



2024 South Coast Conference Track & Field Championships El Camino College Murdock Stadium

Prelims: Tuesday April 23rd 2024 All events contested at El Camino College

Finals: Saturday April 27th 2024 All events contested at El Camino College

Entries: On DirectAthletics.com Entries close Sunday April 21st 6:00pm.

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

Following Tuesday's prelims, finals scratch deadline is Wednesday April 24th 2024 by

12:00 noon. You must email scratches to both Dean Lofgren at

dlofgren@elcamino.edu and

Bryan Ramos at bramos@cerritos.edu Please contact Dean Lofgren @ 310-617-9639 if any questions/concerns.

Coaches Meeting(s): Tuesday Prelims: 12:30 pm Start/Finish line area
Saturday Finals: 2:00pm Start/Finish line area

Coaches So Cal Seeding Meeting: 30 minutes following Saturday's final event. We will meet upstairs in the Gym Multi-Purpose Room above the south end of the track stadium.

Jury of Appeals: Jeff Miera (ECC Athletic Director), Kal Stewart (LBCC Athletic Director), and/or any other Athletic Administrators in attendance.

Meet Referee: Faith Hogan: USATF Officials Coordinator

College Work Assignments/Helpers: PLEASE see your college's Tuesday and Saturday event work assignments as per SCC code. Five helpers per assignment would be greatly appreciated. Always better to have more than less.

TEAM INFORMATION:

Warm-Up Area:

Outside stadium soccer field and running track (*hurdles will be available*). NO ELECTRONICS ALLOWED in competition areas!

Spikes:

ONLY ¼” pyramid or smaller will be allowed- no needle/Christmas tree.

Team set up:

ONLY allowed in the upper stands (PLEASE SECURE to BENCHES) and outside stadium warm-up areas

Parking:

Parking structures Lot C (north side of campus), West campus parking structure, or south campus 5-story structure off Redondo Beach Blvd. On Tuesday, **ONLY** college vehicles may park in staff spots. All others in student parking spots.

Designated Coaching Boxes Will Be Provided for Stadium Field Events

Clerk Area/Event Check in in the NORTH TUNNEL:

- We will be implementing “self-check” for hip numbers. A QR code for the meet program including heat and lane assignments will be provided for hip numbers. A clerk will be available at the clerking area if any questions or assistance needed. Runners are advised to get their hip number at least 30 minutes before their event.
- 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): El Camino College Athletic Trainers will be set-up on the south side of the stadium field (*by high jump*). Certified Athletic Trainers will be on site.

Implement Weigh-in Station in Throws Area:

April 23rd weigh-ins open 9:30am to 10:45pm

April 27th weigh-ins open 12:30pm to 1:45pm

Award Procedures: Our goal is to present awards to the **TOP FOUR INDIVIDUALS** immediately following each field and running event ***ON THE INFIELD NEAR THE START/FINISH LINE***. Please remind your student athletes. 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. **TEAM CHAMPIONS** will be awarded a picture plaque at the conclusion of the meet.

Tuesday April 23rd, 2024 Preliminaries Day Schedule

Field Events:

College work assignment(s):

11:00am	W	Hammer	FINAL	Cerritos/Mt. SAC
12:45pm	M	Hammer	FINAL	Cerritos/Mt. SAC
1:00pm	W	Long Jump	Prelim (southwest pit)	East LA
	M	Long Jump	Prelim (southeast pit)	Pasadena
2:30pm	W	Javelin	FINAL	El Camino
3:00pm	W	Triple Jump	FINAL (southwest pit)	East LA
	M	Triple Jump	FINAL (southeast pit)	Pasadena
4:00	M	Javelin	FINAL	El Camino

Running Events:

College work assignment(s)

Tentative schedule pending entries- A **PRELIM** time schedule will be determined and closely followed after Tuesday's races are seeded.

