



36TH ANNUAL AZTEC TRACK AND FIELD INVITATIONAL

Thursday, Friday & Saturday - March 27th - 29th 2014

Entry Guidelines

Men and Women Combined Events

Thursday-Friday, March 27th-28th @ SDSU

- All decathlon and heptathlon entries will be accepted.
- NCAA implements and hurdle heights

Hammer Throw

Friday, March 28th @ UCSD

- Open and Invitational Sections of the hammer throw will be contested at UC San Diego

Open Section

Friday, March 28th @ SDSU

- All Junior and Community College Team entries will be accepted.
- Individual/Unattached athletes that do not meet invitational standards will be placed in the Open section.
- Field event competitors in the Open section will receive four attempts in the horizontal jumps and throws.

Distance Carnival

Friday Evening, March 28th @ SDSU

- All Mile, 3000m Steeplechase, 1500m, 3000m and 5000m competition for the Open and Invitational sections will be held during the Distance Carnival in seeded heats.
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.

Invitational Section

Saturday, March 29th @ SDSU

- All Invited College and University Team entries will be accepted.
- Invited College and University Teams may also enter athletes in Friday's Open Section.
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.
- Field event competitors in the horizontal jumps and throws of the Invitational section will have three preliminary attempts. The top nine marks will earn three final attempts.

High School Section

Saturday, March 29th @ SDSU

- National Federation of State High School Associations (NFHS) national sanction through host Patrick Henry High School
- CIF-San Diego Section Sanctioned Events
 - 4x100m Relay
 - 4x400m Relay
 - 100m
 - 400m
 - 800m
 - 110/100m Hurdles
 - Shot Put
- Entries through DirectAthletics.
- Please contact the Meet Director if you have questions.

Meet Information

Entry Information

Entries will only be accepted online via the DirectAthletics website.

Invitational Section Entry Link: <http://www.directathletics.com/meets/track/32272.html>

Open Section Entry Link: <http://www.directathletics.com/meets/track/32293.html>

High School Section Entry Link: <http://www.directathletics.com/meets/track/32270.html>

Masters Mile Entry Link: <http://www.directathletics.com/meets/track/32276.html>

Entries must be submitted on the DirectAthletics website no later than **11:59 PM Monday, March 24th**. All submitted entries in the system at the entry deadline listed above will be considered FINAL. **NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline.** Late team entries will be charged a **\$100 late fee** that must be paid at the ticket office. Entry instructions questions should be e-mailed to support@directathletics.com.

All team entry adjustments must be submitted one hour prior to the start of competition at the timing tent located near the finish line. "Adjustment" entry note cards will be included in team packets and will also be available at the ticket office. There is no charge for entry adjustments.

Only Invited College and University Teams can enter directly into the invitational section on Direct Athletics. Individuals and Unattached athletes who meet the qualifying standards (2013 or 2014 season) and want to compete in the invitational section must enter and pay in the Open Section then send the Meet Director an email. The Meet Director will move the entrant to the Invitational section after review.

Invited College and University Team athletes are not required to meet the Invitational Qualification Standards. However, coaches may elect to enter those athletes in Friday's Open Section which typically includes a broader range of seed marks. Invited College and University Teams also have the option of competing athletes in both the Open and Invitational section in the same or different events.

*****Please be sure to print a copy of your team's entries and bring it to the meet as confirmation*****

Entry Marks

When entering your athletes, please use accurate times/marks achieved during the 2013 or 2014 season—not lifetime PRs. If you do not enter a seed time/mark, your athletes and/or relay team(s) will be placed at the bottom of their respective event performance list. Please use metric distances on DirectAthletics.

Masters Mile

Consistent with USATF Rule 320, this event is will be open to men and women competitors 30 and older on the day of the race. The men and women sections will be seeded by time if there are more competitors that a single section can accommodate. Results will be tabulated by the standard five year age groups.

Start Lists

Heat sheets will be provided on www.flashwest.com no later than 8:00 PM **Wednesday, March 26th**. Please check to make sure your athletes have been entered in the appropriate event(s) with the correct seed times/marks.

Heat sheets & results will be posted on the bulletin board located in the northwest corner of the stadium, directly above the clerk of the course / check-in area.

