



South Coast Conference Opener Saturday February 10th, 2024; El Camino College Murdock Stadium

The South Coast Conference Season Opener is an SCC conference team obligation. This is a low-key meet and coaches will be allowed on the field to coach. No implement weigh-ins. If there is a record we will impound and certify after competition.

ENTRY PROCESS: Enter online at: www.directathletics.com Entry Deadline is Tuesday, February 6th 2023 at 9:00 pm. Meet program will be emailed to participants Thursday evening after 5:00pm.

ENTRY FEE: \$600 per school (\$300 men's and \$300 women's team). Please make checks payable to: El Camino College Athletics.

UNATTACHED/OPEN ENTRIES: Must contact **BRYAN RAMOS** at bramos@cerritos.edu or 818-486-5463 to receive a Direct Athletics registration code. \$25.00 entry fee unlimited events.

In an effort to have the most efficiently-run meet as possible, we would GREATLY appreciate each college's assistance in providing FIVE individuals that we can utilize to assist with certain field events. Let us know if that is a difficulty for you. Your help is appreciated- Thank you.

11.1.10 South Coast Conference Opener Event will be a conference obligation competition and shall be at the site of conference championship, unless mutually agreed at the pre-season meeting by the coaches to deviate.

11.1.8 At South Coast Conference Obligated Track & Field Competitions by-law 20.1.1, a conference member college that does not provided the necessary work crew (5) 30 minutes prior to the scheduled start time of the event, will be charged \$250.00 (\$50.00 per worker, 5 workers per event). This charge will be assessed for either prelims and/or finals infractions. The amount will be used to pay additional workers to man the vacated competition. The fine(s) must be paid prior to the start of the next South Coast Conference Obligated Competition (conference championship included) or the college and its athletes will not be allowed to participate. All fines must be paid to the host school where the infraction occurred.

TIMING for this event will be handled by **Finished Results**. Visit their website or Live Results App at the following: <https://finishedresults.com>

HIP NUMBER Check-In: We will be doing a **clerk-free check-in for hip numbers**. All athletes will be considered declared, and no changes to the seeding will be made. Track athletes must pick-up correct hip number and know heat assignment at least 15 minutes in advance of event. The

check-in table with lane/heat assignments will be located at the NORTH tunnel. A QR code will be provided as well for heat sheets. You will be scratched if not at the start of your event.

STADIUM:

- NO Spikes longer than ¼ inch allowed on track or runways. **NO Christmas Tree spikes** allowed! Track is a **9-Lane Beynon** surface with 42” lane width.
- **Water only** on infield of stadium and soccer warm-up field. **ABSOLUTELY NO food, gum, or sport drinks on the stadium infield.** Restrooms for both genders are inside stadium.

TENTS: Please set-up tents in the **EAST STANDS UPPER DECK.**

WARM-UP AREA: Synthetic running track and soccer field immediately outside stadium to the east.

ATHLETIC TRAINING: Certified Athletic Trainers will be on site.

PARKING:

- **Parking Structures on the SOUTH, WEST, and NORTH side of campus** off Manhattan Beach Blvd. Any and all vehicles can park for free on Saturday.

Saturday February 10th Time Schedule

Field Events (4 attempts throws, LJ, and TJ):

			<u>Work Assignments</u>
8:00am	Hammer	Women then Men	Cerritos/El Camino
10:00am	Long Jump	Women (southwest pit) and Men (southeast pit)	East LA/El Camino
	Pole Vault	Women followed by Men	Mt. SAC
11:00am	Javelin	Women then Men	Long Beach
	High Jump	Women followed by Men	Cerritos/El Camino
	Shot	Men then Women	Cerritos/El Camino
1:00pm	Triple Jump	Women and Men	East LA/El Camino
2:30pm	Discus	Women then Men	Cerritos/El Camino

11:00am Running Events

We will be following a **rolling schedule NOT** to exceed more than 15 minutes ahead of any estimated start time. Final time schedule determined after entries submitted.

		<u>Work Assignments</u>
Sprint Medley Relay W	(100-100-200-400)	Blocks: Long Beach/El Camino
Sprint Medley Relay M	(200-200-400-800)	
1500m W		
1500m M		
60m Hurdles W		Hurdles: Pasadena, El Camino,
60m Hurdles M		Hurdles: Pasadena, El Camino,
400m W		
400m M		

60m W

60m M

Distance Medley Relay W (1200-400-800-1600)

Distance Medley Relay M (1200-400-800-1600)

300m Hurdles W

300m Hurdles M

200m W

200m M

3,000m W

3,000m M

1600m Relay W

1600m Relay M

Hurdles: Pasadena, El Camino, MtSAC

Hurdles: Pasadena, El Camino, MtSAC



EL CAMINO

WARRIORS