING**

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Team buses and team vans will not be charged to park. Standard spectator parking is \$7.00. Spectator parking is available off of Atherton Avenue in lots 13, 14 and parking structure 1. Parking is also available off of Palo Verde Avenue in lots 11, 12 and parking structures 2 & 3. **NOTE: Parking in the residential area is prohibited.**

### **PACKET PICKUP**

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Coaches may pick up packets at the entrance to the baseball field (designated as the warm-up and team set up areas for the meet). This location is also the designated drop off area for teams arriving by bus. Packet pickup hours of operation are Thursday, April 13<sup>th</sup> from 8:30 a.m. – 12:00 p.m. (*times may adjust if we alter the competition schedule*). Packets and wristbands will not be distributed without full payment at time of pick up.

Our ticket office personnel will distribute the packet to the first coach who arrives at the team drop off location. This packet will contain access credentials for the entire team and staff. If coaches and athletes are planning to arrive at different times, please make arrangements for your team to meet at a designated location outside the facility to distribute your team credentials. We CANNOT hold the team packet at packet pick up.

Use the "TEAM INFORMATION FORM" link to designate your support staff travel party. Wristbands will be issued to a reasonable number of coaches, trainers and managers with official duties allowing them access to competition, warm-up and viewing areas.

### **ADMISSION**

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- Adults \$10
- Seniors (60+) & Youth (3-12) \$8. Seniors must present I.D. to receive discount.
- CSULB students are FREE with Student ID.



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## **ENTERING THE TRACK COMPLEX**

### **JACK ROSE TRACK FACILITY**

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Our IAAF certified facility features a 9 lane (48" width) Beynon track surface and runways. Our dual side-by-side jump pits are also dual-directional for the high, long, triple and pole vault. We have expanded our throws area by adding dual, side-by-side shot put, dual directional javelin, and three directional discus rings on the infield. The hammer ring is located just outside the north end of the track.

### **DROP OFF & TEAM AREAS**

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Teams arriving by bus will be directed to pull through on the state vehicle access road between the south side of the Walter Pyramid and baseball. Drop off will be at the left field entrance to the baseball field designated as the warm-up and team set up areas for the meet. Teams may enter the warm-up area and set up while coaches pick up packets. Athletes and coaches will not have access to the track stadium until they receive their access credentials in their team packets. Pole Vault poles may be dropped off by van only at the state vehicle parking next to the Barrett Athletic Administration Center and Hammer Cage.

### **TEAM TENTS**

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Team tents are restricted to specific areas on the warm up area at the baseball field.

### **WARM UP**

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No warm-ups will be permitted on the Jack Rose Track at any time. Athletes should use the baseball field located outside the North East corner of the track complex. This area will also serve as the team area during the two-day event. Team tents are allowed on the baseball field but are restricted to specific areas on the grass. Lanes and hurdles for warm-up will be provided in the warm-up area. Please stay off the baseball diamond. Access is prohibited.

### **TRAINERS**

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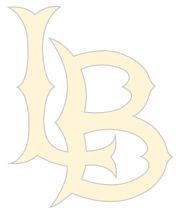
Each visiting school must provide their own trainer. Trainers can set up their tables in the team warm up area (baseball outfield) or under the LBSU trainer's tent on the north end of the track facility. Long Beach State Athletic Medicine will be onsite for ice, emergency and first aid care only. LBSU is not responsible for stretching, taping or treatments.

If you have questions or requests prior to the event, you may contact Chrissy Turnbull, LBSU's Track & Field Trainer. Work (562) 985-5222 or email [Christine.Turnbull@csulb.edu](mailto:Christine.Turnbull@csulb.edu) If you have questions on the day of the event, you may reach her at her Cell.# (925) 487-0531.

### **RESTRICTIONS**

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| △ No food or beverages are permitted on the facility (only H2O) | △ No warm-ups on the track or infield          |
| △ No bags larger than a backpack allowed in competition area    | △ Access to the baseball diamond is restricted |
| △ No headphones are allowed in the competition area             | △ No team tents or umbrellas in the bleachers  |



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## CLERKING CHECK-IN PROCEDURE

### ATHLETE FLOW SUMMARY: RUNNING EVENTS

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Athletes in all running events will follow the protocol outlined below:

1. Athletes must report to the Track Clerks' Tent by the right field Baseball Dugout NO LATER than 60 minutes before the scheduled start of the event, or be scratched;
2. Athletes must report back to the right field Baseball Dugout 10 minutes before the start of their race to receive hip numbers;
3. Athletes will be escorted to the Holding Area near the main finish line;
4. Athletes will be escorted from the Holding Area to the starting line;
5. At the conclusion of the running event, athletes must exit the track through a designated gate adjacent to the Holding Area and return to the Warm-up area;
6. Event champions, and selected athletes will be escorted to the Media Interview Tent.

### ATHLETE FLOW SUMMARY: FIELD EVENTS

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Athletes in all field events will follow the protocol outlined below:

1. Athletes must report to the FIELD CLERKS' Tent located at the South end of the Long/Triple Jump runways (under the palm trees) NO LATER than 60 minutes before the scheduled start of the event, or be scratched;
2. Athletes must report back to the FIELD CLERK 15 minutes prior to the start of their flight;
3. Athletes will be escorted from the Holding Area to their field event;
4. Athletes competing in the Hammer Throw will report directly to the event site;
5. At the conclusion of the field event, we ask that all athletes exit the infield through the SW gate at the FIELD CLERK's Tent;
6. Champions, and selected athletes may be escorted to the Media Interview Tent.

NOTE: The FIELD CLERK location will change to the opposite (North) end of the jump runways if wind direction changes.