Final Schedule	The final meet schedule will be posted on Tuesday evening, March 25th, 2013.
Entry Fees	<p>There will be an entry fee of \$15 per individual entry per event, \$20 per combined event (decathlon and heptathlon) entrant, \$20 per relay team. Max of \$400 per gender per College, University and Club team. High School teams are free.</p> <p>Individual/Unattached athletes must pay entry fees online in order to participate. All College, University and Club Teams must submit payment at packet pick-up or by mail to:</p> <p style="text-align: center;">Women's Track & Field Department of Athletics San Diego State University 5500 Campanile Dr San Diego, CA, 92182-4313</p> <p>Checks should be made out to: <u>San Diego State Track & Field</u> Important Note: Per University policy, we will not be able to accept cash.</p>
Facilities	<p>Track: 9 – Lane Mondo surface.</p> <p>Only 3/16” (5mm) pyramid spikes. No needles or Christmas tree spikes permitted. A limited amount of spikes will be available for purchase.</p> <p>Men's and Women's Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.</p>
Parking	<p>Track parking is available in Parking Structure (PS) 5, located directly underneath the track. Parking passes can be purchased from the yellow parking kiosk located on the top level of the parking structure for \$1/hr or \$10/day.</p> <p>Please be sure to display your parking receipt in order to avoid citation.</p>
Packet Pick-up	<p>Packet pick-up will be available at the ticket office, located just outside the track, two hours prior to the start of competition on each day.</p> <p>Each team will be supplied with athlete and coaches wristbands which will be used to gain admittance to the meet.</p> <p>Individual/unattached athletes can pick-up their wristbands at the ticket office anytime.</p>
Spectator Entry	Free Admission
Awards	First place awards will be presented to the winner of the Invitational section(s).

Throwing Implements All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. All hammers will be weighed at the UCSD competition location. No implements will be processed less than one hour before the start of the event.

Seating Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when not competing.

Athletic Training Tent All athletic trainers will be located on the northeast side of the stadium. Athletic trainers will be available one hour prior to the start of competition.

Visiting teams may set-up tables in this area or warm-up area on lower field.

Warm-Up Area All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track).

Athlete Check-In Track athletes are required to check-in at the clerk of the course a minimum of **30 minutes** prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located in the warm-up area, just west of the track.

After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course.

Field athletes may check-in at their respective event area no later than **30 minutes** prior to the start of the event.

Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

Starting Heights Starting heights and height progressions will be posted on heat sheets, and will also be available in team packets at packet pick-up. In the invitational section on Saturday, the ten lowest men and women seed heights will vault at 11:00 a.m., while the rest of the athletes will vault at 1:00 p.m.

Vaulting Pole Shipment Vaulting poles may be shipped to the following address:

San Diego State University
Department of Athletics, Women's Track & Field
Attn: Coach Richard Fox
5500 Campanile Dr
San Diego, CA, 92182-4313

Coach Fox, richardfox5050@gmail.com, +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.

Directions

The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55th St.

SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, Make a Right on Montezuma if coming from the EAST).

From The Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit East toward El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

Facility Schedule

Monday, March 24:	8:00 a.m. – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Tuesday, March 25:	8:00 a.m. – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Wednesday, March 26:	8:00 a.m. – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Thursday, March 27:	Track opens at 8:00 a.m.
Friday, March 28:	Track opens at 7:30 a.m.
Saturday, March 29:	Track opens at 7:30 a.m.

Hammer cage at UC San Diego will be available. Please contact Coach Anthony Salerno, asalerno@ucsd.edu, +1 (858) 229-2832, to schedule and for further info.

Concessions

We will have complete concession stand and plenty more for sales.

Additional Info

The official San Diego State Visiting Team Guide containing additional information can be found at: <http://tinyurl.com/SDSU13-14VisitingTeamGuide>

Results

Live results will be available at: <http://www.flashwest.com>. Final results will be available at: www.goaztecs.com.

