



# California Community College Athletic Association

## 33<sup>rd</sup> Annual Women's and 59<sup>th</sup> Annual Men's Track and Field Championships

Friday- Saturday, May 15-16, 2009

College Heights Stadium - College of San Mateo

*(meet info. as of March 6, 2009)*

This preliminary meet information is intended to guide coaches, athletes and spectators in their preparation towards the 2009 State Track and Field championships at the College of San Mateo. Please note that further information will be provided in the weeks leading up to the event. Information will be distributed to coaches via their 5CTCA listed email account, in addition to being posted on the respective regional websites.

### Meet Administrative Staff

**Meet Manager** - Joe Mangan, Head Track and Field Coach, College of San Mateo

**Event Manager** - Andreas Wolf, Athletic Director, College of San Mateo

**Competition Director** - Dave Shrock

**Technical Director** - Bob Rush

**Officials Director** - Sonny Maynard, PAUSATF

### Qualifying for the State Finals

**Lane Events-** The first four (4) place winners from the respective Northern and Southern California regional meets shall qualify for the state meet in the following events:

Men's: 100 meter, 200 meter, 110 meter high hurdles, 400 meter intermediate hurdles, 400 meter, 800 meter, 400 meter relay, and 1600 meter relay

Women's: 100 meter, 200 meter, 400 meter, 100 meter hurdles, 400 meter hurdles, 800 meter, 400 meter relay, and 1600 meter relay

In cases of ties for the fourth qualifying position to the state meet, both contestants shall qualify unless a tie also exists in that same event from the other regional meet. In that event, the Executive Board of the CCCCCTCA shall determine the method of resolving a tie.

When the state meet site facility has more than eight (8) lanes (CSM is a 9 lane track), the additional empty lane(s) shall be filled by the fastest available place regional finisher(s).

**Non Lane Events-** The first six (6) finishers from each regional shall qualify to the state meet in the following events: Men's: 1500 meter, 3000 meter steeplechase, 5000 meter, and 10,000 meters

Women's: 1500 meter, 3000 meter steeplechase, 5000 meter, and 10,000 meter

**Field Events-** The first six (6) finishers from each regional shall qualify to the state meet in the following events:

Men's: pole vault, high jump, triple jump, long jump, shot put, discus, javelin, hammer throw, and decathlon

Women's: pole vault, high jump, triple jump, long jump, shot put, discus, javelin, hammer throw, and heptathlon

In cases of ties for the sixth and final qualifying position, the NCAA tie-breaking procedures shall be used. In the high jump and pole vault, the sixth-place tie shall be viewed as a first-place tie in using the NCAA tie-breaking procedures so that only six (6) athletes in each event from each regional meet qualify. In the case of a tie for the final qualifying position, qualifying athletes for the tie-breaker must report to the competition site and participate in the tie-breaker. Failure to do so will disqualify the athlete from the tie-breaker.

## Declaration of Athletes

**Declaring Athletes:** All athletes whose place finish in the regional qualifies them for the state championships are automatically declared unless scratched by 10:00am on the Tuesday preceding the State Championship (12 April) to the regional chairs and to the meet manager.

**Declaring Alternates:** The deadline for declaring alternates to the state meet from each regional meet shall be to the meet manager of the state meet no later than 12:00pm of the Tuesday preceding the state meet (12 April).

**Declaring of Relay Team Members:** Eight (8) or less competitors names are **required** to be on the list of relay names and alternates. Teams are eligible to run any 4 of the 8 that have been declared, **BUT** competitors must be on the relay entry list to compete.

## Seeding of Athletes

### Races Run in Lanes

The meet manager and meet committee shall determine the lane assignments using the formulas below:

Lane assignments for the following races will follow:

9 Lanes (fastest to slowest participants): #5, #6, #4, #7, #3, #8, #2, #9, #1

These formulas apply to the: 100 meters, 200 meters, 800 meters, 100-meter hurdles, 110-meter high hurdles, 400-meter hurdles, 400-meter intermediate hurdles, 400-meter relays, 1600-meter relays.

When the state meet site facility has more than eight (8) lanes, (CSM has 9 lanes) the additional empty lane(s) shall be filled by the fastest available place regional finisher(s).

### Non-Lane Events

Random seeding (as determined by meet manager software) will be used for all running events from the 1500-meter and up. The final qualifying position: Qualifying athletes for the tie-breaker must report to the competition site and participate in the tie-breaker. Failure to do so will disqualify the athlete from the tie-breaker.

### Field Events

Competition order shall be arranged from worst to best in preliminary rounds regardless of region.

**Trials** — All competitors are placed into one (1) flight of twelve (12) during the trials. They shall receive three (3) attempts each in the trials section of the competition.

**Finals** — Following the trials, nine (9) athletes shall qualify to the final round and be awarded three (3) additional opportunities. Their order of competition shall be determined by their marks in the preliminary rounds with the last qualifier competing first and the first qualifier competing last.

All athletes compete in one (1) flight during the finals.

### Time Schedule

The competition time schedule is attached at the end of this document.

### Practice Times

The track will be open on Thursday, May 14<sup>th</sup> at approximately 7:00pm at the completion of a scheduled high school competition. The baseball field warm-up area will be open for practice on Friday, May 15<sup>th</sup> during competition hours. There will be **NO** practice scheduled for the track and field event areas on Friday or Saturday.

### Entry Fees

The entry fee for this competition is \$ 16.00 per athlete, per event, and \$64.00 per relay team. These fees are due in full at packet pickup. Personal checks, cash, school check are the only acceptable means of payment, payable to **College of San Mateo Track and Field Trust**. Do not mail your check prior to competition. Please bring it with you.