### SPIKE LENGTH INSPECTION

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A maximum length of 1/4" PYRAMID spikes will be accepted on the track facility and runways. Athletes with the incorrect spike type or length will not be allowed to compete.

Spike checks will be conducted at the entrance to the track through the Clerk area before the athletes enter the stadium. 1/4" PYRAMID spikes will be sold at the spike check table. Any shoe that is not inspected and approved will be disqualified at the competition site and/or starting line.

### LONG BEACH STATE SPIKE LENGTH RESTRICTIONS



NO  
CHRISTMAS TREE  
SPIKE PINS



1/4"  
PYRAMID  
ONLY!



NO  
NEEDLE SPIKE  
PINS

3/8"  
EXCEPTION FOR  
HIGH JUMP & JAVELIN



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## **CLERKING CHECK-IN PROCEDURE**

*(continued)*

### **IMPLEMENT INSPECTION**

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Weigh-ins for implements will be located at the Track Shed outside the top of the north turn of the track. Implements must be weighed in a minimum of 1 hour prior to the scheduled start time the event. Implement inspection times are scheduled as follows:

#### **Thursday, April 13**

Men's Hammer	07:00a - 08:00a
Women's Javelin	07:00a - 08:00a
Men's Javelin	09:20a - 10:20a
Women's Hammer	10:00a - 11:00p
Men's Discus	11:15a - 12:15p
Women's Shot	12:15p - 01:15p
Women's Discus	01:15p - 02:15p
Men's Shot	02:30p - 03:30p

### **COACHES BOXES**

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Coach's boxes will be available during the competition for all field events. Wristbands will be provided to each institution for coach's box. Access to infield will be located at the South West and North Turn gates.

### **FOOD TRUCKS**

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Food trucks will be onsite to cater to the needs of our participants and spectators.

NOTE: See "Restrictions" at the bottom of page 4.



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## **ENTRY GUIDELINES & COMPETITION RULES**

### **ENTRY STANDARDS**

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Entries will be subject to restriction due to limited field sizes. POLICY: LBSU Meet Management will fill the field in an event(s) where there are an insufficient number of athletes with the standard. An invitation will be extended to these additional persons based on verified entries in their performance rank order.

Field sizes for ALL EVENTS will be controlled in order to complete the meet within the proposed time schedule. ALL ENTRIES are at the discretion of the meet management staff. ANTICIPATED FIELD SIZES are listed within the [TENTATIVE time schedule](#).

### **GOVERNING RULES**

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The meet will operate under NCAA rules. Wind gauges will be used for sprints and horizontal jumps. All horizontal jumpers and throwers will receive 3 attempts, and only the top 9 Individuals are eligible to compete in the finals. Finalists will be given 3 more attempts in the horizontal jumps and throws.

### **DUAL MEET vs. DIVISION 1 SCORING**

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The 2017 PACIFIC COAST INTERCOLLEGIATE will be a DIVISION 1 only team competition. It will be scored 10-8-6-5-4-3-2-1 for all entered teams and for all events. If your team would prefer to be included in DUAL MEET SCORING (5-3-1; 5-0) to satisfy NCAA Competition requirements, please contact Shawn Winget [shawn.winget@csulb.edu](mailto:shawn.winget@csulb.edu) NO LATER than Monday, April 9<sup>th</sup>. All scoring will be released on our HOME MEET INFORMATION page within 48 hours of the event. Click here for the link to the [Track & Field News 2016 Dual Meet Rankings](#).



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## SPORTS INFORMATION

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All information related to the meet (i.e., final time schedule, entries, and final results) will be posted at our Long Beach State Track & Field Athletics Webpage:

[www.longbeachstate.com/sports/c-track/lbst-c-track-body.html](http://www.longbeachstate.com/sports/c-track/lbst-c-track-body.html)

Direct all media requests, including Media Credentials, through your school's Media Relations department by Monday, April 10 to:

Lindy Zamora      LBSU Track & Field S.I.D.      [Lindy.Zamora@csulb.edu](mailto:Lindy.Zamora@csulb.edu)      (562) 985-8569

Results can also be found at:

Direct Athletics:      [www.directathletics.com](http://www.directathletics.com)

Royal Results Timing:      [www.royalresults.com/results/](http://www.royalresults.com/results/)

## MEET MANAGEMENT STAFF

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Andy Sythe	Head Coach (Jumping Events)	<a href="mailto:andy.sythe@csulb.edu">andy.sythe@csulb.edu</a>	(562) 618-1020
Shawn Winget	Assistant Coach (Distance Events)	<a href="mailto:shawn.winget@csulb.edu">shawn.winget@csulb.edu</a>	(562) 985-2318
LaTanya Sheffield	Assistant Coach (Sprints, Hurdles, Relays)	<a href="mailto:latanya.sheffield@csulb.edu">latanya.sheffield@csulb.edu</a>	(562) 985-1700
Cory Loebel	Assistant Coach (Throwing Events)	<a href="mailto:coryloebel@hotmail.com">coryloebel@hotmail.com</a>	(562) 682-5538
Brandon Hierholzer	Assistant Coach (Pole Vault)	<a href="mailto:bhier5@yahoo.com">bhier5@yahoo.com</a>	(530) 416-0070

## HOTELS

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Contact Andy Sythe at [andy.sythe@csulb.edu](mailto:andy.sythe@csulb.edu) if you would like us to email you a list of hotels in the vicinity of our venue. There may be a few hotels remaining that offer discounted Pacific Coast Intercollegiate rates to our participating teams.

## COACH'S BOXES

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Coach's boxes will be available during the competition for all field events. Wristbands of different color will be provided to each institution per coach's box. Access to infield will be located at the FIELD CLERK location and North Turn gate. NOTE: See "Restrictions" (p.4) as these policies apply to coaches and participants.