Contact Information

Meet Director: Rick Reaser E-Mail: rick-reaser@msn.com
Mobile: (310) 227 – 5534 Fax: (310) 647-3238

Head Coach: Shelia Burrell E-Mail: sburrell@mail.sdsu.edu
Office: (619) 594 – 5514

INVITATIONAL QUALIFICATION STANDARDS

Event	Men	Women
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
LJ	7.15m (23'5 1/2")	5.85m (19'2 1/5")
HJ	2.10m (6'10 3/4")	1.70m (5'7")
TJ	15.00m (49'2 1/2")	12.35m (40'6 1/4")
PV	5.00m (16'4 3/4")	3.80m (12'5 1/2")
Shot	16.75m (54'11 1/2")	13.70 (44'11 1/2")
Discus	51.80m (169'11")	48.80m (160'1")
Javelin	57.90m (189'11")	44.20m (145'0")
Hammer	54.85m (179'11")	51.80m (169'11")



ATHLETIC TRAINING

Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University Athletic Training Staff, we would like to take this opportunity to welcome you to San Diego State University and to the Aztec Track.

There will be a white tent set up at the track as an Athletic Training tent during the entirety of the event in which an Athletic Trainer will be stationed.

On the Track:

- Water
- Gatorade
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment
- Treatment tables
- Treatment ice with bags, and flexi-wrap

