BEACH OPENER

Jack Rose Track • Long Beach State University

ENTRY PROCEDURES

The 2025 BEACH OPENER is accepting OPEN/UNATTACHED entries and invited COMMUNITY COLLEGE & UNIVERSITY TEAMS.

March 7-8 Only invited University teams plus Community College/Open athletes that meet the Performance Standards

COLLEGE / UNIVERSITY TEAMS

Invited teams must enter using the Athletic.net website.

INVITED TEAMS ARE:

Division 1: Long Beach State, UC Irvine, UC Riverside, UC Santa Barbara, UCLA, CS Bakersfield (w)

Division 2: Azusa Pacific, CP Pomona, Cal State Los Angeles, Concordia University-Irvine

Community College: Individuals who meet our 2025 Performance Standards

COLLEGE / UNIVERSITY ENTRY FEES

Team entry fees are capped at $600 per team/per gender. For teams with 13 or less athletes, entry fee will be $45 dollars per athlete and $75 per relay. Entry fees will be calculated based upon the number of individual entries submitted as of 6:00pm (PST), Tuesday, March 4th. There will be no refunds to community colleges or open athletes for performances entered that do not meet the Performance Standards. We will be verifying performances on TFRRS, Athletic.net and/or Direct Athletics.

ENTRY PROCEDURES AND PAYMENT INSTRUCTIONS FOR COLLEGE / UNIVERSITY TEAMS

Only marks from 2024 and 2025 will be accepted. Payment is due in full at packet pick up. Teams may also pay online at Athletic.net. If you anticipate a problem with meeting the payment deadlines, please notify Emily Gutierrez at emily.gutierrez@csulb.edu by 6:00 pm on Tuesday, March th.

OPEN / UNATTACHED ENTRY FEES

Open / Unattached entry fees are $45 dollars per athlete.

ENTRY PROCEDURES AND PAYMENT INSTRUCTIONS FOR OPEN / UNATTACHED ATHLETES

Only marks from 2024 and 2025 will be accepted. Individual and/or Club participants must enter using the Athletic.net website. Entrants must register and pay by credit card in advance. Each individual must create an account through Athletic.net to enter. Entries will not be accepted without full payment at time of registration. There will be no refunds for scratches or entries not accepted into the meet.

ACCEPTED ENTRIES

On Wednesday, March 5th @ 12:00 p.m. (PST) a list of accepted entries will be available to view online at our BEACH OPENER webpage.

No late or day-of-the-meet entries. Changes are not accepted, except for those added by teams using the add slip in your team packet.

ENTRY GUIDELINES & COMPETITION RULES

ENTRY STANDARDS

No entry standards for athletes on invited UNIVERSITY teams. However, Community College and Open athletes must meet our published COMMUNITY COLLEGE/OPEN ATHLETE PERFORMANCE STANDARDS to compete alongside the 4-year institutions. See the link for PERFORMANCE STANDARDS on our Home Meet webpage under BEACH OPENER.

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.

In addition, the BEACH OPENER will be conducted in accordance with WORLD ATHLETICS standards regarding shoe control and lane violations. Our application has been approved and this meet is certified. More information can be found at the USATF event sanctioned page located at www.USTAF.org and the NCAA Cross Country and Track and Field Rules of Competition page located online at NCAA.org.



IMPORTANT DATES TO REMEMBER

ENTRY DEADLINE:	Tuesday, March 4 @ 06:00 p.m.
ACCEPTED ENTRY LIST POSTED:	Wednesday, March 5 @ 12:00 p.m.
MEDIA CREDENTIAL REQUEST DEADLINE:	Wednesday, March 5 @ 12:00 p.m.
TEAM INFORMATION FORM DEADLINE:	Wednesday, March 5 @ 12:00 p.m.
FINAL BAR PROGRESSIONS POSTED:	Wednesday, March 5 @ 12:00 p.m.
HEAT SHEETS POSTED:	Thursday, March 6 @ 12:00 p.m.

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 $15 on weekdays, $10 on weekends. Spectator parking is available off of Atherton Avenue in lots G11, G9, G8, G7, G6 and PS1 (also known at 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). Permits may be purchased at campus **pay stations** or on the **ParkMobile** App. NOTE: Parking in the residential area is prohibited.

PACKET PICKUP

Packet Pick up will be at the TEAM DROP OFF location next to the Barrett Athletic Administration Center (BAAC) from 9am–11am on Friday & 8am-10am on Saturday. 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.