Blocks: El Camino

1:00pm	W	1500m	
	M	1500m	
	W	100H	ECC/LBCC/Mt. SAC Hurdles
	M	110HH	ECC/Mt. SAC/LBCC Hurdles
	W	400m	
	M	400m	
	W	100m	
	M	100m	
	W	800m	
	M	800m	
	W	400H	ECC/LBCC/Mt. SAC Hurdles

M	400IH	ECC/LBCC/Mt. SAC Hurdles
W	200m	
M	200m	
W	10,000m	FINALAll schools counting their laps
M	10,000m	FINALAll schools counting their laps

Saturday April 27th, 2024 Finals schedule

Field Events:

<u>Field Events:</u>			<u>College work assignment(s)</u>
1:00pm	W	Pole Vault	Mt. SAC
2:00pm	W	Shot Put	Cerritos/Long Beach
	W	Long Jump (southwest pit)	East LA
	M	Long Jump (southeast pit)	Pasadena
3:30pm	W	High Jump	Long Beach
	M	Shot Put	Cerritos/Long Beach
4:00pm	W	Discus	El Camino/Cerritos
	M	Pole Vault	Mt. SAC
5:30pm	M	High Jump	Long Beach
	M	Discus	El Camino/Cerritos

Running Events:

<u>Running Events:</u>			<u>College work assignment(s)</u>
3:00pm	W	400m Relay	Blocks: El Camino
3:05	M	400m Relay	
3:15	W	3,000m Steeplechase	ECC/LBCC Barriers
3:30	M	3,000m Steeplechase	ECC/LBCC Barriers
3:45	W	1500m	
3:55	M	1500m	
4:05	W	100 Hurdles	ECC/LBCC/Mt. SAC Hurdles

4:15	M	110 High Hurdles	ECC/LBCC/Mt. SAC Hurdles
4:25	W	400m	
4:30	M	400m	
4:35	W	100m	
4:40	M	100m	
4:50	W	800m	
4:55	M	800m	
5:05	W	400 Hurdles	ECC/LBCC/Mt. SAC Hurdles
5:15	M	400 Intermediate Hurdles	ECC/LBCC/Mt. SAC Hurdles
5:25	W	200m	
5:30	M	200m	
5:35	W	5,000 Meters	All schools counting their laps
6:05	M	5,000 Meters	All schools counting their laps
6:25	W	1600m Relay	
6:30	M	1600m Relay	

The following CCCAA T & F Championship Handbook information will be helpful:

2.3.2.2 3C2A TRACK AND FIELD SOUTHERN CALIFORNIA REGIONALS Minimum qualifying marks to the 3C2A Southern California Regional Track & Field Championship Trials (excluding the combined events) will be set by averaging the 90th best mark on Southern California Best Marks List from the past five (5) seasons of events in which one hundred or more competitors have recorded marks. If there is an event in which fewer than 100 competitors have recorded marks, then the mark which represents the 10th percentile of performances will be utilized to compute this standard. 01-07-17

Automatic Qualifying Marks to the 3C2A Southern California Regional Track & Field Championship Trials will be set by averaging the 4th best mark on the Southern California Best Marks List from the past five (5) seasons. 01-07-17

A. Combined Events Qualifying (Heptathlon/Decathlon) 7/1/12 17

July 2023 Edition 3C2A TRACK & FIELD CHAMPIONSHIP HANDBOOK The top 27 athletes, meeting the qualifying mark, obtained only in a scheduled heptathlon/decathlon, or meeting the criteria below, during the season starting from the first day of allowed

competition to the Wednesday before the Southern California Combined Events Regional Championship, will be the entrants into the 3C2A Combined Events Regional Championship. A complete heptathlon or decathlon may be competed and scored on a single day in order to satisfy the qualifying standard. Combining scores for different heptathlon and decathlon event marks produced at track and field meets spread throughout the season in order to meet qualification standards is not allowed. The qualifying mark will be the 27th best mark averaged from the previous four (4) years in those events. If there are not 27 athletes who meet the qualifying standard, then those spots will be filled with the next best marks on the list of multi-event athletes. If there are not enough athletes with multi-event scores to fill the field of 27 entries, then and only then shall the combining of event scores from two meets that are each specifically designated as a Multi-Event Day 1 competition and a Multi-Event Day 2 competition be permitted in order to satisfy the qualifying standards and fill the remaining qualifying positions within the field. The marks from the contested events on the two designated competition dates will be scored and added together to give a combined score that is eligible for qualifying standard consideration. These combined scores will be ranked from best to worst and the athlete(s) with the highest score(s) will receive the remaining qualifying position(s) in to the Southern California Combined Events Regional Championship. 4/4/14 7-1-19