The Athletic Training room is located very near to the Track and can be utilized for any other modalities you or your athletes may need.

A physician will be present a few hours during each day of the meet and on-call for the rest of the meet. If you need his services prior please don't hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer please let us know in advance, and please send a medical kit and letter of any specific treatments so that we can provide the proper care for your athletes.

If you have any questions please feel free to contact me.

Sincerely,

Paul West, ATC
Clinical Assistant Athletic Trainer
pwest@mail.sdsu.edu
+1-541-653-7317 mobile

OFFICIAL MEET HOTEL



Sheraton Mission Valley San Diego Hotel

1433 Camino Del Rio South

San Diego, CA 92108

Contact: Johnathon Elko, Sports Sales Manager

619-321-4604 Direct

619-260-0111 Hotel

619-497-0808 Fax

<http://www.sheratonmissionvalley.com/>

Teams/Individuals:

Please contact hotel representative
Johnathon Elko for accommodations

Meet Hotel is available for teams at a rate of
\$106.00 without breakfast or \$113.00 with two
(2) breakfasts per room included

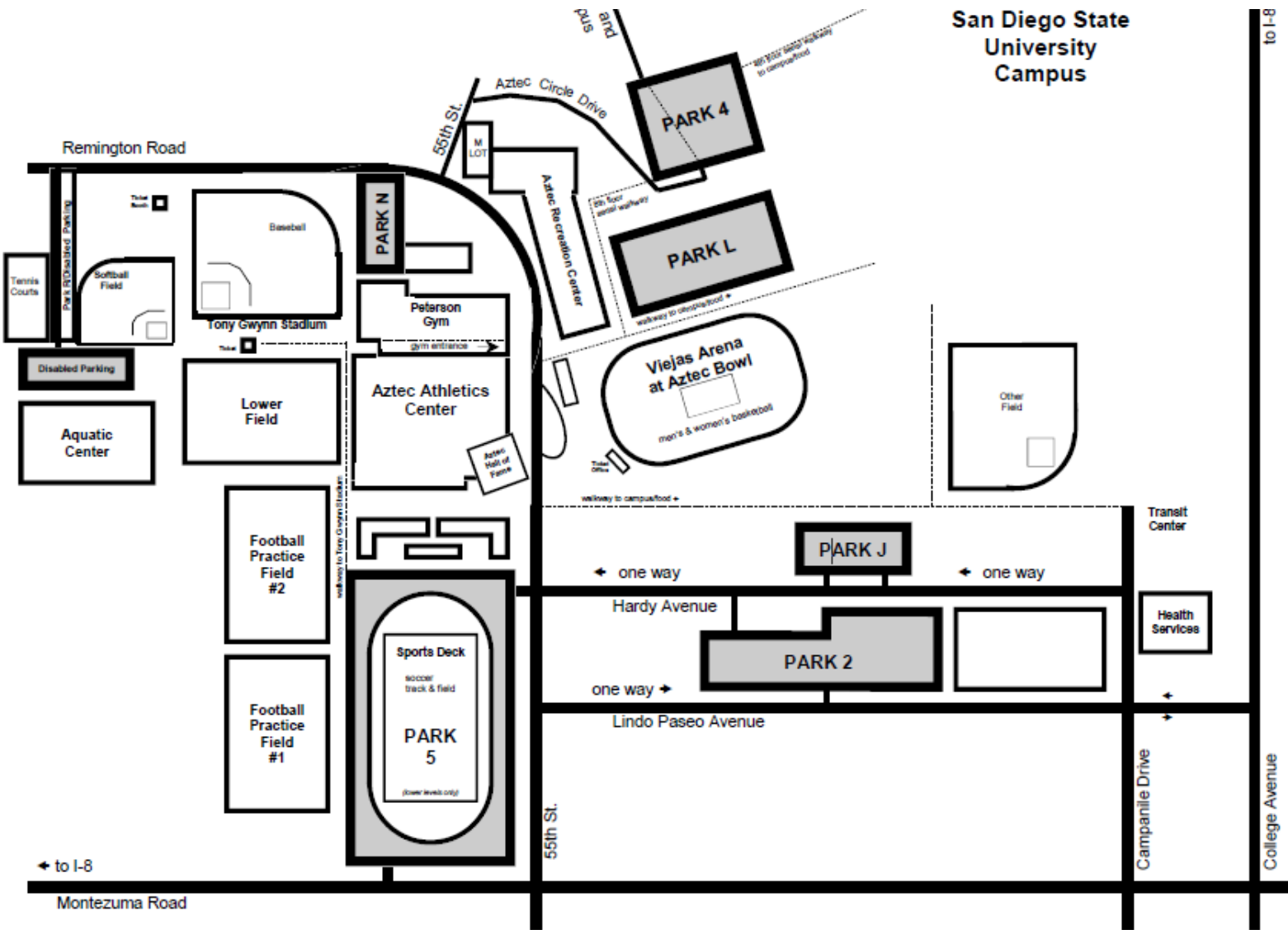
-Both of these packages come with
complimentary parking and internet

