

“Cal State LA Twilight Open”

*Join us under “The Lights” on Thursday, April 18, 2019
at Jesse Owens Track on the campus of Cal State LA.*

Please Note that the Hammer & Javelin will be conducted at Cerritos College on
Wednesday, April 17, 2019

Meet Information

The Cal State LA Twilight Open is an annual collegiate/open track and field meet that allows coaches and athletes to get multiple qualifying opportunities on a busy track and field weekend in Southern California.

Entry Fees

College team entries will be maxed out at \$400 per team or \$750 for men’s and women’s teams or \$35 per event and/or \$35 per relay team. Open/Club- \$35 per event. Relays are \$35 per relay team. A late fee of \$50 will be added per gender/team and an additional fee of \$50 for an individual event. There will be no refunds. We will have a wait list for everyone on standby with the event official.

Entry Information

All collegiate teams must enter using the Direct Athletics website at <http://www.directathletics.com>. If your team does not have a username and password already set up with Direct Athletics, you must do so before entering. Registration will close on **Monday, April 15, 2019 at 11:59 am Pacific**.

The meet is open to all **club teams and unattached athletes**, who must also enter 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. Registration will close on **Monday, April 15, 2019 at 11:59 am Pacific**.

Entry Limits: All field events will be limited to 27 competitors. The top 27 marks will be included in the meet.

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 Cal State LA website on Tuesday, April 16.

Honest Entries

Please enter marks only from the 2017 through 2018 seasons, or from the current 2019 season. 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 be \$50. Scratches will not be refunded. There will be no exceptions.

Timing

Timing will be done with Finish Lynx 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.

Check-In

Field Events (High Jump, Pole Vault, Long and Triple jump): Check in will take place on the warm up field. Athletes will then be escorted to their event site 30min prior to start of event. Athletes who do not report by the deadline will be scratched. 1 coach per participating athletes will also be escorted in at the same time as your athlete to the coaches' box. Both athlete and coach will be escorted off after the completion of the event. The Long and Triple coaches' box will be designated in the stadium.

Track Events: Report to the clerk of course 60 minutes prior to the start of the event. Athletes who do not report by this time will be scratched. A final call for check-in will be made on the warm up field 30 minutes prior to an event.

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 at least 1 hour before the start of the event. Three attempts in all throws and horizontal jumps plus three additional attempts for top 9 unless a small field in a particular event enables six attempts.

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

Men's Pole Vault: 4.06 meters (13-3.75)

Women's Pole Vault: 2.80 meters (9-2.25)

Men's High Jump: 1.72 meters (5-7.75)

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 is 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. Pay stations are located in the lot. Visitors must display a valid daily parking permit at all times.

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

Team Drop-off and Parking: Athletes and coaches may be dropped off between the PE building and Reeder Field (baseball facility). Bus should drop off Athletes and coaches off the street enter by the Parking Lot 10 sign. There will be no parking at the track and field complex for teams. Parking for teams will be located in Parking structure C or Lot 7.

Warm-ups: All warm-ups will be done on Reeder Field once baseball's practice has completed.

Team Set Up: You can set tents on the high level of the stadium and/or the back edges on the warm up field. Please keep your area clean. You should have trash bags in your packet.

“CAL STATE LA TWILIGHT OPEN” MEET SCHEDULE

Thursday

Field Events

- 12:00 p.m. Pole Vault (women followed by men's)
12:30 p.m. Long Jump (women's Pit 1 and men's Pit 2)
2:00 p.m. Shot Put (women followed by men's)
2:30 p.m. High Jump (men followed by women's)
4:00 p.m. Triple Jump (women's Pit 1 by men's Pit 2)

Running Events (To keep the Meet Moving we may do into a Rolling Schedule)

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|-----------|---|-------------------|
| 3:10 p.m. | M | 3000 Steeplechase |
| 3:30 p.m. | W | 3000 Steeplechase |
| 3:50 p.m. | W | 100 Hurdles |
| 4:00 p.m. | M | 110 Hurdles |
| 4:15 p.m. | W | 4 x 100m Relay |
| 4:20 p.m. | M | 4 x 100m Relay |
| 4:25 p.m. | W | 1500m |
| 4:35 p.m. | M | 1500m |
| 4:45 p.m. | W | 400m |
| 4:55 p.m. | M | 400m |
| 5:05 p.m. | W | 100m (North Side) |
| 5:15 p.m. | M | 100m (South Side) |
| 5:30 p.m. | W | 800m |
| 5:45 p.m. | M | 800m |
| 5:55 p.m. | W | 400m Hurdles |
| 6:05 p.m. | M | 400m Hurdles |
| 6:15 p.m. | W | 200m |
| 6:30 p.m. | M | 200m |
| 6:50 p.m. | W | 5000m |
| 7:15 p.m. | M | 5000m |
| 7:35 p.m. | W | 4x400m Relay |
| 7:40 p.m. | M | 4x400m Relay |

***Schedule is tentative and subject to change!**

Event Schedule

Tentative Meet Program:

**Location Cerritos College - Only Events will be the Hammer and Javelin
Wednesday, April 17, 2019**

*** Parking is \$2.00**

9:00 a.m. Javelin – Men followed by Women

11:00 a.m. Hammer Throw – Men followed by Women

1:00 p.m. Discus Throw – Men followed by Women

Lodging Info:

Doubletree Hotel Los Angeles/Rosemead

888 Montebello Blvd.

Rosemead, Ca 91770

Telephone: 323-201-3461

Fax: 323-722-1775