

MEET INFORMATION
Orange Empire Conference Multi-Event Championships
Hosted by Riverside Community College @ RCC
Day 1: Tuesday - March 10, 2020
Day 2: Wednesday - March 11, 2020

Decathlon Start (Day 1 & 2): 10:00am Heptathlon Start (Day 1 & 2): 11:00am

Wednesday
Weigh – Ins: 9:00am
(Shot Puts)

Thursday
Weigh – Ins: 9:00am
(Discus, Javelin)

Entries: Entries are due through www.directathletics.com by Monday, March 5th @ 6:00 pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the failure to participate rule will be in effect.

Entry Fee: Entry fees include all 3 championship meets, and will be **\$1900 per school (includes men and women's programs)**. **Make checks payable to: RCC Track Trust** (mail checks to 4800 Magnolia Ave. Riverside, CA 92506 Attn. Jim McCarron track/xc coach). **The deadline for all entry fees to be turned in is February 1, 2018, and if you could send them earlier it would be greatly appreciated.**

NOTE: The entry fee is a bit higher than last year because timing, announcing and hospitality prices have gone up.

Spikes: 1/4 or 3/16" pyramid spikes (no needles or Christmas trees) maximum for all surfaces, runways and take-offs within the stadium. The javelin will be thrown from a grass approach and up to 1 inch spikes will be allowed for that event.

Weigh-Ins: Implement certification for all throwing events will be conducted from **9:00am to 11:00am** on each day. Certification will be conducted at the North end of the track (near the flag pole). Implements not meeting certification will be tagged and impounded until the conclusion of the meet.

Scoring: Each event shall be scored for 8 places with the following points: 10-8-6-5-4-3-2-1

Meet Responsibility: Each team will be responsible for overseeing the following event: **FJC (HJ), GW (SP), OCC (Discus), RCC (Hurdles/blocks, Javelin), Saddleback (PV), and Santa Ana (LJ)**. Bring all required materials to run your school's assigned event (ex. Tape measure). We will provide rakes and brooms. USATF officials will be on hand to conduct the events; however teams will need to provide all of the necessary workers for their assigned event areas. Workers should have at least a basic fundamental knowledge of the rules for the event area that they will be working.

Results: Results will be posted on www.directathletics.com following the conclusion of the meet. Results will also be posted on the northwest side of the track. Hard copies of the final results for each day will be handed out at the conclusion of the meet.

Check In: Athletes must check in before the start of the event or they will be scratched, and will be subject to the "Failure to Participate Rule" for all subsequent events on that day of competition. All running event athletes must get their hip number from the clerk of the course before the start of the event, which will be on the North end of the track.

Restrooms: Restrooms are located at the Northwest and Northeast end of the track

Seating: All teams must set up their tents in the top five rows of the stands.

Athletic Trainer: There will be a fully manned trainer's station at all 3 meets. This station is to deal with taping, ice and injuries. Coaches/athletes are responsible for providing their tape and pre-wrap. Any athlete needing treatment with a pre-existing injury will need a note from their college's athletic trainer in order to be treated by our trainer.

Sound Systems: Portable sound systems will not be allowed in the stadium at anytime during the meet.

Canopy: Canopies will only be allowed on the northwest grass fields outside the track area (opposite the throws grass area), **or in the top 10 rows (only)** of the bleacher area.

Warm-Up Area: Warm-up area will be located on the northwest grass fields outside of the track area (opposite the throws grass area), or on the on the field (only for multi-event athletes).

COA Decorum Policy: Decorum policy will be in effect and strictly enforced at the meet site for all meets.

If you have any questions contact Jim McCarron:

(951) 222-8322 - office / (951) 231-3739 – cell Jim.mccarron@rcc.edu or

Damien Smith –(951) 222-8272 – office / (702) 204-9540 - cell Damien.smith@rcc.edu

RULES OF COMPETITION:

**** **PLEASE REVIEW THESE RULES WITH YOUR ATHLETES** ****

Failure to Participate RULE:

The failure to participate rule is in effect for all entered athletes. Any scratch, failure to compete in an entered event, failure to complete a running event, or failure to produce a legitimate competitive effort will result in the disqualification of that athlete from all competition (including relays!) for the remainder of that day. With regards to this rule, the Prelims and Finals meets are considered to be separate days of competition.

UNIFORM RULE:

NCAA and COA uniform rules are in effect. All competing athletes must be clothed in official school-issued uniforms. This includes lower body garments (i.e., shorts or warm-up pants), head wear (hats, beanies, etc.), and t-shirts. Males should also be made aware of the fact that removing one's shirt or rolling down one's body suit to expose their bare chest while in the field of competition is a violation of the uniform rule. These rules apply to all competitors including weight throwers – **NO EXCEPTIONS!** The first infraction will be a warning, after one warning the second infraction will result in the disqualification of the athlete.

ELECTRONIC DEVICES:

Absolutely **no** electronic devices are allowed on the field of competition. This includes cell phones, portable music players, video cameras, boom boxes, etc.

FIELD OF COMPETITION:

Once the meet begins, absolutely no one is allowed on the track, infield, or any other field of competition unless they are actively competing in an event or working at an event! This rule applies to coaches, teammates who are not actively competing in an event, family, friends, spectators, etc. Athletes who have completed their competitive event should immediately exit the field of competition, after receiving their awards, and not linger to cheer on or socialize with their competing teammates. Failure to comply with these conditions may result in the disqualification of the competing athlete from that college.

Qualifying from Conference Prelims to Conference Finals

Advancement from Prelims to Finals in the running events and from the qualifying trials to the finals in the field events will always exactly follow the procedure used that year for the SOCAL championship and outlined under rule 6 and rule 8 of the Rules and Policies booklet. In the case of the 1500meter run, this policy may be suspended and the event may be run as a finals only event if there are fewer than 16 entrants in the event. Wind gauges will not be used for advancement, but for record purposes only.

Qualifying from Conference to Southern California Prelims

The top 6 finishers from each conference will advance to the Southern California Prelims as long as they have reached the minimum qualifying mark at sometime during the season. That will leave 3 remaining spots in each event. If there are any automatic qualifiers, they would come in first, but no more than 3 would be moved into an event. If there are still spots remaining they will be filled by the best non-qualifying mark from the conference championship meets if they have reached the Minimum Qualifying mark at sometime during the season. All qualifiers will be posted on the SOCAL Website www.gocollegetrack.com starting on Monday and will be updated each evening until after the scratch deadline. Mark Covert will attempt to put heats and flights up on Thursday evening before each meet.

Qualifying from Southern California to State

The first 4 place winners in the following events (100,200,400, 100/110H, 400H, 800, 4X100R, 4X400R) and Best 5th place from the two regional meets move on to the State Championships. The first 6 place winners in the following events (1500, 3,000Steeple, 5,000, 10,000 and **All** field events) move on to the State Championships. It is possible, with new state qualification rules, that the south can qualify more athletes in each event if the state qualifiers from the Nor Cal Finals do not meet minimum qualifying standards. The State Meet will be held at American River College.