



BEACH OPENER

[Jack Rose Track](#) • Long Beach State University

ENTRY PROCEDURES

TEAMS

Invited teams must enter using the *Direct Athletics* website at www.directathletics.com

Invited teams are:

Long Beach State, USC,
Cerritos College, College of the Canyons, Cuyamaca College, Golden West College,
Long Beach CC, Mt. SAC, Orange Coast College, West Los Angeles College

ENTRY FEE (TEAM AND INDIVIDUAL)

Team entry fees are \$200 per team/per gender. Individual entries are \$15 per athlete and \$30 per relay. 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 \$15 dollars per athlete and \$30 per relay fee.

Entry fees are calculated based upon the number of entries submitted as of 6:00pm (PST), Tuesday, February 27th.

PAYMENT INSTRUCTIONS FOR TEAMS

Payment due in full at packet pick up. If you anticipate a problem with payment by the deadline, please contact Andy Sythe at andy.sythe@csulb.edu by 6:00 pm on Wednesday, February 28th.

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 Wednesday, February 28th @ 12:00 p.m. (PST).

No late or day-of-the-meet entries, changes, or swops accepted except for those added by teams using the add slip in your team packet.

IMPORTANT DATES TO REMEMBER

ENTRY DEADLINE:	Tuesday, February 27 @ 06:00 p.m.	TEAM INFORMATION FORM DEADLINE:	Wednesday, February 28 @ 05:00 p.m.
ACCEPTED ENTRY LIST POSTED:	Wednesday, February 28 @ 12:00 p.m.	FINAL BAR PROGRESSIONS POSTED:	Thursday, March 1 @ 12:00 p.m.
MEDIA CREDENTIAL REQUESTS:	Wednesday, February 28 @ 12:00 p.m.	HEAT SHEETS POSTED:	Thursday, March 1 @ 12:00 p.m.



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ARRIVAL ON CAMPUS

DIRECTIONS

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

PARKING

Team buses will not be charged to park. All other vehicles must pay the standard spectator parking of \$8.00. Spectator parking is available off of Atherton Avenue in lots G11, G9, G8, G7, G6 and PS1 (also known as the Pyramid Parking Structure). Parking is also available off of Palo Verde Avenue in lots G12, G13, G14 and parking structures PS2 & PS3 (also known as Palo Verde North and Palo Verde South Parking Structures). **NOTE: Parking in the residential area is prohibited.**

PACKET PICKUP

Coaches may pick up packets on Friday March 2nd at the Walter Pyramid Ticket Office on the West side of the Pyramid nearest Lot G11. Friday's packet pickup hours of operation are from 10:30 a.m. – 12:30 p.m.

Packet pick up on Saturday, March 3rd will be at the main spectator entrance to the track from 8:00 a.m. – 9:30 a.m.

The packets 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 the Walter Pyramid box office.

Packets and wristbands will not be distributed without full payment at time of pick up.

ADMISSION

- Adults \$10
- \$8 Seniors (60+) & Youth (3-12). 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

Our 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

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

Team tents are restricted to specific areas on the warm up area at the baseball field. Tents should only be set up on grass so the baseball warning track can remain unobstructed to athletes who run the perimeter of the field for warm up. Please limit tent size to 20' width. This will allow for all teams to have a team area on the perimeter grass of the baseball outfield.

WARM UP

No warm-ups will be permitted on the Jack Rose Track or infield 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.

ATHLETIC TRAINERS

The LBSU athletic training staff will be onsite for acute and urgent care of injuries to visiting athletes. No treatment will be provided without a written request and required supplies from the athlete's athletic trainer. No medications will be dispensed to visiting athletes. Visiting Athletic trainers can set up their tables in the team warm up area (baseball outfield) or under the LBSU Medical Tent on the north end of the track facility.

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.

RESTRICTIONS

- △ No food or beverages are permitted on the facility (only H2O)
- △ 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

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

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 and remain in the Holding Area a minimum of 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 athletes exit the infield through the SW gate at the FIELD CLERK's Tent;
6. Champions, and selected athletes will 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

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

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

Friday, March 2nd

Women's Javelin	10:30a - 12:30p
Men's Hammer	10:30a - 12:30p
Women's Hammer	01:00p - 03:00p
Men's Javelin	01:00p - 03:00p

Saturday, March 3rd

Men's Shot	08:00a - 10:00a
Women's Discus	08:30a - 10:30a
Women's Shot	11:00a - 01:00p
Men's Discus	11:00a - 01:00p

ENTRY GUIDELINES & COMPETITION RULES

ENTRY STANDARDS

No entry standards. ALL ENTRIES are at the discretion of the meet management staff. ANTICIPATED FIELD SIZES are listed within the [TENTATIVE time schedule](#).

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 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.



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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 12:00 pm Wednesday, February 28 to:

Tyler Hendrickson LBSU Track & Field S.I.D. tyler.hendrickson@csulb.edu (562) 985-7797

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
LaTanya Sheffield	Assoc. Head Coach (Sprints, Hurdles, Relays)	latanya.sheffield@csulb.edu	(562) 985-1700
Shawn Winget	Assistant Coach (Distance Events)	shawn.winget@csulb.edu	(562) 985-2318
Cory Loebel	Assistant Coach (Throwing Events)	coryloebel@hotmail.com	(562) 682-5538
Brandon Hierholzer	Assistant Coach (Pole Vault, Multi Events)	hiervault5@yahoo.com	(530) 416-0070

MISC.

COACHES BOXES

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 South West (FIELD CLERK location) and North Turn gate. NOTE: See "Restrictions" (p.3) as these policies apply to coaches and participants.

FOOD TRUCKS

Food trucks will be onsite to cater to the needs of our participants and spectators on Saturday, March 3rd. The Wall Street Café will be open outside the Southwest entrance of the track on Friday, March 2nd.

NOTE: See "Restrictions" at the bottom of page 3 regarding food and beverages on the facility.