

# **RCC Early Bird**

## **Hosted by Riverside City College @ Riverside City College February 9, 2024**

This preliminary meet information is intended to guide coaches, athletes and spectators in their preparation towards the 2024 RCC Early Bird at Riverside City College. Please note that further information may be provided in the weeks leading up to the event.

### **Entry**

Entries are due through [www.directathletics.com](http://www.directathletics.com) by Tuesday, February 6 @ 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 Fees**

**The entry fee for this competition is \$720 per school. That is \$360 for Women and \$360 for men for each school. Total for program is \$720. Payment is due on Thursday, February 14.**

Personal checks, cash, school check are the only acceptable means of payment or school PO, payable to **RCC Track Trust**. Mail checks to ATTN: Athletics Riverside City College, 4800 Magnolia Ave, Riverside, CA 92506 Attn. Head Coach Jim McCarron

### **Scratches/Adds**

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

### **Spectator Information:**

### **Game Day Check In Policy**

### **Parking**

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. 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. 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. When you arrive, coaches can pick up a parking pass for college vans/cars only from our AD, Cliff Dochterman or our Compliance director, Shandon Silva. With a parking permit, college vans can park in any student and staff parking on campus. For spectators, day use permits may be purchased using parking meters or the [ParkMobile App](#) for \$5 (cash or credit for games). Spectators will park in the

parking structure and will need to purchase and display a parking permit from one of the parking kiosks on campus.

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

Athletes and coaches will enter the stadium only from the Northwest side of the stadium. Packets can be picked up from RCC athletic director, Cliff Dochterman or Compliance director Shandon Silva, or staff at the track.

### **Technical Competitive Information**

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

### **Implement Certification/Weigh-Ins**

**There will be no weigh-ins for this meet. If weigh-ins are needed, please contact Jim McCarron at [jim.mccarron@rcc.edu](mailto:jim.mccarron@rcc.edu) right away so we can make arrangements.**

### **Race Schedule**

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

### **Scoring**

Invitational Scoring will be used for this meet.

### **Warm-up Area**

All warm-ups will take place on the grass field (away from the hammer and discuss throwing area) after the completion of the Javelin, which should be between 11am-12pm. Pole vaulters can warm up on the track. Hurdles will be made available on the grass field. All tents must be set up on the grass area along the fence away from the throwing areas and only after the completion of the javelin, or in the stands in the top 10 rows. Please do not set up on the grass field until the completion of the javelin!

### **Clerk/Check-in (only water and 3/16 spikes will be allowed on the track and field):**

Running Events - All track athletes will be required to report to the clerk's canopy located at the track entry gate 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 Mondo Super X 720 13.5mm that was installed in September 2023.

Please make note of the following temporary limitations (for the 2024 season or until the new throws park is completed) for the maximum allowable distance of throwing events (this means if you have a student athlete that you know will throw these distances or farther, they cannot throw in that event for safety reasons):

Hammer: 200'

Discus: 200'

Javelin: 245' (Grass approach)

Please make note of the following runway lengths:

Men's PV – 150'

Women's PV – 135'

Men's LJ – 157'

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 3/16 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 a grass runway northwest of the track. No one is allowed on javelin grass landing area until the completion of the event. Please stay outside the flagged areas for all throws events.**

## **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 areas and outside flagged areas.

## **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 warmup 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 may have a concession booth with all sorts of food and drinks for sale on both dates near the spectator's entrance to the track. Be prepared to bring your own food due to Covid regulations.

## **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 Shandon Silva [Shandon.Silva@rcc.edu](mailto:Shandon.Silva@rcc.edu)

Cliff Dochterman [Cliff.dochterman@rcc.edu](mailto:Cliff.dochterman@rcc.edu)

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

# RCC Early Bird

## Friday, February 9, 2024

FIELD EVENTS		
Time	Event	Competitor(s)
9:30 am	JAV (men 1 <sup>st</sup> , women follow)	
9:30 am	SP (women 1 <sup>st</sup> , men follow)	
10:00 am	PV (men 1 <sup>st</sup> , women follow)	
11:45 am or after completion of Javelin and SP	Hammer (women 1 <sup>st</sup> , men follow)	
1:30-3:15 pm	LJ (open pit with women in end zone pit, men midfield pit)	
2:30 pm or after completion of Hammer	Discus (women 1 <sup>st</sup> , men follow)	
3:00 pm or starts after conclusion of women's PV.	HJ (men first)	
3:30-5:15 pm	TJ (open pit with women in end zone pit, men midfield pit)	

**Friday, February 9, 2024**  
**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)	

# INVOICE

RIVERSIDE COMMUNITY COLLEGE  
Track and Field  
2024  
4800 MAGNOLIA AVENUE  
RIVERSIDE, CA 92506

September 29, 2024

RCC TRACK & FIELD

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DESCRIPTION

AMOUNT

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RCC Early Bird on February 9, 2024

**(\$360 per gender/\$700 for both genders)**

\$720

Teams attending: TBA

**TOTAL AMOUNT PAYABLE**

**\$720**

THANK YOU!!

**Please make your check payable to "RCC  
Track Trust"**

**By February 1, 2024**

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**PLEASE MAIL CHECKS TO:**

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