2.3.2.2.1 CONFERENCES SHALL BE ALLOWED THE FOLLOWING QUALIFIERS FROM THEIR CONFERENCE MEETS INTO THE 3C2A TRACK AND FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIPS 10/16/08 7-1-19

Qualifier Table:

Conference:

Men Women

Pacific Coast 6 6

Orange Empire 6 6

South Coast 6 6

Western State 7 7

A. The final two (2) qualifying spots will first go to those coming into the meet from the automatic qualifying list. 7-1-19

B. Remaining spots will go to the best non-qualifying mark that comes out of the conference championship meets. Ties will be broken in the following order: Conference prelims mark, Southern California Best Marks List, coin flip.

C. Qualifiers list will be e-mailed by the Southern California Regional Rules Committee Chair by Sunday evening. This list will be updated each day until entries close on

Wednesday at noon. Coaches are responsible to check for entered athletes. After the noon deadline, the NCAA "Failure to Participate" rule will go into effect. 7-1-2018

D. When there is an eight (8)-lane track being used for 3C2A Track and Field Southern California Regional Championships, there will be 4 entries which will be entered from the Southern California Automatic qualifying list, with 28 in each event at the prelims and only 8 in the finals. 18 July 2023 Edition 3C2A TRACK & FIELD CHAMPIONSHIP HANDBOOK

E. Each conference shall hold a scratch meeting immediately following their conference championship meet for the purpose of adjusting entries to the 3C2A Track and Field Southern California Regional Championship Trials.

F. The conference meet manager must also include the conference automatic qualifiers with his/her entries to the 3C2A Track and Field Southern California Regional Championship Entry Manager. The conference automatic qualifiers marks must be listed on Direct Athletics. 7-1-2018 G. Athletes or relay teams may not qualify from the conference championship to the 3C2A Track and Field Southern California Regional Championships Trials, then scratch an event in order to allow another conference representative to qualify, and then re-enter the meet in that same event from the automatic qualifiers list.

H. A representative from each conference is responsible to deliver a HYTEK advancers file with the six (6) qualifiers and all potential alternates that their conference wishes to be considered for entry into the Southern California Regional Championship Trials. This will happen no later than the Sunday following the conference championships and no additional alternates will be added to the alternates list after this date. 7-1-2018 7-1-19

I. When using a nine (9)-lane track there may be no more than a total of 27 entries in each event. When using an eight (8)-lane track there will be no more than 28 entries in each event.

J. If an individual or relay team scratches from the 3C2A Track and Field Southern California Regional Championships, it is the responsibility of the coach of the withdrawn athlete(s)/relay team(s) to notify (by e-mail, phone, or text message) the Southern California Regional Rules Committee Chair and the Southern California Regional Championship Entry Manager. Scratches following the deadline shall not be replaced unless there is an unusual circumstance in which the meet manager, along with the Regional Rules Committee Chair, feels an emergency meeting of the Regional Championship Games Committee should make a decision. 7-1-2018

K. The automatic qualifying marks to the 3C2A Southern California Regional Meet are subject to the following conditions: 1. The marks must be made in regularly scheduled meets and by athletes representing their schools. 2. Marks must be reported to Direct Athletics within ten (10) days of competition.

L. The 3000 Meter Race Walk will be competed as a non-scoring exhibition event at the Southern California Regional Track & Field Preliminaries Meet. This event will be scheduled to compete prior to the start of the first scored running event in the Southern California Regional Preliminaries Meet. Entries for this event will be capped at 27 competitors per gender. 01-07-17 2.3.2.2.2

SEEDING OF ATHLETES INTO THE 3C2A TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS 10/16/08

A. Seeding for all races shall be by performance (time) recorded in the conference meet finals and should be electronically timed (FAT = Fully Automatic Timing). If hand timing (MT = Manual Timing) is used, the meet manager must first round up to the slowest tenth second and then add .24 to the manual time to enter the mark as a FAT time. (MT + .24 = FAT). This conversion is the responsibility of the conference meet manager. 19 July 2023 Edition 3C2A TRACK & FIELD CHAMPIONSHIP HANDBOOK

B. Using the conference meet performances only, the 3C2A Track and Field Southern California Regional Championship Meet Manager shall seed by serpentine method.

