SCIAC Track and Field Multi-Dual # 1

MEET INFO
Oxy/PP/Chap/Whit/CIT
MARCH 2, 2019

Hosted by Pomona-Pitzer on Strehle Track

TIME: Field Events – 10:00am, Running Events 11:00am. The SCIAC meet schedule is listed below.

ENTRIES: Entries are due Thursday, Feb 28 at 1:00pm through Direct Athletics. Entry marks must have been achieved in 2019 or the entry should be listed as no time or no mark. By the same Thursday deadline, please also email your Heat 1 names to Kirk Reynolds at kreynolds@pomona.edu. Include in the email the one male and one female athlete you would like in your assigned lane in the race (100,200,400,100/110H, 400H) and which three males and females in the 800m. Entries/meet program will be emailed out to participating coaches, and will be posted on www.sagehens.com by Thursday evening/Friday morning.

COACHES MEETING: Coaches may enter or scratch athletes from events at a mandatory coaches’ meeting at 9:45am on meet day. If necessary, heats and lanes will be revised following the meeting.

CHECK-IN: Athletes must declare for their event(s) no later than 10 minutes prior to their event’s scheduled time. Additions that would require adding an additional heat will be discouraged. Field events athletes check in at their event site. Running events athletes check in at the clerk tent by the finish line. Running event athletes are encouraged to check in early. Field events athletes check in at your event site at least 10 minutes prior to the start of the first flight of your event.

WEIGH-INS: Implement weigh-ins will take place on the west side of the track in the shed 8:30am-10:00am. Implement weigh-in will close at 10:00am.

FIELD EVENTS: Each field event competitor shall receive four attempts, no prelims/no finals. If there are two flights (17 or more divided into two flights) each team can designate their preferred three to be in the second flight. If there is only one flight for the field event, there is no need to seed them.

FACILITIES: Beynon Sports BSS 2000 LE 8 lanes. Athletes must wear 1/4” spikes or
shorter, pyramids preferred. The hammer and discus will take place on the hammer field.

**TIMING/SCORING:** Finish Lynx Electronic FAT System by Royal Results. Results will be available on bulletin board next to the finish line, and will be posted online following the meet. Events will be scored 5-3-1 (individual) and 5-0 (relays).

**ATHLETIC TRAINERS:** An athletic trainer will be available on the west side of the track next to the shed. The athletic training area will open one hour before the first event and remain open until the conclusion of the meet.

**PARKING:** Vans and team buses may park on or near Mills Avenue. This is a residential area – please ask your bus driver not to idle bus engines during the meet. To get to the entry gate on Mills, use 520 N. Mills, Claremont in your GPS. A free, two-story parking structure is located on Pomona College’s campus within walking distance to the track, and is located at 295 E. First Street.

**QUESTIONS:** Contact Kirk Reynolds at 909-267-0342 (cell) or email at kreyalds@pomona.edu, or Jordan Carpenter at 630-699-6781 (cell) or email at Jordan.Carpenter@pomona.edu
SCIAC TRACK & FIELD DUAL MEET SCHEDULE

FIELD EVENTS

10:00 ........ Hammer .................................... M / W
            Shot Put ..................................... M / W (M SP follows M Hammer)
            Long Jump .................................... W / M
            Triple Jump W / M (follows M Long Jump)
            Javelin ........................................ W / M
            Discus ......................................... W / M (W Disc follows M Jav)
            Pole Vault ..................................... M / W (single runway)

10:45 ........ High Jump .................................... W / M

TRACK EVENTS

11:00 ........ 100m Hurdles .................W
11:10 ........ 110m Hurdles .................M
11:20 ........ Steeplechase ..................W
11:40 ........ Steeplechase ..................M
12:00 ........ 4x100m Relay ..................W
12:05 ........ 4x100m Relay ..................M
12:10 ........ 1500m run ........................W
12:20 ........ 1500m run ........................M
12:30 ........ 400m run ..........................W
12:35 ........ 400m run ..........................M
12:40 ........ 100m dash ..........................W
12:45 ........ 100m dash ..........................M
12:50 ........ 800m run ..........................W
1:00 ........ 800m run ..........................M
1:15 ........ 400m Hurdles ........................W
1:25 ........ 400m Hurdles ........................M
1:35 ........ 200m dash ..........................W
1:40 ........ 200m dash ..........................M
1:45 ........ 5000m run ..........................W
2:10 ........ 5000m run ..........................M
2:30 ........ 4x400m Relay ........................W
2:40 ........ 4x400m Relay ........................M