



RON KAMAKA OPEN

FEBRUARY 25, 2023

PART OF THE 2023 MT. SAC TRACK AND FIELD SERIES

HILMER LODGE STADIUM - WHERE THE WORLD'S BEST ATHLETE COMPETE

DATE: Saturday, February 25, 2023

MEET TYPE: Collegiate/Open Meet
No implement weigh-ins. If there is a record we will impound and certify after competition.

ENTRY PROCESS: Enter online at: www.directathletics.com
Entry Deadline is Monday, February 20, 2023 at 10:00 pm

ENTRY FEE: \$600 per school (\$300 men's and \$300 women's team)
\$40 per open entry (unlimited events)
Please make checks payable to: **Mt. SAC Track and Field Trust**
Payment must be provided the no later than day of competition!

ACCEPTED ENTRIES Will be posted on the Mt. SAC Athletics website on Wednesday, February 22 by 3:00 PM

LATE ENTRIES: **No Late Entries will be excepted!**

PARKING: **\$4.00 per day.** All vehicles must purchase and display a valid parking permit and **park in a marked parking stall in Lot F.** Institutional vehicles that are marked or have an exempt license plate do not have to purchase a parking permit and will not be ticketed when parked legally in a marked stall.

SPECTATOR INFORMATION: No spectator fee. Spectators are not allowed in the competition area and must remain in the stands or designated spectator areas. **Sorry NO PETS are allowed on the Mt. SAC Campus.**

ENTERING THE STADIUM: Athletes, Coaches and Spectators may enter the stadium from the Main North Gate or from the South at Gate 8.

DIRECTIONS: www.mtsac.edu/maps

HOTELS: Please visit our Special Events Hotel Website at: <https://runmtsac.com>
Please mention "Mt. SAC Special Events" to receive special hotel rates with our partner hotels.

CONTACT: Giovanni Lanaro - *Head Track and Field Coach*
E-mail = glanaro@mtsac.edu
Office = 909.274.5224
Cell = 626.485.6278

COMPETITION WILL BE ELECTRONICALLY TIMED
REGISTER ON WWW.DIRECTATHLETICS.COM



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RUNNING EVENTS (will begin @ 12:00pm)

TIME	EVENT	GENDER ORDER	TIME	EVENT	GENDER ORDER
	4X100M Relay	W then M		800M	W then M
	1,500M	W then M		400M Hurdles	W then M
	100M Hurdles	W		200M	W then M
	110M Hurdles	M		3,000M	W then M
	400M	W then M		4X400M Relay	W then M
	100M	W then M			

FIELD EVENTS

TIME	EVENT	GENDER ORDER	LOCATION	NOTES
10:00 AM	Hammer	W then M	Lower Area	3 attempts, Top 9 receive 3 additional attempts
12:00 PM	Javelin	W then M	North	3 attempts, Top 9 receive 3 additional attempts
1:00 PM	Long Jump	M & W	East & West Pit	3 attempts, Top 9 receive 3 additional attempts
1:30 PM	Pole Vault	M then W	Main	Starting Heights: M=12'00", W=8'00"
1:30 PM	Shot Put	W then M	SP Arena	3 attempts, Top 9 receive 3 additional attempts
2:00 PM	High Jump	M then W	Main	Starting Heights: M=5'06", W=4'02"
3:00 PM	Discus	W then M	Main	3 attempts, Top 9 receive 3 additional attempts
3:30 PM	Triple Jump	M & W	East & West Pit	3 attempts, Top 9 receive 3 additional attempts

updated 12/8/22

MEET DAY INFORMATION

Clerk of Course: White tent located on the infield, near the start line.
All running events must check in at the Clerk of the Course and receive a hip number(s)

Heat sheets: Will be posted on the bulletin board at the Clerk of the Course.

Results: Will be announced and posted on the Results Boards.
Final results will be posted on www.directathletics.com.