Sheraton Mission Valley San Diego Hotel

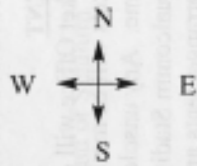
- Newly Renovated: Brand new Guestrooms, Restaurant, Lobby, Fitness Center, and Meeting Space
- Preferred Hotel Partner of San Diego State Athletics
- Centrally located off the 8 freeway just 5 miles from SDSU, walking distance to Mission Valley Mall, San Diego Trolley and 30+ restaurants and just 10 minutes from all major attractions
- Team Friendly, past host of NCAA tournament teams, designated bus parking
- 260 Guestrooms; 160 rooms with Double Queen beds; all beds have signature Sheraton Sweet Sleeper Mattresses
- All Rooms are equipped with Brand New Sheraton Sweet Sleeper Mattresses, (2) Queen Beds, mini-refrigerator, 42" HD TVs, and self-brew Starbucks coffee



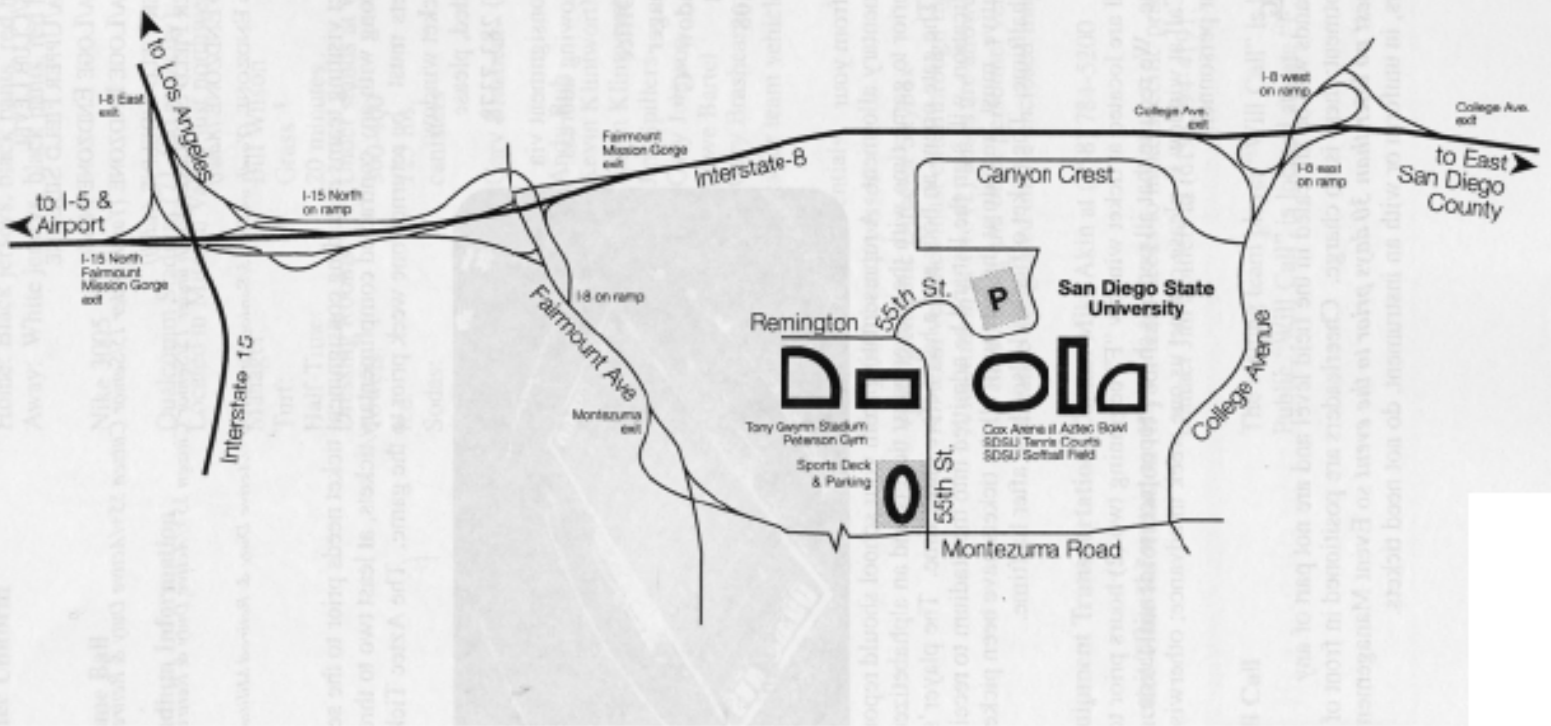
