**2024 SCIAC Multi Dual #3**

April 13, 2024

[ Cal Tech, Pomona Pitzer, Cal Lutheran @ La Verne ]

**Facilities:**

Beynon 8 lane track – ¼” spikes requested. The Hammer and Javelin competition will take place on ULV Campus West (approx. 500m from Ortmeyer Stadium) TRANSPORTATION WILL NOT BE PROVIDED The Javelin will be thrown from a GRASS runway. For a map of the campus, please click [HERE](https://laverne.edu/map/).

**Entries:**

Entries are due by Wednesday April 10, 2024 @ 11:59pm, through DirectAthletics. Entry marks must have been achieved in the 2024 season. Without a current 2024 performance, seed time should be “No Time/No Mark”. Entries will be sent out and posted by Thursday evening (April 11)

**Lane Assignments:**

Please email Kevin Reid ( kreid@laverne.edu ) by the entry deadline with the one athlete you would like in your assigned lane, in the lane races (100m, 200m, 400m, 100mH/110mHH, 400mIH), the 2 athletes in the 800m (alleys will be used), and the 3 athletes in the 1500m.

**Coaches Meeting:**

Coaches my enter or scratch athletes at a mandatory coaches meeting at 10am near the Finish Line. If necessary, heats and lanes may be revised.

**Timing:**

FinishLynx timing will be used.

**Scoring:**

Events will be scored: 5-3-1 and 5-0 for Relays.

**Field Events:**

Each field events competitor shall receive 4 attempts.

**Weigh In’s:**

8:30am – 10:30am All implements will be weighed in the tent, just outside the track – near the finish line. Please allow adequate time to weigh in the hammers and javelins and still travel to ULV Campus West competition sites.

**Check In’s:**

All Athletes competing in running events are asked to check in at the clerks tent (near the finish line). Athletes must check in a minimum of 10 minutes prior to the start of their event. Running event athletes are encouraged to check in early. Field events athletes can check in at their event site, a minimum of 10min before the start of the first flight. Additions will be allowed up to 10min prior to the events scheduled start time.

**Questions:** Please Contact Kevin Reid, kreid@laverne.edu 626-523-1586

**SCIAC Track & Field Multi Dual Meet Schedule for University of La Verne**

**Running Events**

11:00am 110m High Hurdles M

11:10am 100m Hurdles W

11:20am 3000m Steeplechase M

11:40am 3000m Steeplechase W

12:10pm 4x100m Relay M

12:15pm 4x100m Relay W

12:20pm 1500m Run M

12:30pm 1500m Run W

12:40pm 400m Run M

12:45pm 400m Run W

12:50pm 100m Dash M

12:55pm 100m Dash W

1:00pm 800m M

1:10pm 800m W

1:25pm 400m Int. Hurdles M

1:35pm 400m Hurdles W

1:45pm 200m Dash M

1:50pm 200m Dash W

1:55pm 5000m Run M

2:15pm 5000m Run W

2:35pm 4x4000m Relay M

2:45pm 4x400m Relay W

**Field Events**

10:00am Hammer M ( W to follow )

 @ ULV Campus West

 Javelin W ( M to follow )

 @ ULV Campus West

 Long Jump M ( W to follow )

 Triple Jump M / W ( to follow LJ )

 Pole Vault W ( M to follow )

10:45am High Jump M ( W to follow )

12:30pm Shot Put W ( M to follow )

 Discus M ( W to follow )