Implements: No implement weigh-ins. If a record is set, implement will be impounded and certified later

COMPETITION WILL BE ELECTRONICALLY TIMED
REGISTER ON WWW.DIRECTATHLETICS.COM



RON KAMAKA COMBINED EVENTS CHALLENGE

FEBRUARY 23-24, 2023

PART OF THE 2023 MT. SAC TRACK AND FIELD SERIES

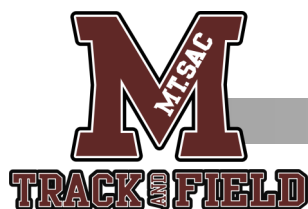
HILMER LODGE STADIUM - WHERE THE WORLD'S BEST ATHLETE COMPETE

GENERAL INFORMATION

DATE:	Thursday and Friday, February 23-24, 2023	
TENTATIVE START TIMES:	<u>DAY 1</u> 12:00 PM Decathlon 1:00 PM Heptathlon	<u>DAY 2</u> 10:00 AM Decathlon 10:00 AM Heptathlon
MEET TYPE:	<ul style="list-style-type: none">Intercollegiate and Open Heptathlon and Decathlon with FAT timing.Only coaches will be allowed on the field to coach.	
ENTRY PROCESS:	<ul style="list-style-type: none">Enter online at: www.directathletics.comEntry Deadline is Monday, February 20, 2023 at 10:00 pm	
ENTRY FEE:	<ul style="list-style-type: none">\$100 per competitor (No late entries)\$400 maximum entry fee for collegiate programsPlease make checks payable to: Mt. SAC Track and Field Trust	
PARKING:	\$4.00 per day. All vehicles must purchase and display a valid parking permit and park in a marked parking stall. Institutional vehicles that are marked or have an exempt license plate do not have to purchase a parking permit and will not be ticketed when parked legally in a marked stall.	
SPECTATOR INFORMATION:	No spectator fee. Spectators are not allowed in the competition area and must remain in the stands or designated spectator areas. Sorry NO PETS are allowed on the Mt. SAC Campus.	
ENTERING THE STADIUM:	Athletes, Coaches and Spectators may enter the stadium from the Main North Gate or from the South at Gate 8.	
DIRECTIONS:	www.mtsac.edu/maps	
HOTELS:	Please visit our Special Events Hotel Website at: https://runmtsac.com Please mention "Mt. SAC Special Events" to receive special hotel rates with our partner hotels.	
CONTACT:	Giovanni Lanaro - <i>Meet Director/Head Track and Field Coach</i> E-mail = glanaro@mtsac.edu Phone = 909.274.5224	

MEET INFORMATION

GOVERNING RULES:	NCAA Combined Events
CLERK OF THE COURSE:	<ul style="list-style-type: none">CLERK and HIPPIING will be located at the Southwest corner of the track (outside fence).Athletes must report 30 minutes prior to scheduled race time for final heat/lane assignment.Prior to all field events, competitors will check in at the event site.Packets, payments, scratches, protests will be handled out of the Clerk of the Course Tent.
IMPLEMENT WEIGH-INS:	<ul style="list-style-type: none">Implement weigh-in is located, south of the track, in building 754.ALL IMPLEMENTS must be weighed in on Day 1 (02/23) between the hours of 10:00 am to 1:00 pm!Implements will be impounded and brought to each event site.



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MEET INFORMATION - continued

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| POLE VAULT EQUIPMENT: | <ul style="list-style-type: none">• All competitors must supply their own poles.• Pole/equipment storage is available for competitors.• If you are shipping poles, please ship to:
Giovanni Lanaro, Track and Field/1100 N. Grand Ave./Walnut, CA 91789• Those needing to store or ship poles, must make <u>prior</u> arrangements with the Meet Director. |
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| TEAM CAMPS: | <ul style="list-style-type: none">• All camps must be set up in the South Field Area or in the stadium grandstands.• NO team camps allowed inside the track. |
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| WARM UPS: | <ul style="list-style-type: none">• Warm-ups will be allowed on the main facility except during competition |
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| ATHLETIC TRAINERS: | <ul style="list-style-type: none">• The Mt. SAC Athletic Training Staff will provide emergency treatment for all competitors.• Work areas for visiting trainers can be arranged by contacting the Mt. SAC Athletic Training Staff.• All visiting trainers/competing athletes must provide their own supplies and equipment for their own medical needs.• Visiting trainers are encouraged to contact Mt. SAC Head Athletic Trainer, Elva Salcido at esalcido7@mtsac.edu for information and assistance. |
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| ICE BATHS: | <p>Ice baths will be available for use following day 1 of competition.</p> |
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| CONCESSIONS: | <p>No Concessions! You are encouraged to bring your own concessions. Within a short radius of the college there are a number of restaurants and markets.</p> |
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| HIGH JUMP/
POLE VAULT INFO: | <ul style="list-style-type: none">• Two pits will be used if field sizes warrant.• Determination of field distribution, opening heights and height increments will be determined prior to the start of the event.• In the Pole Vault, meet management reserves the right to remove any competitor from the pole vault competition who meet management deems unsafe, dangerous and/or jeopardizes the safety and welfare of himself, the staff and/or spectators. |
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