



## 2024 Southern California Track & Field Regional Championships Prelims (May 3, 2024) and Finals (May 10, 2024) Cerritos College

Meet Director: Christopher Richardson

Meet Referee: Faith Hogan

Games Committee: Dean Lofgren – South Coast Conference  
Jim McCarron – Orange Empire Conference  
Pamela Kelley – Western State Conference  
Jim Ratigan – Pacific Coast Conference

Jury of Appeals: Maria Castro, Cerritos College Athletic Director  
Doug Wells  
Brian Leighliter

Entry Fees: \$450.00 per gender. Men and Women teams are separate. (\$900.00 for both teams).

Payment in full is due no later than May 3, 2024. Payment (cash or check) or signed school PO check request documentation must be provided by the day of the competition. Otherwise the team/athletes are not allowed to compete in the meet (i.e., no race packet is given to the coach & the athletes are scratched from the competition).

Checks payable to: **Cerritos College Athletics**

Check Can be Mailed:

**Attn: Cerritos College Athletics**  
**C/O Maria Castro**  
**11110 Alondra Blvd**  
**Norwalk, CA 90650**

Entries Scratches: All scratches must be reported to both Bryan Ramos at [bramos@cerritos.edu](mailto:bramos@cerritos.edu) and Matthew Sherman [msherman4@saddleback.edu](mailto:msherman4@saddleback.edu) by **12:00 noon on Tuesday, April 30th** for Prelims and **Tuesday, May 7th** for Finals. After each scratch deadline, the participation rule is in effect. Current entry lists will be posted each evening as they are updated. Coaches are responsible for monitoring the advancement of any of their athletes on the alternates list.

Badges/Credentials: Packets will be available for pick-up at the Ticket Booth located at the front of the stadium. Wrist bands must be worn by each athlete before they will be admitted into the stadium. Athlete Custom Bibs must also be worn during competition. Coaches Credentials (Lanyards) must be worn, especially in coaches' boxes (Please keep for Finals).

Alternate List: The top alternate from each event will be on stand-by at the check-in table. In the event that an athlete scratches on the day of the event, the alternate will replace that athlete's spot. There will be no reseeding of the event.

Spectator: Hometown Ticking online sales will be used. Adult ticket prices are \$12 per day. A ticket price of \$8 will be charged to all properly identified students, faculty, staff, senior citizens (age 60 & over), and children (less than 12 years of age). Parking: Daily/Special Event Permits are available online. Scan any of the QR codes at the parking lots. Each permit is valid only on the day it is purchased. This permit is valid only in **white-lined student stalls**. Daily permits are **\$5.00**. No refunds on daily permits are available.

## Technical Competitive Information

- Technical Info:** This meet will be run in accordance with all pertinent NCAA, 3C2A and 5CTCA rules and bylaws. Uniform Rules, Failure to Participate Rule and Decorum Policies will be effect.
- Awards/Scoring:** 1st through 8th Place will receive medals in each event and the top three teams will receive trophies. All events shall be scored for eight (8) places using the 10-8-6-5-4-3-2-1 system.
- Coaches Meeting:** There will be a coaches meeting at **10:15 am** (Prelims) and **1:45 pm** (Finals) at the 200m starting line.
- Race Schedule:** The running event schedule (including preliminaries) will be strictly adhered to, regardless of events finishing early or lacking numbers sufficient to require preliminary heats.
- Warmup Area:** All warm-ups must be done on the soccer field just west of the track. No Spikes and No implements are allowed on the soccer field warm up area (shot put, discus, javelins, and hammer).
- Coaches Box:** **NO COACHES ALLOWED ON THE INFIELD** or in the area of competition. Coaches will be allowed in the designated coaches boxes for the field events.
- Athlete Check-in:** Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event. Call Times will start 45 minutes prior to each event. The Clerk of the Course will be located at the south west gate adjacent to the 200m start. Athletes will be escorted to their area after the final call. Athletes who do not report back to the Clerk to be escorted to their event, will be at risk of being scratched/disqualified. Field Event Athletes competing in a track event simultaneously should check in at the clerk and have the clerk make a note of it to avoid being scratched at final call.
- Field event athletes may check in at their respective event area no later than 30 minutes prior to the start of the event. Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.
- All Athletes must have their spike checked and tagged before entering the competition area.**
- Hip Numbers:** Athletes will be given hip numbers by the Clerk at check-in.
- Custom Bibs:** Custom Bib's will be provided for all athletes and must be worn at all times when in the field of competition. Bib's must be worn on the front of the uniform top, with the exception of pole vaulters and high jumpers who may choose to wear the bib on the back for safety purposes.
- Relay Zone Marking:** Athletes are allowed 2 pieces, no longer than 42" at each zone. Only shoe bags are allowed onto field of play. Bags will be checked upon entry to the area of competition.
- Field of Competition:** Once the meet begins, absolutely no one is allowed on the track, infield, or any other field of competition unless they are actively competing in an event or working at an event or going to the communication center. This rule applies to coaches, teammates who are not actively competing in an event, family, friends, spectators, etc. Athletes who have completed their competitive event should immediately exit the field of competition, after receiving their awards, and not linger to cheer on or socialize with their competing teammates. Failure to comply with these conditions may result in the disqualification of the competing athlete from that college.

