

# **The RCC Early Bird**

## **Hosted by Riverside City College @ Riverside City College February 7, 2020**

This preliminary meet information is intended to guide coaches, athletes and spectators in their preparation towards the 2020 RCC Open at Riverside City College. Please note that further information may be provided in the weeks leading up to the event.

### **Entry Fees**

The entry fee for this competition is \$335 per school per gender. That is \$335 for Women and \$335 for men for each school. Total for program is \$670. Payment is due on the day of the meet. Personal checks, cash, school check are the only acceptable means of payment or school PO, payable to **RCC Track Trust**. Mail checks to ATTN: Kal Stewart/Athletics Riverside City College, 4800 Magnolia Ave, Riverside, CA 92506

### **Scratches/Adds**

Please make any scratches a week ahead of time. No Adds will be allowed on the day of the competition.

### **Athlete and Coaches Entrance/Heat Information**

All team parking will be on the northwest side of the stadium next to the practice fields and in the parking structure on the west side of campus. Busses will need to unload and park in lot E on the southeast side of campus. Athletes and coaches will enter the stadium only from the Northwest side of the stadium. Packets can be picked up from RCC staff at the track.

### **Parking**

School busses will need to enter the college through Saunders St. and drop off on the south side of campus (score board side) and will be directed to either parking lot U or E. You can pick up a parking pass from Kal Stewart for college vans only when you arrive. With a parking permit, college vans can park in any student and staff parking on campus. All other vehicles will park in the parking structure and will need to purchase and display a parking permit from one of the parking kiosk on campus.

### **Technical Competitive Information**

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

### **Weigh-Ins**

There will be no weigh-ins. The javelin will be thrown off a grass surface and you can use up to 1 inch spikes for javelin.

### **Race Schedule**

The running event schedule will be strictly adhered to, regardless of events finishing early or lacking numbers sufficient.

### **Scoring**

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

## **Warm-up Area**

All warm-ups will take place on the grass field (away from the hammer and discuss throwing area). Hurdles will be made available. All tents must be set up on the grass area along the fence away from the throwing areas or in the stands in the top 10 rows.

## **Clerk/Check-in**

Running Events - All track athletes will be required to report to the clerk's canopy located at the track entry gate in order to receive their hip numbers. Athletes will need to report to their event before the start of the event.

Field Events - All field athletes should report directly to their event 1 hour prior to the start of their event. Pole vaulters should check in 90 minutes prior to their event for warm-up purposes.

**Liquids.** Only water or clear liquids will be allowed in Stadium (no exceptions). Water will be provided at all field event areas, warm-up field, and medical stations.

## **Track Surface and Field Event Specifications**

The running surface and field venues are surfaced with polyurethane that was installed in 2004.

Please make note of the following runway lengths:

Men's PV – 129'

Women's PV – 129'

Men's LJ – 154'

Women's LJ – 154'

Men's TJ = Board #1 – 138' Board #2 – 132'

Women's TJ = Board #1 – 132' Board #2 – 121'

Javelin = 110' Grass Approach

## **Spikes**

Spikes **MUST** be 1/4 inch or shorter. Pyramid spikes are the only allowable spikes. Only 1 inch or less pyramid spikes will be allowed on the javelin grass surface. Pin, needle or 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, please help us with compliance. We will be selling spikes at the athlete entrance.

## **Starting Blocks**

Only those supplied by meet management are acceptable. VS International Blocks and/or Gill Fusion 8 will be used.

## **Throwing Venues**

All throwing events will take place in the throws area northwest of the track. **The Javelin will be thrown off of a grass runway northwest of the track.**

## **Viewing for Throws events**

For both the Hammer and Discus throws there will be areas to sit just west of the ring near the shot put. For the Javelin there will be areas to sit just west of the runway, and athletes will be asked to stay on the west side of the runway. The Shot Put will have an area for coaches and spectators on the on the south side of the sector. In all the throwing events coaches will need to stay in spectator area.

## Trainers

Trainers will be available to all athletes. A medical station will be staged inside the stadium on the northeast side next to the marching band trailer. Please provide your own supplies. Medical staff may also be permitted to stage at the warm up field next to their teams' canopy.

## Restrooms

Restrooms are located inside the stadium on the northwest and northeast sides of the track, and in the gymnasium.

## Concessions

Riverside City College will have a concession booth with all sorts of food and drinks for sale on both dates near the spectator's entrance to the track.

## Results

Live Results will be posted on [www.finishedresults.com](http://www.finishedresults.com) or the FinishedResults app. All other official results will be posted on [www.directathletics.com](http://www.directathletics.com) following the conclusion of the meet.

## Contact Info

Meet Directors are Kal Stewart 951-222-8423; [kaladonstewart@rcc.edu](mailto:kaladonstewart@rcc.edu)

Jim McCarron 951-222-8322; [jim.mccarron@rcc.edu](mailto:jim.mccarron@rcc.edu) and Damien Smith 951-222-8272; [damien.smith@rcc.edu](mailto:damien.smith@rcc.edu)

<b>The RCC Early Bird @ RCC Friday, February 7, 2020</b>
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<b>FIELD EVENTS—10:30</b>		
Time	Event	Competitor(s)
1:00-2:20 Final 2:30	LJ (open pit)	
2:00	HJ (men 1st)	
12:00**	SP (women 1st)	
2:00	PV (women 1 <sup>st</sup> )	
12:00	JAV (men 1 <sup>st</sup> )	
3:00 (or after Javelin)	DISCUS (at conclusion of jav and shot women 1 <sup>st</sup> , men follow)	
3:30-4:30 Final 4:45	TJ (open pit)	
10:30	Hammer (open)	

**Friday, February 7, 2020**  
**TRACK EVENTS—2:30**

Time	Event	Competitor(s)
2:30	DMR(12,4,8,16)W	
2:45	DMR(12,4,8,16)M	
3:00	1mile (W)	
3:05	1mile (M)	
3:10	4x100 (W)	
3:15	4x100 (M)	
3:25	60M Hurdles (w)	
3:35	60M HH (M)	
3:40	60 M (W)	
3:45	60M (M)	
3:50	600M (W)	
3:55	600M (M)	
4:00	400 IH (W)	
4:10	400 IH (M)	
4:20	4x800 (W)	
4:30	4x800 (M)	
4:40	300M (W)	
4:45	300M (M)	
4:50	2 Mile (W)	
5:05	2 Mile (M)	
5:20	4x400 (W)	
5:25	4x400 (M)	