C. Additional qualifiers from the Automatic Qualifying list are seeded according to qualifying times.

D. Lane assignments for the 3C2A Track and Field Southern California Regional Championship Trials shall be by their conference qualifying mark. 4/4/14

E. In preliminaries: All field event entrants shall be seeded into flights by serpentine methods using conference qualifying marks. Auto-qualifying athletes shall be seeded using their auto-qualifying marks. The order of competition within flights shall be from worst-to-best by their seeding marks. 4/4/14 7-1-19

F. Meet management may conduct field event preliminaries and finals on the same day if approved by the Southern California Regional Rules Committee. In the event that preliminaries and finals are conducted on the same day, the athletes shall be grouped into flights from worst-to-best based on their qualifying marks with the lower seeded flight competing first and the top seeded flight competing second. The order of competition shall be arranged from worst to best in each preliminaries flight. Preliminaries flights will be conducted as a round of 3 preliminary attempts in the event. The top-12 athletes based on preliminaries performance shall advance in the event finals. Finals will be conducted as a round of 3 additional attempts in the event with the preliminary marks carrying forward and counting the finals. In the event that preliminaries and finals in a field event are conducted in the same day, only those athletes whom qualify to compete in the finals of the event shall be eligible for advancement into the 3C2A State Championship. The vertical jumps (pole vault and/ or high jump) are an exception to this process in the field events. Meet management may conduct the pole vault and/or high jump as a one-day

Finals Only competition (similar to the 5,000 meters and 10,000 meters running events) if approved by the Southern California Regional Rules Committee. 7-1-19

G. The starting heights in the pole vault and high jump competition shall be determined by the Regional Championship Games Committee. 7-1-18 7-1-19 2.3.2.2.3

ADVANCEMENT FROM THE 3C2A TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS TO THE 3C2A TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP FINALS IN THE RUNNING EVENTS 10/16/08

A. Where qualifying procedures are necessary for the 3C2A Track & Field Southern California Regional Championship Finals, no athlete may advance to the Finals without competing in the Trials.

B. Qualifying in the Track & Field Southern California Regional Championship Trials shall be contested in heats with the purpose that all lanes shall be filled in the Finals for the following events on the track: 100, 200, 400, 800, all hurdle events, the 4 x 100M relay and 4 x 400M relay.

C. In all lane races, the procedure shall be as follows for advancing from the Southern California Regional Track & Field Championship Trials to Finals: 7-1-2018 1. All heat winners advance. All other qualifiers shall advance to the finals on a time basis providing the following requirements are met: a. A photo-timing (FAT) system is correctly in place and operating. 20 July 2023 Edition 3C2A TRACK & FIELD CHAMPIONSHIP HANDBOOK

D. In all lane races (including the 800), if the photo-timing (FAT) systems outlined above in Rule 2.3.2.2.3.C.1.a should fail, advancement from the heats to the finals shall be as follows: 7-1-2018 1. Using a nine (9)-lane track with three (3) heats, the first-, second-, and third-place finishers in each heat shall advance to the finals. 2. Using an eight (8)-lane track with four (4) heats, the first- and second-place finishers in each heat shall advance to the finals. 7-1-2018 3. In the 1,500 and the 3,000 steeplechase, the top six (6) finishers from each heat will advance to finals. 7-1-2018

E. In the 1,500 and 3,000 steeplechase qualifying, there will be two (2) heats with the purpose of qualifying four (4) from each heat and the next four (4) fastest times from either heat for a twelve (12)-athlete final.

F. In the 800 (on a nine [9]-lane track), qualifying shall be the first two (2) place finishers in each heat plus the next fastest times from all heats until all lanes are filled in the Final. In the 800 on an eight (8)-lane track, qualifying shall be heat winners plus the next fastest times from all heats. If there are scratches, all advancing athletes to the finals must be based on time. 7-1-2018

G. In the 800 meters, a one (1)-turn stagger start shall be used. 7-1-2018

H. In the 10,000 meters (men) and (women), the races shall be run as a final only on the day of the Track & Field Southern California Regional Championship Trials.

