

California Community College Track and Field Championships
58th Annual Men's and 32nd Annual Women's
Friday-Saturday, May 16th and 17th, 2008
Cerritos College, Falcon Stadium
-Meet Information-

This preliminary meet information is intended to guide coaches, athletes, and spectators in their preparation towards the 2008 State Track and Field Championships at Cerritos College. Please note that further meet information will be provide in the weeks leading up to the meet. Information will be distributed to coaches via their CCCCCTCA listed email account. We will also post information on the respective regional websites (GoCollegeTrack.com in the South).

Meet Administrative Staff:

Meet Managers—Doug Wells, Gary Gaudet , Michael Allen (Cerritos College)

Host Athletic Director- Jeff Smith

Dean HPEA—Daniel E. Smith, PH.D.

Host Hotel Information



For GuestHouse Hotel bookings at \$59 a night, please contact Andy PenaRedondo at (562) 868-0991 ex. 1140

For Holiday Inn Select bookings please contact the sales department at (714) 690-2116

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 meters, 200 meters, 110 high hurdles, 400 intermediate hurdles, 800 meters, 400 meter relay, and the 1600 meter relay

Women's: 100 meters, 200 meters, 100 high hurdles, 400 low hurdles, 800 meters, 400 meter relay, and the 1600 meter relay

When the state meet site has more than eight (8) lanes, (as does Cerritos College), the additional empty lane shall be filled by the fastest available 5th place regional finisher.

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 the tie.

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

FIELD EVENTS: The first six (6) finishers from each regional shall qualify to the state meet in the following events: pole vault, high jump, triple jump, long jump, shot put, discus, javelin, hammer throw, heptathlon and decathlon

In cases of ties for the sixth 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 will qualify.

Declaration of Athletes

Declaring Athletes—All athletes whose place finish in the regional qualifies them for the State Championships are automatically declared, unless scratched.

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 12:00 pm of the Tuesday preceding the state meet.

Seeding of Athletes

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

LANE EVENTS

Turn Lane Events

Lane #4 shall be designated the preferred lane for the following events (both men and women): 200 meters, 400 meters, 400 meter intermediate hurdles, 800 meters, 400 meter relay and the 1600 meter relay.

“Straight-away” Lane Events

Lane #5 shall be designated the preferred lane for the following events (both men and women): 100 meters, 110 and 100 meter hurdles.

Lane Formula:

If appropriate, the meet manager may stipulate lane #1 to be more preferable than lane #9. The host region shall be given the preferred lane in all races and assigning alternating lanes between Nor-Cal and So-Cal qualifiers, ranking fastest to slowest, with the fastest

5th place regional qualifier given lane #1 or lane #9. This information will be included in the meet information mailed to all colleges.

Turn Lane Formula:

Preference from best to worst is: Lane #4, #5, #6, #3, #7, #2, #8, #9, #1

“Straight-Away” Lane Formula:

Preference from best to worst is: Lane #5, #4, #6, #3, #7, #8, #2, #9, #1

NON-LANE EVENTS

All lanes will be drawn by lot.

Men’s and Women’s: 1500 meters, 3000 meter steeplechase, 5000 and 10,000 meters

Random seeding will be used for all running events from the 1500 up.

ALL FIELD EVENTS

The meet manager and meet committee shall determine the order of competition by the following formula:

Order of Competition:

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

Horizon Jumps and Throwing Events:

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, the same number of athletes as lanes utilized in the finals of the lane races 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 time schedule is attached to the end of this document.

Coaches Association Meeting/Social

A CCCCTCA informational coaches meeting/social will take place on Friday evening, May 16, 2008 at 7:30 pm.. It will be held at the Guest House International Hotel (12500 Firestone Blvd, Norwalk, CA 90650).

Athlete and Coaches Stadium Parking and Entrance

Athletes and coaches will enter through the gate on the Northwest side of the stadium.. This gate is located at the front of the stadium (scoreboard side). Credentials will be given out before you enter. **Parking will be non-ticketed in the following lot: C2.**

There will be no parking on: Gridley Road, Old Falcon Way and behind the Field House.

The area behind the Field House will be reserved for Officials only.

Packet Pickup

The packet pickup will be located at the athletes and coaches entrance. Packets and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials. **All athletes must wear the bib number assigned.**

Coach and Athlete seating

Tents will be allowed on the warm up field and the top 20 rows of the stadium (please help us with this so fans can watch races without any problems).

Entry Fee

The entry fee for this competition is \$16 per athlete, per event and \$64 per relay team. These fees are due in full at packet pickup. Personal checks, cash or school check are the only acceptable means of payment. All checks should be made payable to: Cerritos College

Spectator Admission Fee

General Admission--\$8 and \$5 for all identified students, faculty, staff, and those individuals over 65 and under 12 years of age.

Athletes who are listed on the meet competition lists will be admitted free of charge.

Technical Competitive Information

The meet will be run in accordance with all pertinent NCAA, COA, and CCCCCTCA rules and bylaws.

Warm-up Area

Warm up area will be on the soccer field Southwest of the stadium. There will be no warm up or tents allowed on the field South of the stadium prior to the completion of the Javelin (Men and Women) competition. The South field will then be available for warm-ups.

A weigh-in schedule will be sent out in a future email. All multi-event implements must be checked in on Friday. The second day implements will be impounded.

Meet information: Spikes and Drinks

All spikes must be ¼" Pyramid or less!! All athletes spikes will be checked at the starting line and at each individual field event. Athletes violating the rules regarding spikes will be scratched from all competition. No backpacks allowed inside stadium (shoe bag will be checked). **No FOOD OR DRINKS ALLOWED (Only water allowed).**

Starting Blocks

Only those supplied by meet management are acceptable. We will be using the 'Gill Fusion I' starting blocks.

Track Surface and Field Event Specification

The running surface and field event venues are surfaced with Mondo Super X performance.

Please make note of the following runway lengths:

Men's and Women's Pole Vault (Main Field)--- 135' North Runway (Dec.)—155'

Women's Long Jump—151'

Men's Long Jump—155'

Javelin (Men and Women's)—150'

Practice Times

The track and field event venues will be open for practice on Thursday, May 15th from noon to 6 pm. There will be **NO** practice scheduled for the track and field event areas on Friday or Saturday.