

Ucla[®]

TRACK & FIELD

BOB LARSEN DISTANCE CARNIVAL MEET INFO MARCH 29TH 2019 UCLA DRAKE STADIUM

TEAM SCORING

Invitational Format- Individual Events: 10, 8, 6, 5, 4, 3, 2, 1; Relay Events: 10, 8, 6, 5, 4, 3, 2, 1. NCAA Division I team duals will be scored independently of the Junior College teams (i.e. each division will have their own dual scores versus respective teams from same division).

Note that the Jim Bush Legends of Track & Field Invitational will be scored in format explained above.

ENTRY PROCEDURE

All entries must be completed online at [Direct Athletics](#). Entries will not be accepted by telephone, fax, or e-mail. Marks on TFRS from the 2017-2018 season will be used. Coaches may enter performance note with link to proof performance. Marks will be accepted or denied at the discretion of meet management, meet management also reserves the right decide which events will be cancelled, and which sections athletes are placed.

TEAM ENTRY GUARANTEES

Each team will be guaranteed the following: three entries per running event in lanes, unlimited entries per distance event (pending heat sizes), and two entries per field event.

ENTRY DEADLINE

All entries are due by **11:59 PM (PST) on Monday, March 25th, 2019.** *No Exceptions*

PAYMENT OPTIONS

Bob Larsen distance carnival

Teams who are entered in the Legends of T&F that wish to also compete at the Bob Larsen Distance Carnival, entry fees will be waived. Please email Meet Manager for considerations.

College team cap: \$400 per gender (20 athletes or more)
Individual Athlete: \$20 per person

Teams pay based off of actual number of team competitors. Everyone will pay their entry fees on Direct Athletics. No refunds will be given.

START LISTS

Start lists will be posted online at www.uclabruins.com by **Wednesday, March 27th** at 5:00 PM (PST).

SCRATCHES/ ADD-IN

No late add-ins will be admitted after deadline date **Monday, March 25th** at 11:59 PM (PST). Scratches will be accepted until Thursday, March 28th, at 5:00 PM (PST)

PACKET PICK-UP

Packet pick up will be available at South gate of the IM Field. Packets will contain wristbands for athletes and coaches. These will be used to gain access to track level as well as IM Field use.

FACILITY ACCESS

Drake Stadium will be open two hours before first scheduled event on each competition day. Coaches and support staff will be allowed on the infield **only** in designated areas on the day(s) of competition. For facility practice times please email Olympia Jewett at ojewett@athletics.ucla.edu. For any additional team bus information please contact Dave Martinez at dmartinez@athletics.ucla.edu.

SPIKES

¼ Pyramid are the only acceptable spikes that will be allowed in Drake Stadium. No Christmas Tree or Needle Spike Pins are allowed. Those not in compliance with spike policy may be subject to disqualification of competition.

MINIMUM DISTANCES MEASURED/VERTICAL JUMPS OPENING HEIGHTS

EVENT	MEN	WOMEN
LONG JUMP	6.70M [22' 0]	5.18M [17'0]
TRIPLE JUMP	13.75M [45' 0]	11.00M [36'1]
POLE VAULT	4.30M [14'1]	3.05M [10'0]
HIGH JUMP	1.80M [5'10]	1.50M [4'11]
SHOT PUT	13.5M [44']	12.5M [41'0]
JAVELIN THROW	46M [150'0]	32M [105'0]

HAMMER THROW	44.M (145'0)	35.00M (114'10)
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COMPETITION DAY LOGISTICS

Warm Ups and team tent area

Warm-up area will be permitted on the Intermural Field (IM Field) directly adjacent to the track. Use of hurdles for warm ups will be allowed on track at 30 min prior to start of hurdle event. There will also be hurdles on IM Field available for use until that time. All team tents must be sent up on IM Field as well, no tents will be allowed in Drake Stadium.

Check in running events

Athletes may check in at clerk of course up to 60 minutes prior to scheduled event. Athletes are asked to be back in clerking area no later than 15 min before start of race for last minute race instructions. No late check in will be allowed.

Check in field events

Field event check in will end promptly 30 minutes prior to the start of each specific event. No late check in will be allowed. Please pay attention to officials as running events may be underway. All teams and athletes must provide their own implements and weigh in all throwing equipment. Implement weigh in will be located at the North West corner of the track.

SPORTS MEDICINE

Athletic trainers will be present in the Acosta Training Complex (south of the track) 2 hours prior to the start of the competition. They will be set up on the south portion of the track 1 hour prior to the start of the competition. We will provide water, PowerAde, cups, ice, first aid and emergency equipment, and various other modalities as needed. Request for use of modalities or any other questions can be directed to: Patrick Talley

Email: ptalley@athletics.ucla.edu

Cell: (815) 651-6032

RESULTS

Live results will be posted via our timer's website at www.finishedresults.com. Final results will be available online at www.uclabruins.com at the conclusion of the meet.