Spikes:	Spikes MUST be 3/16 inch or shorter. Pyramid spikes are the only allowable spikes. Pin, XMAS tree or needle spikes will not be allowed. There will be a spike check at the clerk's area during 1st call, and prior to the start of all applicable field events, please help us with compliance. 3/16 inch Spikes will be for sale at the clerk of the course \$5 for both shoes. 1/4 inch spikes are allowed only at the High Jump and Javelin.
Weights/Measures:	All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements <b>at least 2 hours before their event</b> . Implement weigh-in will be located in the cage area (adjacent to gate entrance at 200m start line). No implement will be processed less than 30 min before the start of the event.
Timing and Results:	Finished Results will be timing with FinishLynx fully automatic timing system, Download the Finished Results LIVE App <a href="http://www.finishedresults.com/liveresults">www.finishedresults.com/liveresults</a> Complete results will be available at Finished Results and Direct Athletics.
Jumps/Throws:	2.3.2.2.5 ADVANCEMENT FROM THE CCCAA TRACK & FIELD SOUTHERN CALIFORNIA REGIONAL CHAMPIONSHIP TRIALS TO THE FINALS IN FIELD EVENTS 10/16/08 <b>A.</b> Where qualifying procedures are necessary to advance to the Finals, no athlete may advance to the Finals without competing in the Trials <b>B.</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). <b>C.</b> 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. <b>D.</b> 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.
Tie Breakers:	Pole Vault and High Jump Finals Tie Breakers. In the case of a tie for the final qualifying position, the competitors involved must participate in the tie breaking procedure immediately after the regular conclusion of that event. Failure to do so will result in a disqualification. The tie shall be viewed as a first-place tie according to the NCAA tie-breaking rule.
Athletic Trainers:	Will be located near the 200m start line. Please provide your own pre-wrap/tape.
Protest:	Protests relating to matters that develop during the conduct of the meet shall be made at once and no later than 30 minutes after the posting of the event results. Such protests shall be directed in writing to the meet referee (Faith Hogan). Each protest must be accompanied by a \$50 protest fee. Protests forms will be included in the team packet.
Hospitality:	Coaches hospitality will be located on the north side of the stadium. Coaches will need their credentials to access hospitality area.
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.
Host Hotel:	Double Tree Inn 13111 Sycamore Dr, Norwalk, CA 90650 (562) 863-5555
Questions:	Bryan Ramos 818.486.5463 <a href="mailto:bramos@cerritos.edu">bramos@cerritos.edu</a> Christopher Richardson 562.441.4239 <a href="mailto:crichardson@cerritos.edu">crichardson@cerritos.edu</a>



## 2024 Southern California Track & Field Regional Championships

Track Events		
W 3000m Steeplechase	11:00 am	2 Heats
M 3000m Steeplechase	11:30 am	2 Heats
W 4x100m Relay	12:00 pm	3 Heats
M 4x100 Relay	12:15 pm	3 Heats
W 1500m	12:30 pm	2 Heats
M 1500m	12:45 pm	2 Heats
W 100m Hurdles	1:00 pm	3 Heats
M 110m Hurdles	1:15 pm	3 Heats
W 400m	1:30 pm	3 Heats
M 400m	1:45 pm	3 Heats
W 100m	2:00 pm	3 Heats
M 100m	2:15 pm	3 Heats
W 800m	2:30 pm	3 Heats
M 800m	2:50 pm	3 Heats
W 400m Hurdles	3:20 pm	3 Heats
M 400m Hurdles	3:35 pm	3 Heats
W 200m	3:50 pm	3 Heats
M 200m	4:00 pm	3 Heats
W 10,000m	4:10 pm	Final
W 4x400m Relay	5:00 pm	3 Heats
M 4x400 Relay	5:20 pm	3 Heats
M 10,000m	5:40 pm	Final

### Prelims Schedule - Friday, May 3, 2024

Throw Events		
M/W Javelin	9:00 am	2 Flights
M/W Hammer	11:30 am	2 Flights
M/W Discus	2:00 pm	2 Flights
M/W Shot Put	4:00 pm	2 Flights

Jump Events		
M High Jump	9:00 am	
W High Jump	11:00 am	2 Flights
W Long Jump	9:00 am	2 Flights
M Long Jump	11:00 am	2 Flights
M Pole Vault	10:00 am	
W Pole Vault	2:00 pm	
M/W Triple Jump	2:00 pm	2 Flights



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Track Events	
W 3000m Steeplechase	2:30 pm
M 3000m Steeplechase	2:50 pm
W 4x100m Relay	3:10 pm
M 4x100 Relay	3:15 pm
W 1500m	3:20 pm
M 1500m	3:30 pm
W 100m Hurdles	3:40 pm
M 110m Hurdles	3:50 pm
W 400m	4:00 pm
M 400m	4:05 pm
W 100m	4:15 pm
M 100m	4:20 pm
W 800m	4:25 pm
M 800m	4:30 pm
W 400m Hurdles	4:40 pm
M 400m Hurdles	4:50 pm
W 200m	5:00 pm
M 200m	5:05 pm
W 5,000m	5:10 pm
W 5,000m	5:35 pm
W 4x400m Relay	5:50 pm
M 4x400 Relay	6:00 pm




### Finals Schedule - Friday, May 10, 2024

Throw Events	
M/W Javelin	11:00 am
M/W Hammer	1:30 pm
M/W Discus	3:00 pm
M/W Shot Put	4:00 pm

Jump Events	
M/W High Jump	11:00 am
M/W Long Jump	1:00 pm
M Pole Vault	12:00 pm
W Pole Vault	2:00 pm
M/W Triple Jump	3:00 pm