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

- $12 Adults
- $10 *Seniors (60+) & Youth (3-12). *Seniors must present I.D. to receive discount
- FREE CSULB students with Student ID
- Admissions tickets will be sold out of the LBSU TICKET OFFICE at the Walter Pyramid
- Gates open at 10:00 a.m. (Friday) and at 9:00 a.m. (Saturday) at the main spectator entrance (West side of the stadium)

FOOD TRUCKS

Food trucks may be onsite to cater to the needs of our participants and spectators on Saturday, March 8TH. More information will be made available on the website the week of the meet.

NOTE: See "Restrictions" at the bottom of page 4 regarding food and beverages on the facility.

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 use the state vehicle access road between the south side of the Walter Pyramid and Pyramid Parking Structure (PS1). Team drop-off will be adjacent to the Barrett Athletic Administration Center (BAAC) and will be posted for busses pulling into the access road. PACKET PICK-UP will be located in front of the Barrett Athletic Administration Center. Athletes may enter the facility at the team warm-up area or the main entrance to the stadium. Athletes and coaches will not have access to the warm-up area or track stadium until they receive their access credentials in their team packets.

TEAM TENTS

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, or (562) 308-0698 cell, or (562) 799-6690 wk. The LBSU Athletics discount will apply.

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 medically related questions or requests prior to the event, you may contact Randy Nguyen, LBSU's Track & Field Trainer at:

Work:	(562) 985-1505
Email:	randy.nguyen@csulb.edu
Cellular:	(909) 600-4256 - on day of event

RESTRICTIONS

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

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 Bullpen NO LATER than 60 minutes before the scheduled start of the event, or be scratched;
2. Spike checks will be conducted at time of check-in (replacement spikes can be purchased at the Clerk's table;)
3. Athletes must report back to the right field Baseball Dugout 10 minutes before the start of their race to receive hip #'s;
4. Athletes will be escorted to the Holding Area near the main finish line;
5. Athletes will be escorted from the Holding Area to the starting line;
6. 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 directly to the FIELD EVENT site a minimum of 15 MINUTES prior to the scheduled start of the FIRST FLIGHT of the event, or risk being scratched;
2. Spike checks will be conducted at any time prior to the start of competition (replacement spikes can be purchased at the Clerk's table). We will not hold up the start of the event for athletes to change out their spikes;
3. At the conclusion of the field event, we ask that athletes exit the infield through the SW gate at the FIELD CLERK's Tent;

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!

3/8" EXCEPTION FOR HIGH JUMP & JAVELIN

NO NEEDLE SPIKE PINS

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 7TH

Women's Javelin	09:00a	–	10:45a
Men's Hammer	09:00a	–	10:45a
Women's Hammer	11:00a	–	12:45p
Men's Javelin	11:00a	–	12:45p

Saturday, March 8TH

Women's Discus	08:00a	–	09:45a
Men's Shot	08:00a	–	09:45a
Women's Shot	11:00a	–	12:15p
Men's Discus	11:00a	–	12:15p

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, March 5th to:

Matt Turk	LBSU Track & Field S.I.D.	matt.turk@csulb.edu	(515) 240-0483

Results can also be found at:
Athletic.net: www.athletic.net
Finished Results Timing: www.finishedresults.com

MEET MANAGEMENT STAFF

Devin Elizondo	Meet Director/Distance Coach	devin.elizond@csulb.edu	(530) 304-8153
Emily Gutierrez	Director of Ops-Track & Field	emily.gutierrez@csulb.edu	(562) 688-4671
Andy Sythe	Director of Track & Field (Vertical Jumps Coach)	andy.sythe@csulb.edu	(562) 618-1020
LaTanya Sheffield	Head Coach (Sprints/Hurdles/Relays Coach)	latanya.sheffield@csulb.edu	(562) 355-9200
Cory Loebl	Throws Coach	cory.loebl@csulb.edu	(562) 682-5538
Steven Childs	Horizontal Jumps Coach	steven.childs@csulb.edu	(661) 839-3948
Raleigh Adams	Sprints & Hurdles Assistant Coach	raleigh.adams@csulb.edu	(925) 639-8473
Sebastian Coleman	Throws Assistant Coach	sebastian.coleman@student.csulb.edu	(480) 889-4731
Levi Arzac	Pole Vault & Multis Assistant Coach	levi.arzac@csulb.edu	(907) 888-2373

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 West Gate (at the Long/Triple Jump pit) and North Turn gate. NOTE: See "Restrictions" (p.4) as these policies apply to coaches and participants.

• The 2026 Beach Opener will be held March 6-7 •