QUESTIONS/ADDITIONAL SERVICE REQUESTS

Meet Director: Olympia Jewett
Director of Operations, Track and Field
Email: ojewett@athletics.ucla.edu

MEDIA CREDENTIALS

Please email Seth Dahle for all meet day media inquiries: sdahle@athletics.ucla.edu

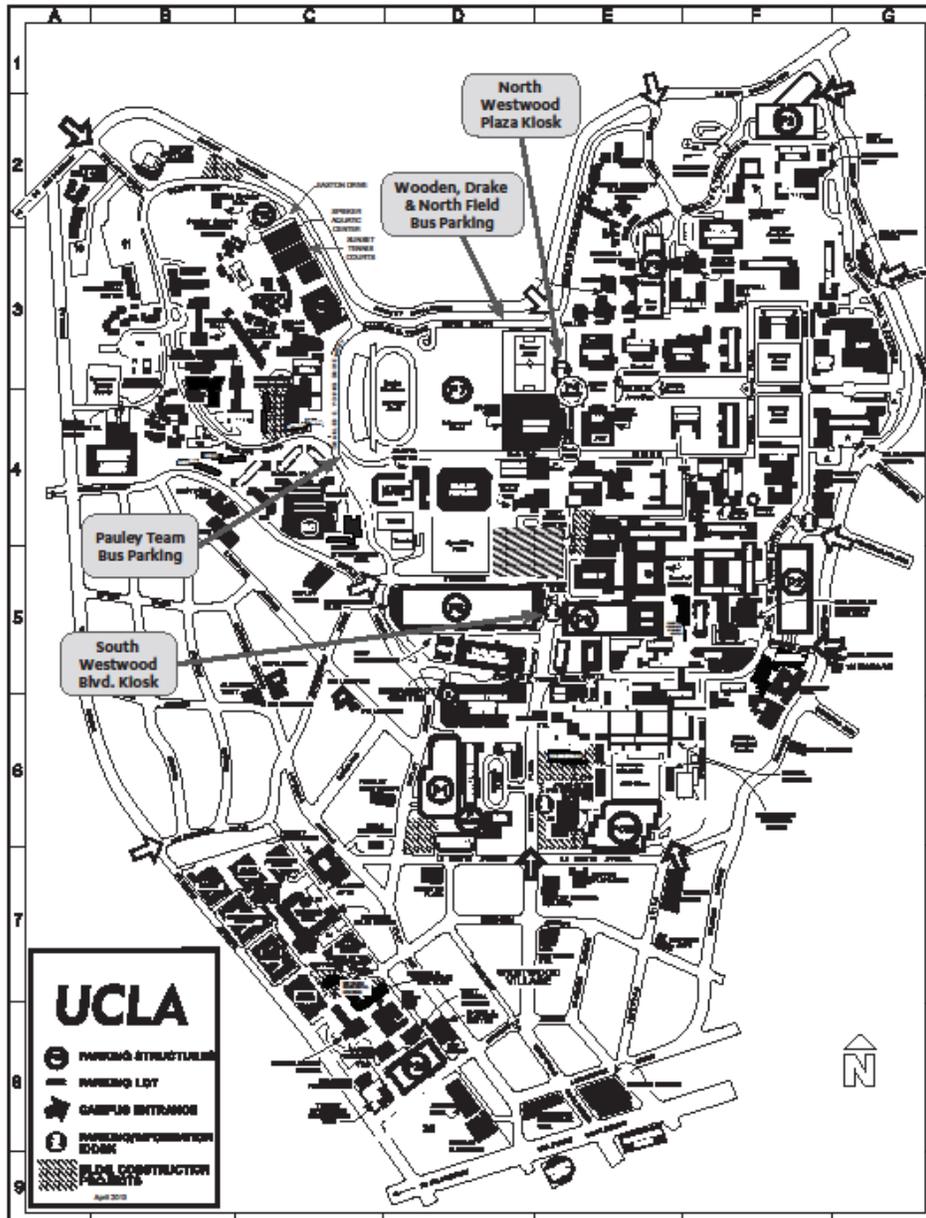
PARKING

For Friday and Saturday, March 29- 30th game management staff member will be stationed outside lot #7 to hand out 3 parking passes per team. **PLEASE NOTE, a**

courtesy card is NEVER VALID in numbered "PAY BY SPACE" spots or at PARKING METERS. NOT VALID in "Blue" or "X" permit spaces. UCLA Athletics is not responsible for any citations received while using the courtesy permits. Lot 7 will be available for any additional meet day parking, cost is \$12 per vehicle

Bus parking is available along Charles E. Young Blvd. located north of the track labeled Drake Bus Parking on the map below.

Please have all athletes enter at the main gate to the Intermural Field (adjacent to Drake Stadium).



April 2013

SCHEDULE OF EVENTS

Friday, March 29th 2019

Running Events

5:30 PM	(W) 5000m - (Section 2)
5:55 PM	(M) 5000m - (Section 2)
6:15 PM	(W) 3000m Steeple -Invite

6:30 PM	(M) 3000m Steeple - College/Open
6:45 PM	(M) 3000m Steeple - Invite
7:00 PM	(W) 1500m (Section 2)
7:08 PM	(W) 1500m (Section 1) -Invite

7:16 PM	(M) Mile (Section 2)
7:24 PM	(M) Mile (Section 1) Invite
7:32 PM	(W) 5000m - Invite
8:00 PM	(M) 5000m - Invite
8:20 PM	(W) 10,000m Invite
9:05 PM	(M) 10,000m Invite

Field Events

4:30 PM	(W) Hammer Throw
6:30 PM	(M) Hammer Throw