SAN DIEGO STATE WEST CAMPUS MAP



MAP TO SAN DIEGO STATE

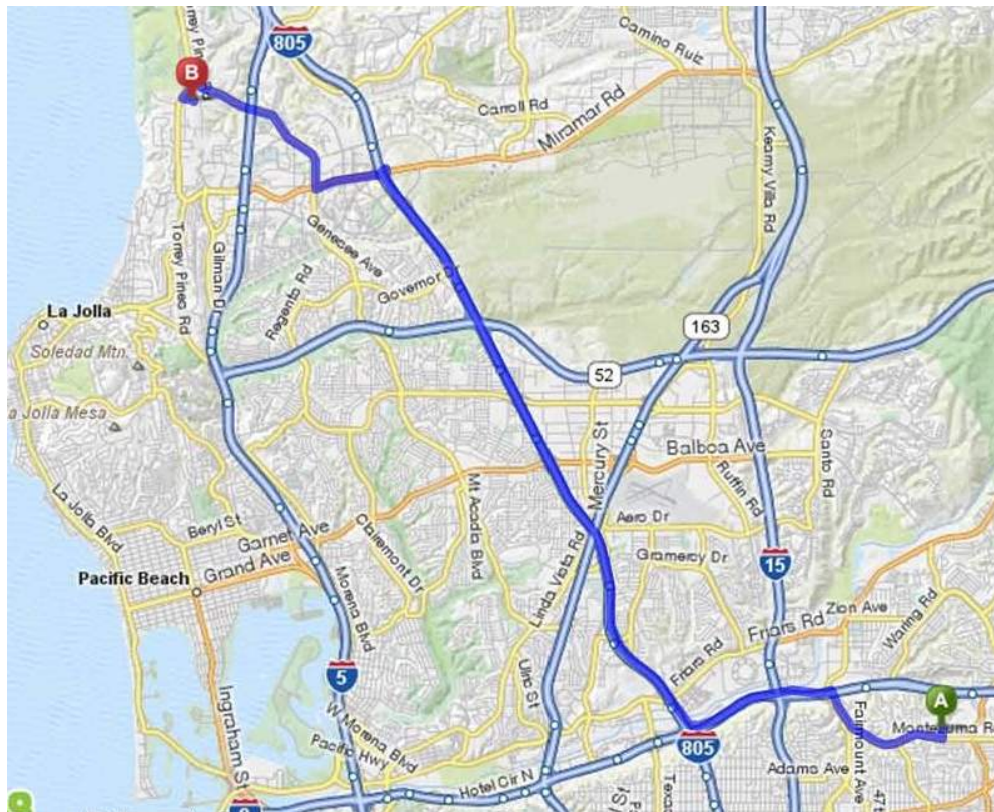


Map is not to scale



DIRECTIONS TO UC SAN DIEGO

UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.



A

1	South on 55th St	0.1 mi
2	Turn right onto Montezuma Rd.	1.1 mi
3	Stay straight to go onto ramp.	0.2 mi
4	Merge onto Fairmount Ave.	0.2 mi
5	Merge onto I-8 W.	1.8 mi
6	Merge onto I-805 N via EXIT 6B toward Los Angeles.	8.2 mi
7	Take the La Jolla Village Dr/Miramar Road exit.	0.1 mi
8	Turn slight left to take the La Jolla Village Dr ramp.	0.2 mi
9	Merge onto La Jolla Village Dr.	1.1 mi
10	Turn right onto Genesee Ave.	2.3 mi
11	Turn left onto N Torrey Pines Rd.	0.2 mi
12	Turn left onto Northpoint Dr.	0.1 mi
13	Hammer Cage is on NW corner of Northpoint Dr. and Northpoint Ln.	0.05 mi

