

2023

PARTICIPANT MANUAL

Hosted by
University of La Verne

Location and Directions

Ortmayer Stadium, 1950 3rd Street, La Verne, CA 91750

From I-10, take the Towne Ave. exit. Keep right at the fork to stay on Towne Ave (0.1 miles). On the first traffic light, make a left onto La Verne Ave. (1.2 miles). When reaching the final cross street on La Verne Ave., make a left onto Arrow Highway (0.9 miles). Make a right onto D. St. (0.1 miles). Make a left onto 3rd St. (0.1 miles)

From 210 E take the Foothill Blvd exit. Take Foothill Blvd (1.3 miles) to D. St. and take a right. Drive down D. St. (1.0 mile) to 2nd St. and make a right into Pavilion Parking Lot.

Parking

Welcome to the University of La Verne. As a valued guest, we'd like to ensure that your visit with us is a pleasant one. Please see below for various parking options when visiting our campus.

The University of La Verne would like to ask that any guests visiting the University of La Verne Ortmayer Stadium to please park in any of the surrounding university parking lots (Lot B, C, Parking Structure, E, F, G, H, I, J, K, L, M, N, O, P) – weekend passes are not required for any of the parking lots. *Timed parking is available near the University in the business district allowing parking for 90 minutes and 3 hours. Please check posted signs for parking hours and availability.*

Van Parking

Parking will be available on the fifth floor of the parking structure located on the West side of the building. Upon entering the parking structure, follow the flow of the structure, head up to the 5th floor, where there will be ample parking.

Bus Parking

The loading and unloading area for buses and other high occupancy passenger vehicles is located at the yellow loading curb on C Street, directly in front of Miller Hall on the west side of the street.

This is the **ONLY** location on campus where buses may stop. Buses are not permitted to enter University parking lots or park on city streets.

The physical address for bus staging is:

2237 C Street
La Verne, CA 91750

To Enter: C Street is a ONE-WAY STREET south of Third Street and may only be entered by turning south onto C Street from Bonita Avenue.

To Exit: Buses will proceed south on C Street until it ends at Second Street, then proceed east on Second Street.

Buses may not park and wait on campus longer than 1/2 hour before their departure time. It is the bus company's responsibility to locate off-campus parking.

Coaches' Meetings

A brief coaches' meeting will take place at 2 PM on Saturday and 1 PM on Sunday, at the awards podium.

Team Camps

Team Camps are welcome to be set up anywhere outside the stadium fencing. Space in the grandstands will be reserved for specators

Entries

Entries must be made online through Direct Athletics. Entries will close at 1 PM on Wednesday, April 26, 2023. No adds/scratches will be permitted after the entry deadline.

Heat Sheets

Heat and flights will be posted on the meet website and will be emailed to all coaches by Friday morning.

Results

Live results will be on finishedresults.com during the meet. Official, full, post-meet results will be posted on leopardathletics.com, TFFRS.org, and thesciac.org after the event.

Scoring

The meet will be scored 10-8-6-5-4-3-2-1 for all events. Eight athletes will advance to the finals in all individual track events 800m and under. Twelve will advance in the 1500m. Nine athletes will advance to the finals in all field events.

Implement Weigh-ins

Implement weigh-ins will occur on Saturday from 12:00 PM to 2 PM @ Campus West and from 8:30 AM to 10:30 AM on Sunday at Ortmeyer Stadium.

Athlete Check-in

Track events: Runners must check in with the Clerk Tent (located adjacent to the finish line tent) at least 15 minutes before Heat 1 of their event.

Field events: Athletes report directly to the event site no later than 15 minutes prior to Flight 1 of their event.

IMPORTANT: Honest Effort Rule will be in place. If an athlete fails to participate in an event, he or she is barred from all remaining events in this year's SCIAC Championships.

Warm-ups

All warm-ups for running events will take place on the main field (Ortmeyer Stadium) prior to the competition start time. We do ask for cooperation from all participating SCIAC schools to try to limit the activity on the infield to only athletes warming up for their events. NO TEAM Camps will be allowed on the infield. Warm-ups for field events will be at the field event site.

IMPORTANT: Only participants in the current event will be allowed on the infield area of the track. Once an event is over, student-athletes must return to their team areas.

Rules

The 2023 SCIAC Track and Field Championship meet will be conducted under NCAA Division III Track & Field Rules.

Opening Heights

Opening heights in the High Jump are **1.62m/5-3.75** (Men) and **1.27m/4-2** (Women). Opening heights in the Pole Vault are **3.06m/10-0.5** (Men) and **2.47m/8-1.25** (Women). **TBA.....**

Spikes

Spikes must be 1/4" or shorter, pyramids preferred.

Designated Entrances

All student-athletes and coaches can enter the facility through the side gate at the northwest end of the stadium prior to the competition on each day (gate closest to the ticket booth. After the competition starts, the only entrance to the stadium will be through this entrance. SCIAC credentials will be required for entry. Entry to the track / infield during the competition will be limited to the gate nearest the entry gate. (near the 100m starting line)

Championship Entrance Fees

Tickets should be purchased ahead of time for all spectators through the following link:

<https://sciac.ticketleap.com/2023-sciac-track--field-championships/>

- All tickets purchased in advance are **\$8** each plus fees. Tickets purchased at the gate will be **\$10** each.
- Spectators must check in at the SCIAC table and receive their wristband for the day, which must be worn at all times.
- Children under 12 and spectators with a SCIAC institutional ID are free of charge.