## **Packet Pickup**

The packet pickup is located at the athletes' and coaches' entrance via the main stadium entrance. Packet pickup will be open at 8:00- 4:00 on Friday, and 8:30- 1:00 on Saturday. Packets and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials.

## **Accommodation**

### **Crowne Plaza, Foster City - Meet Headquarters**

1221 Chess Drive, Foster City, Ca 94404

650- 295- 6112. Please book with Diana Zhang, Sales Manager.

College of San Mateo thanks you for your patronage of the **Crowne Plaza, Foster City.**

## **Technical Competitive Information**

This meet will be run in accordance with all pertinent NCAA, CCCAA and 5CTCA rules and bylaws.

## **Warm-up Area**

There is a warm- up area on the adjacent baseball field and turf area direct adjacent to the north track area. No warm-ups allowed on the track once the time schedule commences.

## **Spikes**

Spikes **MUST** be 7 mm or shorter. Pyramid or XMAS tree spikes are the only allowable spikes. Pin or needle spikes will not be allowed. There will be a spike check at the clerk's area, and prior to the start of all applicable field events, please help us with compliance.

## **Starting Blocks**

Only those supplied by meet management are acceptable. For your information, we will be using the "Gill Fusion 1" starting block.

## **Track Surface and Field Event Specifications**

The running surface and field event venues are surfaced with **Mondo Super X performance**. The field event venues were installed in December of 2004, with the running oval completed in January of 2006.

Please make note of the following runway lengths:

Men's PV= 145 feet

Women's PV= 115 feet

Men's TJ= 133 feet

Women's TJ= 120 feet

Javelin= 107 feet

## **Upper Field Event Spectator Viewing**

There will be a roped off area in the Shot Put landing area of the upper field event area for spectator viewing. During the hammer competition, **ONE** coach of a competing athlete may be allowed to sit inside the roped off area in a designated area.

## **Backstretch Spectator Viewing**

The sidewalk adjacent to the backstretch of the track is off limits to all coaches, spectators and non- competing athletes.

## **High Jump and Pole Vault**

In both of these events we will be utilizing two pits. The starting time for the open portion of both of these events is contingent upon the completion of the multi- events portion of the meet. We will **NOT** start these events before listed time on the attached time schedule. Athletes and coaches will be appraised on the likely starting time of each of these events, which will include an adequate runway warm- up time of 45 to 60 minutes for all competitors.

**Vaulting poles may be stored in the track shed at the SW corner of the facility. Be sure to label your poles.**

## **Throwing Venues**

The hammer and all javelin competitions will take place on the upper field event area. All shot put and discus competitions will take place in the stadium.

**This is the most current information regarding the 2009 California Community College Track and Field Championships. Future updates in the upcoming weeks will include: Parking, coaches meeting and social plus other pertinent information that will be developed.**

**Good luck with your preparation towards this important competition, and we look forward to being your host.**

**Joe Mangan**  
College of San Mateo  
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# California Community College Athletic Association Track and Field Championships Friday & Saturday May 15- 16, 2009

College Heights Stadium - College of San Mateo

Time Schedule (as of Feb. 28, 2009)

## Friday, May 15<sup>th</sup>

### Running Events

11:00- Women's 10, 000 Meters

12:00- Men's 10, 000 Meters

### Men's Decathlon

9:30- 100 Meters

Long Jump

Shot Put

High Jump

400 Meters

*\* After the first event, the starting time for each event will be determined by the meet referee.*

### Field Events

#### Throws

10:00- Men's Hammer

12:00- Women's Hammer

2:00- Men's Javelin

4:00- Women's Javelin

#### Jumps

1:00- Women's Long Jump

1:15- Men's Long Jump

4:00- Men's High Jump

4:00- Women's High Jump

### Multi Events

#### Women's Heptathlon

10:00- 100 Meter Hurdles

High Jump

Shot Put

200 Meters

## Saturday, May 16<sup>th</sup>

### Running Events

12:40- Women's 3, 000 Steeplechase

1:05- Men's 3, 000 Steeplechase

1:25- Opening Ceremony

1:55- Women's 4 x 100 Meter Relay

2:05- Men's 4 x 100 Meter Relay

2:15- Women's 1500 Meters

2:25- Men's 1500 Meters

2:40- Women's 100 Meter Hurdles

2:50- Men's 110 Meter High Hurdles

3:00- Women's 400 Meters

3:05- Men's 400 Meters

3:15- Women's 100 Meters

3:20- Men's 100 Meters

3:30- Women's 800 Meters

3:35- Men's 800 Meters

3:45- Women's 400 Meter Hurdles

3:55- Men's 400 Intermediate Hurdles

4:05- Women's 200 Meters

4:15- Men's 200 Meters

4:25- Women's 5, 000 Meters

4:50- Men's 5, 000 Meters

5:15- Women's 4 x 400 Meter Relay

5:25- Men's 4 x 400 Meter Relay

### Field Events

#### Throws

1:00- Men's Discus

1:15- Women's Shot Put

3:15- Men's Shot Put

3:30- Women's Discus

*\* Projected time. Contingent upon finish of Decathlon PV*

#### Jumps

11:00- Women's Triple Jump

2:30- Men's Triple Jump

2:30- Men's and Women's

Pole Vault\*

### Multi Events

9:00- 110 M High Hurdles

Discus

Pole Vault

Javelin

1500 Meters

10:00- Long Jump

Javelin

800 Metes

*\* After the first event, the starting time for each event will be determined by the meet referee*