



CCCAA Track & Field Southern California Regional Trials and Finals

Fact Sheet

- Date(s):** Saturday, May 6th (Trials) / Saturday, May 13th (Finals)
- Host Conference:** South Coast Conference
- Host College:** Cerritos College
- Meet Administrative Staff:**
Meet Manager – Christopher Richardson –
crichardson@cerritos.edu (562) 441-4239
Event Manager – Dan Clauss –
dclauss@cerritos.edu (562) 860-2451 x2862
Meet Referee – Andrew Bard
- Games Committee:**
- | | |
|---------------------------|---------------------------------|
| SoCal Rules Chair: | Shawn Cummins (Santiago Canyon) |
| Western State: | Pam Kelley (Bakersfield) |
| Pacific Coast: | Tonie Campbell (Southwestern) |
| Orange Empire: | Jim McCarron (Riverside) |
| South Coast: | Dean Lofgren (El Camino) |
- Admission:** \$12 general admission
\$8 all identified students, senior citizens age 60+, children under 12
- Host Hotel:** Holiday Inn La Mirada (see flyer below)
- Jury of Appeals:** TBA
- Practice Times:** The track will be open on Friday, May 5th at 12 pm until 6 pm (Trials)
The track will be open on Friday May 12th at 12 pm until 6 pm (Finals)

Entry Fees: The entry fee for this competition will be \$200 per school per gender. That is \$200 for Women and \$200 for Men for each school. These fees are due in full at packet pickup. Personal checks, cash, school check are the only acceptable means of payment or school PO, payable to:
“Cerritos College Track and Field”

Mail checks to:

Cerritos College
Attn: Christopher Richardson (Head Track & Field Coach)
11110 East Alondra Blvd.
Norwalk, CA 90650

Athlete and Coaches Entrance/Package Pickup:

All team parking will be on the West Side of the stadium next to the soccer fields. Athletes and coaches will enter the stadium from that side. On Friday, packets can be picked up from home side entry gate in the stadium from 1:00 p.m. – 6:00 p.m. On Saturday, packets can be picked up in the home side entry gate from 7:00 a.m. – 1:00 p.m. Packets and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials.

Technical Competitive Information:

This meet will be run in accordance with all pertinent NCAA Track and Field Competition Rules, CCCAA and 5CTCA rules and bylaws.

Warm-up Area: All warm-ups should be done on the soccer fields just west of the track and in the southwest end of the stadium.

Spikes: **Spikes MUST be 3/16 inch or shorter. Pyramid spikes are the only allowable spikes.** Pin, Needle, and Christmas Tree spikes will not be allowed. There will be a spike check at the clerk’s area, and prior to the start of all applicable field events (this rule applies to all runway surfaces). Please help us with compliance.

Starting Blocks: Only those supplied by meet management are acceptable. For your information, we will be using the Gill International starting block.

Track Surface and Field Event Specifications:

The running surface and field event venues are surfaced with Mondo. Please make note of the following runway lengths: Men’s PV – 131’; Women’s PV – 131’; Men’s LJ 206’; Women’s LJ 167’; Men’s MTJ= Board #1 191; Board #2 187’; Women’s TJ= Board #1 160’; Board #2 156’; Javelin= +200’

ThrowFar Valley: All long throw events will take place in the throws area just to the south of the track. The Javelin will be thrown on the East for Men and West for Women.

Viewing for throws events for both the Hammer and Discus - throws there will be specific safety areas for spectators and coaches. For the Javelin, coaches will be asked to stay on the south side D ring (steep area), athletes will be asked to not cross the track. For the Shot Put there will be an area for coaches on the other side of the in-field ring fence.

Viewing for the Pole Vault Viewing for the Pole Vault:

Coaches will be asked to remain in the east side stadium stands.

Pole Vault: Vaulting poles may be stored in the track shed under the walkway going up onto the east stands. Be sure to label your poles.

SEEDING OF ATHLETES INTO THE CCCAA TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS: A. Seeding for all races shall be by performance (time) recorded in the conference meet finals and should be electronically timed (FAT = Fully Automatic Timing). If hand timing (MT = Manual Timing) is used, the meet manager must first round up to the slowest tenth second and then add .24 to the manual time to enter the mark as a FAT time. (MT + .24 = FAT). This conversion is the responsibility of the conference meet manager. B. Using the conference meet performances only, the CCCAA Track and Field Southern California Regional Championship Meet Manager shall seed by serpentine method. C. Additional qualifiers from the Automatic Qualifying list are seeded according to qualifying times. D. Lane assignments for the CCCAA Track and Field Southern California Regional Championship Trials shall be randomly drawn (all gaps will be closed). E. In preliminaries: All field event entrants shall be seeded by serpentine methods using conference qualifying marks. Auto-qualifying athletes shall be seeded using their auto qualifying marks. The order of competition within flights shall be randomly drawn. In the event trials and finals are conducted on the same day, the athletes shall be grouped into flights from their qualifying marks, and the orders of competition shall be arranged from worst to best in each flight, using the same procedure as in the Southern California Regional Track & Field Championship Finals. F. The starting heights in the pole vault and high jump competition shall be determined by the Games Committee. 2.3.2.2.3

