

# Ucla<sup>®</sup>

## TRACK & FIELD

**Bob Larsen distance carnival meet info**  
**March 29<sup>th</sup> 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 Legends of Track & Field Invitational will be scored in format explained above.***

### **Entry Procedure**

All entries must be completed online at Direct Athletics ([DirectAthletics.com](http://DirectAthletics.com)). Entries will not be accepted by telephone, fax, or e-mail. Marks on TFRRS 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](http://www.uclabruins.com) by **Wednesday, March 27<sup>th</sup>** at 5:00 PM (PST).

**Scratches/ Add-In**

No late add-ins will be admitted after deadline date **Monday, March 25<sup>th</sup>** at 11:59 PM (PST). Scratches will be accepted until Thursday, March 28<sup>th</sup>, 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](mailto:ojewett@athletics.ucla.edu). For any additional team bus information please contact Dave Martinez at [dmartinez@athletics.ucla.edu](mailto: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. Athletes will get their spikes checked prior to entering the facility. Those not in compliance with spike policy may be subject to disqualification of competition.

**Parking**

Team bus parking will be available. Spectator parking will be located in Lot 7 for \$12

**Minimum distances measured/vertical Jumps Opening heights**

Event	Men	Women
Long Jump	6.63m (21'9)	5.18m (17'0)
Triple Jump	13.23m (43'5.25)	10.68m (35'0.5)
Pole Vault	3.66m (12'0)	3.05m (10'0)

High Jump	1.70m (5'7)	1.40m (4'7)
Shot Put	10.54m (34'5)	9.15m (30'0)
Javelin Throw	33.85m (111'0)	26.5m (87'0)
Hammer Throw	32.00m (105'0)	35.00m (114'10)

## 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](mailto:ptalley@athletics.ucla.edu)

Cell: (815) 651-6032

### Results

Live results will be posted via our timer's website at [www.finishedresults.com](http://www.finishedresults.com). Final results will be available online at [www.uclabruins.com](http://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](mailto:ojewett@athletics.ucla.edu)

### Schedule of events

Friday, March 29<sup>th</sup> 2019

### Running Events

<b>5:30 PM</b>	(W) 5000m - Open
<b>6:00 PM</b>	(M) 5000m - Open
<b>6:20 PM</b>	(W) 3000m Steeplechase
<b>6:50 PM</b>	(M) 3000m Steeplechase
<b>7:10 PM</b>	(W) 1500m
<b>7:25 PM</b>	(M) Mile
<b>7:35 PM</b>	(W) 5000m - Invitational
<b>7:55 PM</b>	(M) 5000m - Invitational
<b>8:10 PM</b>	(W) 10,000m
<b>8:45 PM</b>	(M) 10,000m

**Field Events**

<b>4:30 PM</b>	(W) Hammer Throw
<b>6:30 PM</b>	(M) Hammer Throw