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3C2A Track and Field
Southern California Regional Multi Championship
Hosted @ Mt. SAC
April 2-3, 2024

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Meet Director: Giovanni Lanaro

Meet Referee: Peter Enz

Games Committee:
Dean Lofgren – South Coast Conference
Jim McCarron – Orange Empire Conference
Pamela Kelley – Western State Conference
Jim Ratigan – Pacific Coast Conference
Matt Sherman- Rules Committee Chair

Jury of Appeals:
Joe Jennum
Brian Yokoyama
Don Turnbull

Schedule:

Day 1   Day 2
10:00am Decathlon   10:00am Decathlon
11:00am Heptathlon   11:00am Heptathlon

Entries:

Entries are due through www.directathletics.com by Saturday, March 30, 2024 @ 6:00 pm. There will be no entries accepted after the deadline. Scratch deadline is Saturday March 30, 2024 @ 6:00 pm. All entered athletes will be considered declared and subject to the entry fee. No changes to the seeding will be made after the entry/scratch deadline. Preliminary programs will be sent out Sunday, March 31, 2024.

Entry Fee: $220 per athlete

> Please make checks payable to: ***Mt. SAC Track and Field***
> *All fees are DUE at or prior to packet pick up on Day 1.
>
> If mailing check, please send to:
>
> Giovanni Lanaro
> Mt. SAC Track & Field – SoCal Multi
> 1100 N. Grand Avenue

Walnut, CA 91789

<u>Packet Pickup:</u> Packets will be available on day 1 at the track shed.

<u>Parking:</u> Marked team vehicles may park in the Champion Parking Structure (West of Stadium|1st or 2nd floor) free of charge. All other vehicles must pay the $5 parking fee at a parking kiosk.

<u>Implement Certification:</u> Implement certification will begin at 8:30 am on both days.

<u>Warm up:</u>

All warm ups will be conducted at the warm up track.

<u>Check-in:</u>

Athletes must check in for field events with an official at the event area prior to the first event attempt. Athletes must check in for running events at the clerk's tent located at the southwest corner of the track prior to their event to receive their hip numbers.

<u>Coaching Area:</u>

All coaches must remain off the track at all times.

<u>Team Camp:</u>

All teams can set up camp on the field south of the scoreboard.

<u>Results:</u>

Results will be posted on Direct Athletics following the meet. Timing will be provided by Finished Results and live results will be available.

<u>Athletic Trainers:</u>

Certified Athletic Trainers will be on site for the duration of the meet. If you will not be travelling with a CAT, please have your trainer coordinate any needs with Elva Salcido: esalcido7@mtsac.edu.

<u>Hotel Information:</u>

runmtsac.com/hotels