Championship Credentials

Tournament credentials are required for all tournament participants, officials, and staff. The credentials will be provided to teams upon arrival at the competition site on Day One. The credentials are to be worn at all times, except during competition. The credentials may not be given to family, friends, etc. to avoid admission charges.

Media Credentials

Requests for media access should be sent to: Kelly Beck (kbeck@laverne.edu)

SCIAC Championship T-Shirts

Fine Design will be present at the track & field championship selling a variety of SCIAC track & field championship apparel Saturday and Sunday.

Restrooms

Restrooms for participants and spectators are available in the adjacent Maneiro (brick) Building outside the stadium gates. Additional restrooms for participants and coaches only will be available inside the Sports Science & Athletics Pavilion throughout the first and second floors of the facility. Portable restrooms will also be available behind the grandstands

Locker Rooms

Locker rooms and showers are not available. Please plan accordingly.

Athletic Training

Certified Athletic Trainers will be on-site throughout the championships. The Sports Medicine Tent will be located in the Southwest corner of the stadium, just past the finish line. Sports medicine Staff will be available 2 hours prior to the first event and remain on site for 30 minutes following the conclusion of the final event of the day. If athletes require special treatment, or protocols, and are not

able to communicate that treatment clearly, please provide written orders, otherwise no prior communication is necessary. Please have your Athletic Trainers contact Keith Savage with specific questions.

Hospitality

Meet Staff and Officials: Lunch will be provided for officials and tournament staff.

Coaches Hospitality: Light hospitality, sponsored by Mondo and W2Wsport.com items will be provided for coaches.

Concessions

There will be concessions available at Cornies Corner in the southwest corner of the stadium.

National Anthem

We will stop all activities and announce and play the national anthem at 3:00PM on Saturday and 2:00PM on Sunday.

Awards

All-SCIAC awards (medals) will be presented to the top three finishers in each event and will be awarded on the infield, just behind the finish line. Coaches, please tell your award athletes to be ready soon after the completion of their event.

Key Contacts

SCIAC Staff

Jenn Dubow, SCIAC Executive Director

Cell: (949) 563-6434

Email: jdubow@thesciac.org

Mark Becker, SCIAC Associate Executive Director

Cell: (859) 240-1026

Email: mbecker@thesciac.org

Championship Meet Staff

Dr. Jenna Panatier, Director of Athletics

Email: jpanatier@laverne.edu

Cesar Rivas-Sandoval, Deputy Director of Athletics

Cell: (619) 948-6225

Email: crivas-sandoval@laverne.edu

Keith Savage, Athletic Trainer

Email: ksavage@laverne.edu

Kevin Reid, Head Coach/Meet Director

Cell: (626)523-1586

Email: kreid@laverne.edu

Jamie Norton, CO-Meet Director

Cell: (978)732-4009

Email: jnorton2@laverne.edu

Kelly Beck – ULV Asst. AD - Compliance

Email: kbeck@laverne.edu

Allison Chevalier – ULV Athletics Administrator

Email: achevalier@laverne.edu

Ebony Turner, Game Day Operations & Event Manager

Cell: (661) 319-2407

Email: eturner3@laverne.edu



Saturday April 29 th 2023			Sunday April 30 th 2023		
Field Events (All Finals)			Field Events (All Finals)		
1:30pm	Women's Hammer	F	10:00am	Women's Discus	F
3:00pm	Men's Hammer	F	12:00pm	Men's Discus	F
	M/W HT @ ULV Campus West		2:00pm	Women's High Jump	F
	Men's Long Jump	F		Women's Shot Put	F
	Women's Pole Vault	F		Men's Pole Vault	F
4:30pm	Women's Javelin	F		Men's Triple Jump	F
	Women's Long Jump	F	4:30pm	Men's High Jump	F
6:00pm	Men's Javelin	F		Men's Shot Put	F
	M/W JT @ ULV Campus West			Women's Triple Jump	F
Running Events (Prelims and Finals)			Running Events (All Finals)		
3:30pm	Women's 1500 meters	P	3:30pm	Womens4x100m Relay	F
3:45pm	Men's 1500 meters	P	3:35pm	Men's 4x100m Relay	F
3:00pm	Women's 100m Hurdles	P	3:40pm	Women's 1500m	F
4:10pm	Men's 110m High Hurdles	P	3:50pm	Men's 1500m	F
4:20pm	Women's 400 meters	P	4:00pm	Women's 100m Hurdles	F
4:30pm	Men's 400 meters	P	4:10pm	Men's 110m High Hurdles	F
4:40pm	Women's 100 meters	P	4:20pm	Women's 400 meters	F
4:55pm	Men's 100 meters	P	4:30pm	Men's 400m	F
5:10pm	Women's 800 meters	P	4:40pm	Women's 100m	F
5:25pm	Men's 800 meters	P	4:45pm	Men's 100m	F
5:40pm	Women's 400m Hurdles	P	4:50pm	Women's 800m	F
5:50pm	Men's 400m Int. Hurdles	P	5:00pm	Men's 800m	F
6:00pm	Women's 200 meters	P	5:10pm	Women's 400m Hurdles	F
6:15pm	Men's 200 meters	P	5:20pm	Men's 400m Int. Hurdles	F
6:30pm	Women's 3K Steeplechase	F	5:30pm	Women's 200m	F
6:50pm	Men's 3K Steeplechase	F	5:35pm	Men's 200m	F
7:05pm	Women's 10K	F	5:40pm	Women's 5000m	F
7:50pm	Men's 10K	F	6:00pm	Men's 5000m	F
			6:25pm	Women's 4x400m Relay	F
			6:30pm	Men's 4x400m Relay	F

