



# PACIFIC COAST INTERCOLLEGIATE

**Jack Rose Track** • Long Beach State University

**Thursday, April 18, 2019**

## ENTRY PROCEDURES

### ENTRY PROCEDURES FOR COLLEGIATE TEAMS

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The 2019 PACIFIC COAST INTERCOLLEGIATE is open to NCAA Div. I, II, and III collegiate teams only. Collegiate teams must enter using the *Direct Athletics* website at [www.directathletics.com](http://www.directathletics.com).

### PAYMENT INSTRUCTIONS FOR COLLEGIATE TEAMS

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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 10<sup>th</sup> at 6pm.

### ENTRY PROCEDURES FOR ELITE POST-COLLEGIATE ATHLETES

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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 2018, 2019 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. Please indicate world ranking and sponsor or national affiliation. 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. All non-collegiate athletes are required to sign a WAIVER FORM before being allowed to compete.*

### 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 3<sup>rd</sup>.

Team entry fees are \$500 per team/per gender. 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 11 @ 12:00 p.m. (PST).

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

### IMPORTANT DATES TO REMEMBER

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ENTRY DEADLINE:	Wednesday, April 10 @ 06:00 p.m. PST	TEAM INFORMATION FORM DEADLINE:	Monday, April 15 @ 12:00 p.m. PST
ACCEPTED ENTRY LIST POSTED:	Thursday, April 11 @ 12:00 p.m. PST	FINAL BAR PROGRESSIONS POSTED:	Monday, April 15 @ 12:00 p.m. PST
MEDIA CREDENTIAL REQUESTS:	Monday, April 15 @ 12:00 p.m. PST	HEAT SHEETS POSTED:	Monday, April 15 @ 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 will not be charged to park. All other vehicles must pay the standard spectator parking of \$9.00. 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

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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 18<sup>th</sup> from 7:00 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. After 12:00 p.m., packet pickup will move to the main spectator entrance on the West side of the stadium.

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.

**Packets and wristbands will not be distributed without full payment at time of pick up, and without the "TEAM INFORMATION FORM" filled out.**

### 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.
- Gates open at 8:00 a.m. at the main spectator entrance on the West side of the stadium.



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## ENTERING THE TRACK COMPLEX

### JACK ROSE TRACK FACILITY

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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

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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. 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 perimeter grass of the baseball outfield. This will allow athletes to run unobstructed around the perimeter of the grass field for warm up. Tent size is limited to 20' x 20' width.

For teams interested in renting a tent, please contact Jason Fronke at [Coast Party Rentals](#). He can be reached at [jasonfronk@gmail.com](mailto:jasonfronk@gmail.com), or (562) 308-0698 cell, or (562) 799-6690 wk. The LBSU Athletics discount will apply.

### WARM UP

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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 infield. Access is prohibited.

### ATHLETIC TRAINERS

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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](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 headphones are allowed in the competition area |
| △ Access to the baseball diamond is restricted                  | △ 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 Bullpen 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 19

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

## 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.

### INVITED TEAMS

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The 2019 PACIFIC COAST INTERCOLLEGIATE is open to NCAA Div. I, II, and III collegiate teams only. Fields will be filled using the descending order lists. We do not guarantee entry to anyone who falls outside the maximum field sizes listed on the TENTATIVE time schedule.



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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 15 to:

Roger Kirk                      LBSU Track & Field S.I.D.                      [roger.kirk@csulb.edu](mailto:roger.kirk@csulb.edu)                      (562) 985-7565

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
LaTanya Sheffield	Assoc. Head Coach (Sprints, Hurdles, Relays)	<a href="mailto:latanya.sheffield@csulb.edu">latanya.sheffield@csulb.edu</a>	(562) 985-1700
Shawn Winget	Assistant Coach (Distance Events)	<a href="mailto:shawn.winget@csulb.edu">shawn.winget@csulb.edu</a>	(562) 985-2318
Cory Loeb	Assistant Coach (Throwing Events)	<a href="mailto:cory.loeb@csulb.edu">cory.loeb@csulb.edu</a>	(562) 682-5538
Brandon Hierholzer	Assistant Coach (Pole Vault, Multi Events)	<a href="mailto:brandon.hierholzer@csulb.edu">brandon.hierholzer@csulb.edu</a>	(530) 416-0070
Casey Kear	Director of Operations (Day of meet questions)	<a href="mailto:casey.kear@csulb.edu">casey.kear@csulb.edu</a>	(909) 519-9812

## MISC.

### COACHES BOXES

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Coach's boxes will be available during the competition for all field events. Access will be restricted to those with Coaches wristbands. Wristbands are provided in the team packets. 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

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Food trucks will be onsite to cater to the needs of our participants and spectators on Thursday, April 18th. The Wall Street Café will also be open outside the Southwest entrance of the track.

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

### 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.

• *The 2020 Pacific Coast Intercollegiate will be held April 16* •