



Presents



2022 South Coast Conference Track & Field Championships

-Meet Information-

Prelims: Tuesday April 25, 2023: All events contested at Cerritos College

Finals: Saturday April 29, 2023: All events contested at Cerritos College

Entries: On Directathletics.com Entries close Sunday, April 23, 2023 11:00 am.

Each college can enter a maximum of seven entries per event as per SCC code.

Following Tuesday's prelims, finals scratch deadline is Monday April 24, 2023 11:00am.

You must email both David "Coach DA" Austin (Daustin@compton.edu) and Bryan Ramos (bramos@cerritos.edu) With any scratches prior to the deadline.

Coaches Meeting(s):

Tuesday Prelims: Start/finish line area at 10:00am

Starting heights for Friday vertical jumps; field event coaching areas; protest procedures; lap spreadsheets; final college confirmation of assignments

Saturday Finals: Start/finish line area at 12:00pm

Field event coaching areas; confirm starting heights; seeding meeting; lap spreadsheets; post conference coaches meeting; final college confirmation of assignment(s)

Coaches Seeding Meeting for So Cal Championships 30 minutes following Saturday's final event April 29. This is a college obligation - please be sure your college is represented. The So Cal Championships seeding meeting will be announced the day of the final meet coaches meeting.

Jury of Appeals: Dr. Mercedes Luna, Roberta Camacho (or other A.D if necessary)

Meet Referee: Faith Hogan-USATF Officials Coordinator



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TEAM INFORMATION

Parking: Parking (East side of campus) North adjacent to the stadium entrance off Alondra Blvd. Parking fees may apply.

Team set up: ONLY allowed in the upper-mid portion of the stands (PLEASE SECURE to BENCHES) and/or outside stadium under bleachers.

Spikes: ONLY ¼" pyramid or smaller will be allowed- no needle/Christmas tree

Implement Weigh-in station:

April 25, weigh-ins open 9:30am to 10:45pm

April 29, weigh-ins open 11:30pm to 12:45pm

Warm-Up Area: Outside stadium On the South end field once Throws are concluded (hurdles will be available). *NO ELECTRONICS ALLOWED in competition areas!*

Clerk Area/Event Check in:

- Runners must check in with the clerk at the Clerk's table located at the Northeast End of the track near the Finish line at least 30 minutes before their event. *Any check-ins 5 mins after final call will not be counted as checked in and subsequently DNS.*
- Field event athletes should check in at the event site 30 min prior to start time.
- NCAA Track and Field Rules will be enforced and the competition will be governed by the CCCAA Track and Field Championship Handbook

Athletic Trainer(s):

Athletic Training station will be located on the premises near the South end of the stadium. Contact Compton College ATC, David C Berckdberck@compton.edu

AWARD PROCEDURES:

Awards will be presented TO THE TOP THREE places immediately following each field and running event ON THE INFIELD NEAR THE START/FINISH LINE on the day the event(s) final - Please remind your student athletes to head straight to the photo area. Every effort will be made to minimize the time it takes to present awards. In the event that a protest or unexpected events delays results, competitors will be released and instructed to return at a convenient time given the schedule and known conflicts. Photos will be taken, and family and friends will be encouraged to take photos from the designated photo shot location. Spectators must return to stadium seating once photos are complete. Media credentials must be requested from Compton College Sports Information Director, Roberta Camacho by emailing Her no later than Tuesday, April 18, 2023. Roberta's email rargottcamacho@compton.edu.



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2022 South Coast Conference Track & Field Championships

SOUTH COAST CONFERENCE TRACK & FIELD CHAMPIONSHIPS
HOSTED BY COMPTON COMMUNITY COLLEGE
@ CERRITOS COLLEGE

TUESDAY APRIL 25, 2023, PRELIMINARIES SCHEDULE (tentative pending entries)

FIELD: School Work Assignment(s)

11:00 AM M JAVELIN FINAL	Long Beach
12:45 PM W JAVELIN FINAL	Long Beach
1:00 PM M/W Long Jump Final	Cerritos
2:30 PM M HAMMER FINAL	El Camino
4:00 PM W HAMMER FINAL	El Camino
12:00 PM M Pole Vault Final	Mt. SAC
2:30 PM W Pole Vault Final	Mt. SAC

RUNNING: School Work Assignment(s)

1:30 PM W 1500M	
2:00 PM M 1500M	
2:25 PM W 100H	Pasadena/Compton/El Camino
2:35 PM M 110H	Pasadena/Compton/El Camino
2:45 PM W 400M	
2:50 PM M 400M	
2:55 PM W 100M	
3:05 PM M 100M	
3:15 PM W 800M	
3:25 PM M 800M	
3:35 PM W 400H	Pasadena/Compton/El Camino
3:45 PM M 400IH	Pasadena/Compton/El Camino
3:55 PM W 200M	
4:10 PM M 200M	
4:30 PM W 10000M FINAL	All schools counting their laps
5:20 PM M 10000M FINAL	All schools counting their laps



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SOUTH COAST CONFERENCE TRACK & FIELD CHAMPIONSHIPS
HOSTED BY COMPTON COMMUNITY COLLEGE
@ CERRITOS COLLEGE
Saturday APRIL 29, 2023, FINALS SCHEDULE

FIELD: School Work Assignment(s)

1:00PM W SHOT PUT	Long Beach
2:00PM M/W TRIPLE JUMP	EAST LA/ EL CAMINO
2:30 PM M SHOT PUT	Long Beach
3:30 PM W HIGH JUMP	Mt. Sac
4:00 PM W DISCUS	Cerritos
5:10 PM M HIGH JUMP	Mt. Sac
5:30 PM M DISCUS	Cerritos

RUNNING: School Work Assignment(s)

3:30 PM W 3,000M STEEPLECHASE Compton/ Cerritos	5:10 PM M 100M
3:35 PM M 3,000M STEEPLECHASE Compton/ Cerritos	5:20 PM W 800M
	5:25 PM M 800M
3:50 PM W 400M RELAY El Camino / East LA	5:40 PM W 400H Pasadena/Compton/El Camino
4:00 PM M 400M RELAY El Camino / East LA	5:50 PM M 400IH Pasadena/Compton/El Camino
4:15 PM W 1500M	6:05 PM M 5,000M All schools counting their laps
4:25 PM M 1500M	
4:35 PM W 100H Pasadena/Compton/El Camino	6:25 PM W 200M
4:40 PM M 110HH Pasadena/Compton/El Camino	6:30 PM M 200M
4:45 PM W 400M	6:40 PM W 5,000M All schools counting their laps
4:50 PM M 400M	
5:05 PM W 100M	7:05 PM W 1600M RELAY
	7:12 PM M 1600M RELAY