I. In the 5,000 meters (men) and (women), the races shall be run as a final only on the day of the 3C2A Track & Field Southern California Regional Championship Finals.

J. Qualifying relay teams from the 3C2A Track & Field Southern California Regional Championship Trials to the finals shall be by teams only. Qualifying teams may use alternates (substitutes) who did not run in the Trials in the Finals.

K. The NCAA “Failure to Participate” rule as applied to the 3C2A Track & Field Southern California Regional Championship Trials and Finals shall be enforced.

L. The Regional Rules Committee Chair and the Southern California Regional Championships Entry Manager shall accept scratches to the Finals immediately following the conclusion of the Trials up to noon on the Wednesday (if the meet is held on a Saturday) or noon on the Tuesday (if the meet is held on a Friday) prior to the 3C2A Track & Field Southern California Regional Championship Finals. This will permit replacements to be notified. After the noon deadline, the NCAA “Failure to Participate” rule will go into effect. 7-1-2018

M. The Regional Rules Committee Chair or the Southern California Regional Championship Entry Manager shall replace the scratched athlete by following the qualifying procedures set in this document and shall notify the next qualifier, provided the athlete meets the Minimum Standards Qualification List. 7-1-2018

N. The 3C2A Track & Field Southern California Regional Championship Finals will include one alternate in each event (running and field). The alternate in each event will be determined and then confirmed with their respective head coach by the Southern California Regional Championships Entry Manager at the scratch deadline. The alternates will be placed on the final heat sheets and in the meet program. The alternate will have an opportunity to check-in at the Clerk along with all other scheduled competitors in the event. If and only if a qualified athlete scratches from the event final or fails to check-in for the event final before the time of the last call for the event, then the alternate will replace the scratched athlete and be allowed to compete. The flight order and/or lane assignments of the event will not be adjusted or re-seeded. 21 July 2023 Edition 3C2A TRACK & FIELD CHAMPIONSHIP HANDBOOK The alternate will compete in the flight order or lane that was originally assigned to the scratched athlete who the alternate is replacing. There will be no additional alternates to the 1st alternate if he or she scratches or declines the opportunity to compete after the scratch deadline alternate confirmation has been recorded. (adopted 3-31-2023 effective 7-1-2023)

2.3.2.2.4 LANE ASSIGNMENTS FOR THE 3C2A TRACK AND FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP FINALS BY FORMULA:10/16/08

A. The following are the lane assignments for all lane races on a nine (9)-lane track (best to worst): 5, 6, 4, 7, 3, 8, 2, 9, 1—heat winners will be given the best lanes.

B. Lane assignments in all lane races on an eight (8)-lane track (best to worst): 4, 5, 3, 6, 2, 7, 1, 8—heat winners will be given the best lanes.

C. For the 1,500 and 3,000 steeplechase: The starting line assignment in heats of these events will be in order of qualifying time from the worst time to the best time with lane one being assigned to the athlete with the worst qualifying time. 7-1-2018

D. For the 5,000 and 10,000: These events will be seeded randomly. 7-1-2018

2.3.2.2.5 ADVANCEMENT FROM THE 3C2A TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS TO THE FINALS IN FIELD EVENTS 10/16/08

A. Where qualifying procedures are necessary to advance to the Finals, no athlete may advance to the Finals without competing in the Trials.

B. The top nine (9) Trials competitors in the high jump and pole vault and all ties for the ninth place shall advance to the Finals. NCAA tie breaking rules will not apply to break such ties. (i.e., if in the high jump, the 6th place person jumped 6' 7", all jumpers who cleared that height shall advance).

C. The top twelve (12) Trials competitors in the throwing events (shot put, discus, javelin, hammer) and horizontal jumps (long jump, triple jump) after a three (3) preliminary effort, shall advance to the finals.

D. In the finals of the throwing events (shot put, discus, javelin, hammer) and horizontal jumps (long jump, triple jump) the order shall be from worst to best. After the first three (3) throws/jumps the field will be reduced to the number of athletes as there are lanes on the track and reordered from worst to best, based on mark.

EL CAMINO
WARRIORS