



CHALLENGE

Long Beach State | UC Santa Barbara | Cal State Fullerton | UC Irvine
Friday, April 7, 2017 • [Jack Rose Track](#) • Long Beach State University

ENTRY PROCEDURES

Both teams must enter using the *Direct Athletics* website at www.directathletics.com PRIOR TO THE CLOSE OF ENTRIES. There is no entry fee.

ACCEPTED ENTRIES

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 Tuesday, April 4 @ 12:00 p.m. (PST).

IMPORTANT DATES TO REMEMBER

ENTRY DEADLINE:	Tuesday, April 4 @ 12:00 p.m. PST	FINAL BAR PROGRESSIONS POSTED:	Wednesday, April 5 @ 12:00 p.m. PST
MEDIA CREDENTIAL REQUESTS:	Tuesday, April 4 @ 12:00 p.m. PST	ACCEPTED ENTRY LIST POSTED:	Wednesday, April 5 @ 12:00 p.m. PST
TEAM INFO. FORM DEADLINE:	Tuesday, April 4 @ 12:00 p.m. PST	HEAT SHEETS POSTED:	Wednesday, April 5 @ 9:00 p.m. PST

PARKING

Team buses will not be charged to park. Passes for vans will be placed in your team packet. 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. Find Directions by [clicking here](#) and campus maps by [clicking here](#).

PACKET PICKUP

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 and vans. Packet pickup will be available from 11:30 a.m. to 1:30 p.m.

The Ticket Office will distribute the packet to the first coach from each institution that arrives at Packet Pick-up. 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

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

ENTERING THE TRACK COMPLEX



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JACK ROSE TRACK FACILITY

Our IAAF certified facility features a 9 lane (48" width) Beynon track surface and runways. Our dual jump pits are also dual-directional for the high, long, triple and pole vault. Our throws area includes 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

Teams arriving by bus and vans 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 and parking passes. 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

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

WARM UP

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 can serve as the team area during the 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.

TRAINERS

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 If you have questions on the day of the event, you may reach her at her Cell.# (925) 487-0531.

CLERKING CHECK-IN PROCEDURE

ATHLETE FLOW SUMMARY: RUNNING EVENTS

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

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1. Athletes must report to the Track Clerks' Tent by the right field Baseball Dugout NO LATER than 15 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.

ATHLETE FLOW SUMMARY: FIELD EVENTS

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

1. Athletes must report to the USATF Official for check-in at their event site no later than 30 min prior to the start of competition or be scratched.

SPIKE LENGTH INSPECTION

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

Spike checks will be conducted at the entrance to the track through the Clerk areas before the athletes enter the Holding Areas. 1/4" PYRAMID spikes will be sold at each clerk's table. Any shoe that is not inspected or 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**

IMPLEMENT WEIGH-IN PROCEDURE

IMPLEMENT INSPECTION

Weigh-ins for implements will be located at the Track Shed outside the top of the north turn of the track. Implement inspection will open one hour prior to the start of the first throwing event and close two hours later (11:00 a.m. to 1:00 p.m.).

COMPETITION RULES

GOVERNING RULES

The meet will operate under NCAA rules. Wind gauges will be used for sprints and horizontal jumps. All horizontal jumpers and throwers will receive 4 attempts.

DIVISION 1 SCORING

This event is a Division 1 scored competition. The Quadrangular meet will be scored as follows:



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Individual Events		Relay Events	
Place	Points	Place	Points
1 st	= 9 pts.	1 st	= 9 pts.
2 nd	= 7 pts.	2 nd	= 7 pts.
3 rd	= 6 pts.	3 rd	= 6 pts.
4 th	= 5 pts.	4 th	= 5 pts.
5 th	= 4 pts.		
6 th	= 3 pts.		
7 th	= 2 pts.		
8 th	= 1 pt.		

A maximum of 2 athletes per team will score per event.

EVENT MARKERS

Runway markers will be provided for the competitors in the Pole Vault, Long Jump, Triple Jump, and Javelin. Tape and other forms of markers are disallowed. High Jumpers may use tape.

COACHES BOXES

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

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

NOTE: See "Restrictions" below.

RESTRICTIONS

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

SPORTS INFORMATION

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

Direct all media requests, including Media Credentials, through your school's Media Relations department by Tuesday, April 4 to:



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Lindy Zamora

LBSU Track & Field S.I.D.

Lindy.Zamora@csulb.edu

(562) 985-8569

Results can also be found at:

Direct Athletics:

www.directathletics.com

Royal Results Timing:

www.royalresults.com/results/

MEET MANAGEMENT STAFF

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