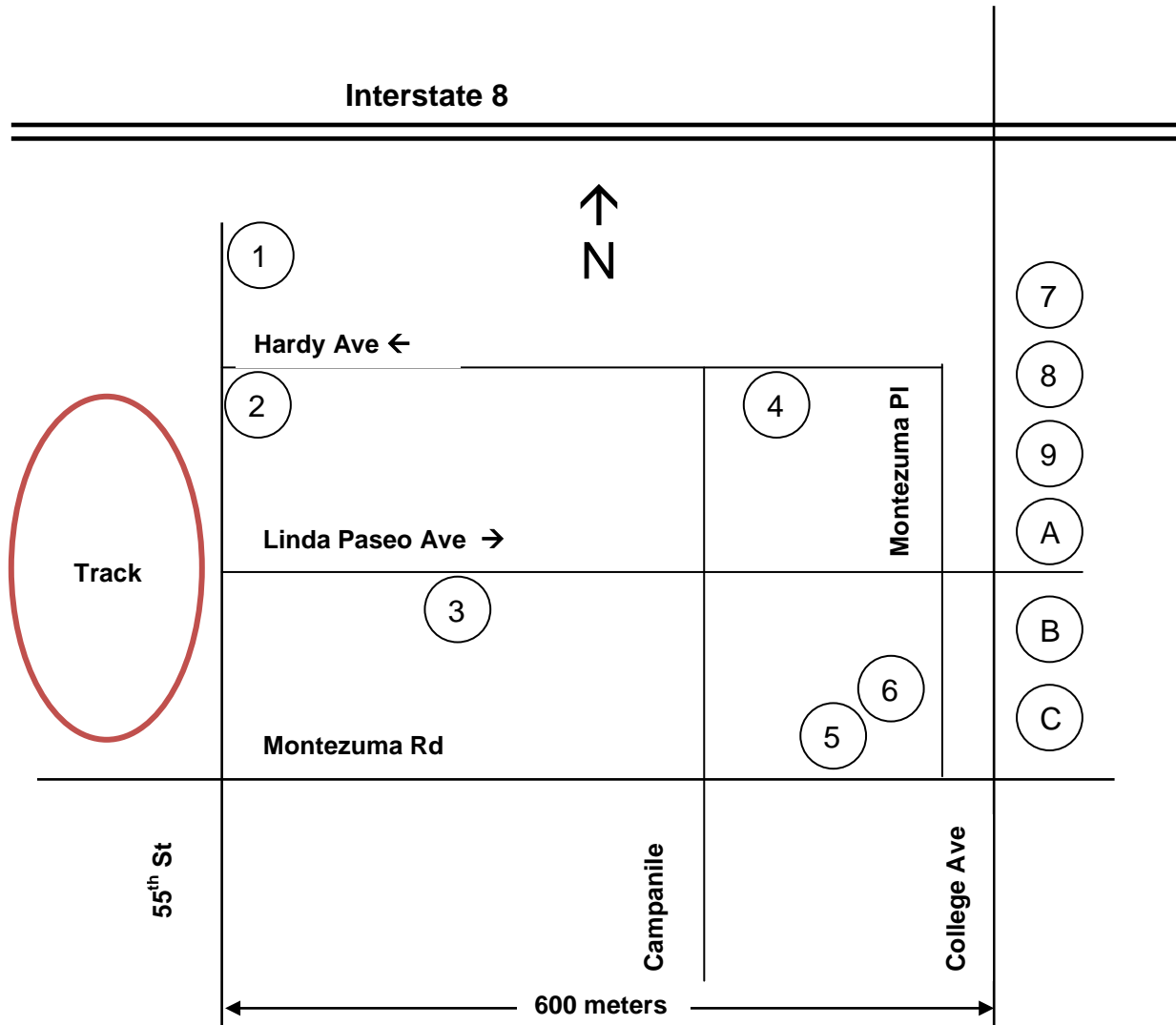
B

PARKING AT UC SAN DIEGO

Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track.



AREA FAST FOOD



1	Shake Smart	Shakes	(619) 752-7577	Inside Aztec Recreation Center
2	Porter's Market	Convenience Store		Corner of Granada on Hardy
3	Brick Oven Bistro	Pizza	(619) 583-1774	Inside the Suites on Paseo
4	Chipotle	Mexican	(619) 265-2778	
5	4.0 Deli	Sandwiches	(619) 281-4040	FLASH100 Sponsor
6	Buddie's Burgers	Hamburgers	(619) 955-5323	
7	Domino's Pizza	Pizza	(619) 287-9050	
8	California Kebab	Mediterranean	(619) 582-5222	
9	Jack in the Box	Hamburgers	(619) 286-0433	Aztec Sponsor
A	7 Eleven	Convenience Store	(619) 287-0616	
B	Pita Pit	Wraps	(619) 265-7482	Aztec Sponsor
C	Trujillo's Taco Shop	Mexican	(619) 583-4182	

DIRECT ATHLETICS



How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

**36TH ANNUAL AZTEC TRACK & FIELD INVITATIONAL
FINAL SCHEDULE**

Combined Events

Thursday, March 27, 2014

DECATHLON

Start Time: **11:00 AM** 100 Meters

THE NEXT EVENT WILL START APPROXIMATELY 30 MINUTES FOLLOWING THE END OF THE PREVIOUS EVENT

HEPTATHLON

Start Time: **12:00 PM** 100 Meter Hurdles

THE NEXT EVENT WILL START APPROXIMATELY 30 MINUTES FOLLOWING THE END OF THE PREVIOUS EVENT

Friday, March 28, 2014

DECATHLON

Start Time: **8:30 AM** 110 Meter Hurdles

9:10 AM	Discus
10:15 AM	Pole Vault
12:45 PM	Javelin
2:00 PM	1500 Meters

HEPTATHLON

Start Time: **9:00 AM** Long Jump

11:00 AM	Javelin
1:00 PM	800 Meters

36TH ANNUAL AZTEC TRACK & FIELD INVITATIONAL

FINAL SCHEDULE

Friday, March 28, 2014

Field Events

Hammer at UCSD (Times subject to number of entries)

8:00	Hammer	Men	Open
10:00	Hammer	Women	Open
1:00	Hammer	Women	Invite
3:00	Hammer	Men	Invite