ADVANCEMENT FROM THE CCCAA TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS TO THE CCCAA TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP FINALS IN THE RUNNING EVENTS: 10/16/08

A. Where qualifying procedures are necessary for the CCCAA Track & Field Southern California Regional Championship Finals, no athlete may advance to the Finals without competing in the Trials. B. Qualifying in the Track & Field Southern California Regional Championship Trials shall be contested in heats with the purpose that all lanes shall be filled in the Finals for the following events on the track: 100, 200, 400, 800, all hurdle events, the 4 x 100M relay and 4 x 400M relay. C. In the 100, 200, 100 Hurdles, and 110 High Hurdles (m) the procedure shall be as follows for advancing from the Southern California Regional Track & Field Championship Trials to Finals: 1. All heat winners advance. All other qualifiers shall advance to the finals on a time basis providing the following requirements are met: a. A phototiming (FAT) system is correctly in place and operating. b. Wind gauge variance between qualifying heats for any final event may NOT be greater than + or - 2 MPS (meters per second). D. A wind gauge must be used for all qualifying races that require wind readings in the CCCAA Track & Field Southern California Regional Championship Trials. E. In the event of a scratch in a race run entirely in lanes, advancement

will be based on time regardless of place, unless there is a wind variance over the allowed meters per second. In such case, the advancement will follow rule 2.3.2.2.3 F. F. In the above events, if rule 2.3.2.2.3 C1, C1a, or C1b fails, for races of three (3) qualifying heats, the first three (3) in each heat advance to the finals. G. In the 400, the 400 hurdles, and both relays, providing the photo-timing is successful, qualifiers to the next round shall be the heat winners with all others advancing on a time basis. H. In the 100, 200, 400, both hurdle events, and both relays, if the systems outlined above in rules D and E fail, advancement from the heats to the finals shall be as follows: 1. Using a nine (9)-lane track with three (3) heats, the first-, second-, and third-place finishers in each heat shall advance to the finals. 2. Using an eight (8)-lane track with three (3) heats, the first- and second-place finishers in each heat, plus the two (2) fastest third-place finishers shall advance to the finals. 3. Using either an eight (8)- or nine (9)-lane track using anything other than three (3) heats, all heat winners qualify to the finals and then all others advance with the priority on placement from the heats first. I. In the 1,500 and 3,000 steeplechase qualifying, there will be two (2) heats with the purpose of qualifying four (4) from each heat and the next four (4) fastest times from either heat for a twelve (12)-athlete final. J. In the 800 (based on a nine [9]-lane track), qualifying shall be by heats only, to fill up the lanes of the track. The first two (2) place finishers in each heat shall advance plus the next fastest times in all heats until all lanes are filled in the Final. If there are scratches, all advancing athletes to the finals must be based on time. K. In the 800 on an eight (8)-lane track, heat winner plus the fastest times. A one (1)-turn stagger start shall be used. Not independent should be under the 800m info. L. In the 10,000 meters (men) and (women), the races shall be run as a final only on the day of the Track & Field Southern California Regional Championship Trials. M. In the 5,000 meters (men) and (women), the races shall be run as a final only on the day of the CCCAA Track & Field Southern California Regional Championship Finals. N. Qualifying relay teams from the CCCAA Track & Field Southern California Regional Championship Trials to the finals shall be by teams only. Qualifying teams may use alternates (substitutes) who did not run in the Trials in the Finals. O. The NCAA "Failure to Participate" rule as applied to the CCCAA Track & Field Southern California Regional Championship Trials and Finals shall be enforced. P. The Regional chair and CCCAA Track & Field Southern California Regional Championships meet manager shall accept scratches to the Finals immediately following the conclusion of the Trials up to noon Wednesday prior to the CCCAA Track & Field Southern California Regional Championship Finals. This will permit replacements to be notified. After the noon deadline, the NCAA "Failure to Participate" rule will go into effect. Q. The Regional chair or CCCAA Track & Field Southern California Regional Championship meet manager shall replace the scratched athlete by following the qualifying procedures set in this document and shall notify the next qualifier, provided the athlete meets the Minimum Standards Qualification List. 2.3.2.2.4

LANE ASSIGNMENTS FOR THE CCCAA TRACK AND FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP FINALS BY FORMULA: 10/16/08

