

“Cal State L.A. Invitational”

March 1-2, 2019

Friday (Throws Only) & Saturday at Jesse Owens

Track on the campus of Cal State L.A.

Please Note that the Hammer and Javelin will be conducted at Cerritos College

Entry Fees

College team entries will be \$350 per team /\$700 for men's and women's teams.

Open/Club- \$30 per event. Relays are \$30 per relay team. Date of meet payments will be charged a \$50 late fee.

High School entries will be \$50.00 per team/\$100 for both boys and girls teams. Date of meet payments will be charged a \$50 late fee.

Please note: THERE WILL BE ABSOLUTELY NO REFUNDS

Entry Information

High school teams must register on the **Finished Results** website at **www.finishedresults.com**. If your team does not have a username and password already set up with Finished Results, you must do so before entering. Entries will close on Tuesday, February 26, 2019 at 5:00 p.m.

The meet is open to all club teams and unattached athletes using the Direct Athletics website at <http://www.directathletics.com>. If you do not have a username and password already set up with Direct Athletics, you must do so before entering. Club teams and unattached athletes are required to pay by credit card before their entries are accepted. Once the credit card has been successfully processed, your entries will be declared and accepted into the meet. Entries will close on Tuesday, February 26th at 5:00 p.m. Day of meet payments will be charged a \$50 late fee.

Entry Limits: All field events will be limited to the top 30 competitors.

Opening Heights: Opening heights for high jump and pole vault have been established by meet management at the following standards:

Men's Pole Vault: 3.90 meters (12-09.50)

Women's Pole Vault: 2.66 meters (8-08.75)

Men's High Jump: 1.77 meters (5-09.75)

Women's High Jump: 1.39 meters (4-6.75)

Heat Sheets

Heat sheets will be posted on the Finished Results website on Wednesday, February 28th.

Honest Entries

Please enter marks only from the 2017 or 2018 seasons. Marks that cannot be verified will be automatically seeded into a slower section upon protest. Please do not exaggerate marks in order to get an athlete into the meet.

Late Entries/Scratches

Late entries will not be accepted after the deadline. Scratches will not be refunded. There will be no exceptions.

Timing

Timing will be done with the FinishLynx fully automatic timing system.

Rules

This meet will be conducted under NCAA Rules. No false starts and all field events will be measured in metric. Division 1 teams will be scored against each other.

Check-In

Field Events: Check into your event 30 minutes prior to start of event. Pole Vault, Javelin and Shot Put will report directly to the event. High, Long and Triple jump athletes will check-in at the tent located in the northeast corner of the track, right across from the baseball field 30mins prior to be escorted to their event location. A final call will be given 15 minutes prior to the start of the event. Athletes who do not report by the deadline will be scratched.

Track Events: Report to the clerk of course 30 minutes prior to the start of the event. Athletes who do not report by this time will be scratched.

Field Event Information

There will be implement weigh-ins at this meet. All implements should be checked and approved by the USATF official on-site 2 hours before the start of the event. Four attempts only in all throws and horizontal jumps. Opening heights for high jump and pole vault have been established by meet management at the following standards:

Men's Pole Vault: 3.90 meters (12-09.50)

Women's Pole Vault: 2.66 meters (8-08.75)

Men's High Jump: 1.77 meters (5-09.75)

Women's High Jump: 1.39 meters (4-6.75)

Implement Certification

Implement Weigh-ins will be done on Jesse Owens Field by the Shot-Put Area. Off Site Weight-In's TBA. Implement weigh-ins will be done at the competition site for the hammer throw, javelin, and discus. All Weight-In's will be open 2 hours before event and closed 30 mins before event starts.

Food and Beverage: Food and beverage brought into Reeder Field are limited to those carried by athletes and coaches at the time of your initial arrival at Jesse Owens Track. All other food and beverage must be purchased at the Golden Eagle concession stand.

Parking for spectators: The most convenient public parking lot for cars and minivans is located adjacent to the Luckman Fine Arts Complex. Cash boxes are located throughout the lot at a rate of 50 cents per hour.

Spikes: No spikes longer than 1/4 pyramids permitted. Spikes will be checked.

Team Drop-off and Team Parking: Athletes and coaches may be dropped off along Circle Drive at the main entrance to Reeder Field (baseball facility) lot 10. There will be no parking at the track and field complex.

Warm-ups: Warm-ups will be done on the east side of the field inside the track. The warm-up area also is convenient to the trainer's area, which is located outside the track near the end of the first turn. Please go through the gate by the check-in tent to get to the trainer.

Coaching Box: There will be coaching boxes located at each field event area; these will be the only locations coaches will be allowed to stand on the field.

Lodging Info:

Doubletree Hotel Los Angeles/Rosemead

888 Montebello Blvd.

Rosemead, Ca 91770

Telephone: 323-201-3461

Fax: 323-722-1775

Event Schedule

Tentative Meet Program:

Location Cerritos College – Only Events will be the Hammer and Javelin

Friday March 1, 2019

9:00 a.m. Hammer Throw

(Men's followed by women's) * - TBA

8:00 a.m. Discus Throw

(Women's followed by men's) * - TBA

9:00 a.m. Javelin Throw

Cal State LA – All other Events will be contested at Cal State LA

Saturday March 2, 2019

Field Events

8:00 a.m. - Discus

(Women's followed by men's) * - TBA

8:00 a.m. -Long Jump

(South Side Women's Pit #1 and men's Pit #2)

12:00 p.m.-Pole Vault

(Men's followed by women's)

12:45 p.m.-High Jump

(Women's followed by men's)

10:00 a.m. – Shot Put

(Girl's followed by Boy's)

1:00 p.m.-Shot Put

(Women's followed by men's)

12:00 p.m.-Triple Jump (South Side Women's Pit #1 and men's Pit #2)

Running Events

10:00 a.m. Opening Ceremonies, Awards, & Senior Day

10:30 a.m. Girl's 4x800m Relay

11:00 a.m. Boy's 4x800m Relays

11:25 a.m. Girl's 4x100m relay

11:35 a.m. Boy's 4x100m relay

11:45 a.m. Women's 4x100m relay

11:55 a.m. Men's 4x100m relay

12:05 p.m. Women's 1500m

12:20 a.m. Men's 1500m

12:40 p.m. Women's 100mH (South Side)

12:55 p.m. Men's 110mHH (South Side)

1:10 p.m. Women's 400m

1:20 p.m. Men's 400m

1:30 p.m. Girl's 4x200m

1:40 p.m. Boy's 4x200

1:50 p.m.	Women's 100m (South side)
2:05 p.m.	Men's 100m (North Side)
2:30 p.m.	Women's 800m
2:45 p.m.	Men's 800m
2:55 p.m.	Women's 400m LH
3:05 p.m.	Men's 400m IH
3:15 p.m.	Women's 200m
3:30 p.m.	Men's 200m
3:45 p.m.	Women's 3000m
4:05 p.m.	Men's 3000m
4:25 p.m.	Girl's 4x400m relay
4:35 p.m.	Boy's 4x400m relay
4:45 p.m.	Women's 4x400m relay
4:55 p.m.	Men's 4x400m relay