9:00	Long Jump	Heptathlon	
9:10	Discus	Decathlon	
10:15	Pole Vault	Decathlon	
10:30	High Jump	Men	Open
11:00	Javelin	Heptathlon	
11:00	Long Jump	M/W	Open
12:45	Javelin	Decathlon	
12:30	High Jump	Women	Open
12:45	Pole Vault	M/W	Open
1:45	Discus	Men	Open
2:30	Triple Jump	M/W	Open
3:00	Discus	Women	Open
3:15	Shot Put	Men	Open
4:00	Javelin	Men	Open
4:30	Shot Put	Women	Open
5:15	Javelin	Women	Open

Track Events

8:30	110m Hurdles	Decathlon	
9:30	4 x 100 Relay	Women	Open
10:00	4 x 100 Relay	Men	Open
10:30	100 Hurdles	Women	Open
10:50	110 Hurdles	Men	Open
11:10	400 Meters	Women	Open
11:25	400 Meters	Men	Open
11:45	100 Meters	Women	Open
12:00	100 Meters	Men	Open
1:00	800 Meters	Heptathlon	
1:05	800 Meters	Women	Open
1:15	800 Meters	Men	Open
1:30	400 Hurdles	Women	Open
1:45	400 Hurdles	Men	Open
2:00	1500 Meters	Decathlon	
2:15	200 Meters	Women	Open
2:30	200 Meters	Men	Open
2:45	4 x 400 Relay	Women	Open
3:00	4 x 400 Relay	Men	Open

Distance Carnival

4:30	Mile	Men	Masters
4:40	3000 Steeple	Women	Invite
5:00	3000 Steeple	Men	Invite
5:15	5000 Meters	Women	Invite
5:35	5000 Meters	Women	Open
6:00	5000 Meters	Men	Invite
6:20	5000 Meters	Men	Open
6:45	1500 Meters	Women	Invite/Open
7:05	1500 Meters	Men	Invite/Open
7:30	3000 Meters	Women	Invite
7:45	3000 Meters	Men	Invite

Saturday, March 29, 2014

Field Events

9:00	Discus	Women	Invite
9:00	Shot Put	Girls	High School
10:30	Long Jump	M/W	Invite
11:00	High Jump	Women	Invite
11:00	Pole Vault Flt 1	M/W	Invite
11:30	Discus	Men	Invite
11:30	Shot Put	Boys	High School
1:00	Shot Put	Men	Invite
1:00	Javelin	Women	Invite
1:00	Pole Vault Flt 2	M/W	Invite
1:30	Triple Jump	M/W	Invite
1:30	High Jump	Men	Invite
3:00	Shot Put	Women	Invite
3:00	Javelin	Men	Invite

Track Events

9:30	4 x 100 Relay	Girls	High School
9:50	4 x 100 Relay	Boys	High School
10:10	4 x 100 Relay	Women	Invite
10:25	4 x 100 Relay	Men	Invite
10:40	100 Hurdles	Girls	High School
10:50	100 Hurdles	Women	Invite
11:05	110 Hurdles	Boys	High School
11:15	110 Hurdles	Men	Invite
11:25	400 Meters	Girls	High School
11:35	400 Meters	Boys	High School
11:45	400 Meters	Women	Invite
12:00	400 Meters	Men	Invite
12:30	Break	Senior Recognition	
1:00	100 Meters	Mixed	Wheelchair
1:05	100 Meters	Girls	High School
1:10	100 Meters	Boys	High School
1:15	100 Meters	Women	Invite
1:30	100 Meters	Men	Invite
1:40	800 Meters	Girls	High School
1:50	800 Meters	Boys	High School
2:00	800 Meters	Women	Invite
2:20	800 Meters	Men	Invite
2:35	400 Hurdles	Women	Invite
2:45	400 Hurdles	Men	Invite
2:55	200 Meters	Mixed	Wheelchair
3:00	200 Meters	Women	Invite
3:25	200 Meters	Men	Invite
3:50	4 x 400 Relay	Girls	High School
4:00	4 x 400 Relay	Boys	High School
4:10	4 x 400 Relay	Women	Invite
4:20	4 x 400 Relay	Men	Invite

**Athletes must check in 30 minutes prior to their event
3/16" (5mm) pyramid spikes only**