A. The following are the lane assignments for all lane races on a nine (9)- lane track (best to worst): 5, 6, 4, 7, 3, 8, 2, 9, 1—heat winners will be given the best lanes. B. Lane assignments in all lane races on an eight (8)-lane track (best to worst): 4, 5, 3, 6, 2, 7, 1, 8—heat winners will be given the best lanes. C. For the 1,500; 3,000 steeplechase; 5,000; and 10,000: These events will be seeded randomly. 2.3.2.2.5

ADVANCEMENT FROM THE CCCAA TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS TO THE FINALS IN FIELD EVENTS: 10/16/08

A. Where qualifying procedures are necessary to advance to the Finals, no athlete may advance to the Finals without competing in the Trials. B. The top nine (9) Trials competitors in the high jump and pole vault

and all ties for the ninth place shall advance to the Finals. NCAA tie breaking rules will not apply to break such ties. (i.e., if in the high jump, the 6th place person jumped 6' 7", all jumpers who cleared that height shall advance). C. The top twelve (12) Trials competitors in the throwing events (shot put, discus, javelin, hammer) and horizontal jumps (long jump, triple jump) after a three (3) preliminary effort, shall advance to the finals D. In the finals of the throwing events (shot put, discus, javelin, hammer) and horizontal jumps (long jump, triple jump) the order shall be from worst to best. After the first three (3) throws/jumps the field will be reduced to the number of athletes as there are lanes on the track and reordered from worst to best, based on mark.



Southern California Community College Track and Field Prelims

Jumps

Men	Event	Time	Women	Event	Time
<i>North End</i>	Pole Vault	10am	<i>North End</i>	Pole Vault	2pm
<i>D Ring</i>	High Jump	12pm	<i>D Ring</i>	High Jump	12pm
<i>South Pit</i>	Long Jump	10am	<i>North Pit</i>	Long Jump	10am
<i>South Pit</i>	Triple Jump	2pm	<i>North Pit</i>	Triple Jump	2pm

Throws

Men	Event	Time	Women	Event	Time
<i>East Runway</i>	Javelin	9am	<i>West Runway</i>	Javelin	9am
<i>South Ring</i>	Hammer	11:30am	<i>North Ring</i>	Hammer	11:30am
<i>Infield Ring</i>	Shot Put	2pm	<i>Infield Ring</i>	Shot Put	4:30pm
<i>North Ring</i>	Disc	4:30pm	<i>North Ring</i>	Disc	2pm

Track

Women	Event	Men
11:00am	3000M SC	11:40am
12:20pm	4X100M	12:40pm
1:00pm	1500M	1:15pm
1:35pm	100M/110 Hurdles	2:00pm
2:20pm	400M	2:35pm
2:50pm	100M	3:05pm
3:20pm	800M	3:40pm
4:00pm	400M Hurdles	4:30pm
4:45pm	200M	5:00pm
5:15pm	10,000M	
6:05pm	4X400M	6:25pm
	10,000M	6:40pm

1 hour check in/ 5-10 min Prior to start of race athlete will be escorted to event.

Southern California Community College Track and Field Finals

Jumps

Men	Event	Time	Women	Event	Time
Infield	Pole Vault	2pm	Infield	Pole Vault	2pm
D Ring	High Jump	1pm	D Ring	High Jump	2pm
South Pit	Long Jump	12pm	North Pit	Long Jump	12pm
South Pit	Triple Jump	3pm	North Pit	Triple Jump	3pm

Throws

Men	Event	Time	Women	Event	Time
East Runway	Javelin	12pm	West Runway	Javelin	12pm
South Ring	Hammer	1:45pm	North Ring	Hammer	1:45pm
Infield Ring	Shot Put	3pm	Infield Ring	Shot Put	4:30pm
South Ring	Disc	4:30pm	North Ring	Disc	3pm

Track

Women	Event	Men
2:00pm	3000M SC	2:25pm
2:50pm	4X100M	3:00pm
3:10pm	1500M	3:25pm
3:40pm	100M/110 Hurdles	3:50pm
4:05pm	400M	4:15pm
4:25pm	100M	4:35pm
4:45pm	800M	4:55pm
5:10pm	400M Hurdles	5:20pm
5:35pm	200M	5:45pm
5:55pm	5,000M	6:25pm
6:50pm	4X400M	7:00pm

1 hour check in/ 5-10 min Prior to start of race athlete will be escorted to event.

Holiday Inn La Mirada

Los Angeles – Anaheim

14299 Firestone Blvd. La Mirada, CA 90638
Ph.: 714 739-8500/Fax: 714 521-9642
www.holidayinn.com/lamirada
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Expiration Date: **December 31, 2015**

To reserve, call N. Terry Illiano at (714) 690-2115 tiliano@hilamirada.com or Stephanie M. Gomez at (714) 690-2112 sgomez@hilamirada.com in the Sales Department.

It is **mandatory** that you please contact the Sales Department and **NOT** Hotel Reservations.



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