

**MEET INFORMATION**  
**Orange Empire Conference Multi-Event Championships**  
**Hosted by Riverside Community College @ RCC**  
Day 1: Wednesday, March 6, 2024  
Day 2: Thursday, March 7, 2024

Decathlon Start (Day 1 & 2): 10:00am Heptathlon Start Day 1: 11:00am / Day 2: 11:30am

**All Weigh-Ins must be completed on Wednesday, March 6 from 8:15am-10:30am. There will be no weigh-ins on Thursday.**

- Entries:** Entries are due through [www.directathletics.com](http://www.directathletics.com) by Monday, March 4<sup>th</sup> @ 6:00 pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the failure to participate rule will be in effect.
- Entry Fee:** Entry fees include all 3 championship meets, and OEC Preview and will be **XXXX per school (includes men and women's programs)**. Please remember the cost will be spread out between six colleges. **Make checks payable to: RCC Track Trust** (mail checks to 4800 Magnolia Ave. Riverside, CA 92506 Attn. Jim McCarron track/xc coach). **The deadline for all entry fees to be turned in is February 1, 2024, and if you could send them earlier it would be greatly appreciated.**
- NOTE: Entry fees may appear high but have been kept as low as possible. Increases are due to, the cost per college is more than previous years because we have six colleges instead of seven, heptathlon/decathlon costs, and increases in the costs for officials & timing.*
- Spikes:** 3/16" pyramid spikes (no needles or Christmas trees) maximum for all surfaces, runways and take-offs within the stadium. The javelin will be thrown from a grass approach and up to 1-inch spikes will be allowed for that event. Spike checks will be take place as you enter the stadium and spot checks at the start of each event.
- Weigh-Ins:** Implement certification for all throwing events will be conducted from **8:15am-10:30am** on Wednesday only. Certification will be conducted at the North end of the track (near the flagpole). Implements not meeting certification will be tagged and impounded until the conclusion of the meet.
- Scoring:** Each event shall be scored for 8 places with the following points: 10-8-6-5-4-3-2-1
- Meet Responsibility:** Each team will be responsible for overseeing the following event: **FJC (HJ), GW (SP), OCC (Discus), RCC (Hurdles/blocks, Javelin), Saddleback (PV), and Santa Ana (LJ)**. Bring all the required materials to run your school's assigned event (ex. Tape measure). We will provide rakes and brooms. USATF officials will be on hand to conduct the events; however, teams will need to provide all of the necessary workers for their assigned event areas. Workers should have at least a basic knowledge of the rules and safety for the event area that they will be working.
- Results:** Results will be posted on [www.directathletics.com](http://www.directathletics.com) following the conclusion of the meet. Results will also be posted on the northwest side of the track. Hard copies of the final results for each day will be handed out at the conclusion of the meet.
- Check In:** Athletes must check in before the start of the event or they will be scratched and will be subject to the "Failure to Participate Rule" for all subsequent events on that day of competition. All running event athletes must get their hip number from the clerk of the course before the start of the event, which will be on the North end of the track.

**Restrooms:** Restrooms are located at the Northwest and Northeast end of the track

**Seating:** All teams must set up their tents in the top five rows of the stands. Please note that the javelin will take place on the grass field and no tents can be out on the field during the javelin warm-up and competition. Any warm-up needed for other events taking place during the javelin will need to take place on the football field or track.

**Athletic Trainer:** There will be a fully manned trainer's station at all OEC meets. This station deals with taping, ice and injuries. Coaches/athletes are responsible for providing their tape and pre-wrap. Any athlete needing treatment with a pre-existing injury will need a note from their college's athletic trainer to be treated by our trainer.

**Sound Systems:** Portable sound systems will not be allowed in the stadium at any time during the meet.

**Canopy:** Canopies will only be allowed on the northwest grass fields only on fence at far end of the discus and hammer (not in javelin grass area), **or in the top 10 rows (only)** of the bleacher area.

**Warm-Up Area:** Warm-up area will be located on the northwest grass fields outside of the track area, except when javelin athletes are warming up or competing (opposite the throws grass area), or on the on the field (only for multi-event athletes).

**COA Decorum Policy:** Decorum policy will be in effect and strictly enforced at the meet site for all meets.

## Contact Info

**GAME MANAGERS** Cliff Dochterman  
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Jim McCarron office 951-222-8322 cell 951-231-3739 [jim.mccarron@rcc.edu](mailto:jim.mccarron@rcc.edu)  
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**INVOICE**  
**RIVERSIDE COMMUNITY COLLEGE**  
**Track and Field**  
**2024**  
**4800 MAGNOLIA AVENUE**  
**RIVERSIDE, CA 92506**

December 12, 2023

RCC TRACK & FIELD

DESCRIPTION	AMOUNT
<hr/>	
OEC Invitational on February 23, 2024	
OEC Multi Championships March 6-7, 2024	
OEC Prelims and Finals April 19/26, 2024	
<b>(\$xxxx per gender/\$xxxx for both genders)</b>	
\$xxxx	
<b>TOTAL AMOUNT PAYABLE</b>	<b>\$xxxx</b>

THANK YOU!!

**Please make your check payable to "RCC  
Track Trust"  
By February 1, 2024**

Mail checks to ATTN: Athletics Riverside City College, 4800 Magnolia Ave, Riverside, CA  
92506 Attn. Head Coach Jim McCarron

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**PLEASE MAIL CHECKS TO:**

**RIVERSIDE COMMUNITY COLLEGE**  
**TRACK & FIELD**  
**4800 MAGNOLIA AVENUE**  
**RIVERSIDE, CA 92506**  
**Attn. Jim McCarron**