

MEET INFORMATION
Orange Empire Conference Track & Field Championships
Hosted by Riverside Community College @ RCC
Prelims: Friday, April 22 2011
Finals: Friday, April 29, 2011

- Entries:** Entries are due through www.directathletics.com by Tuesday, April 19th @ 6:00 pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the failure to participate rule will be in effect. Each school may enter up to eight (8) athletes per individual event and one (1) team per relay event.
- Entry Fee:** Entry fees include all 3 championship meets, and will cost **\$1380 per school (includes men and women's programs) and \$690 for the Santa Ana women's team. Make checks payable to: RCC Track Trust** (mail checks to 4800 Magnolia Ave. Riverside, CA 92506 Attn. Jim McCarron track/xc coach). **The deadline for all entry fees to be turned in is February 2, 2011, and if you could send them earlier it would be greatly appreciated.**
- NOTE: Entry fees may appear high, but have been kept as low as possible. Increases are due to the loss of one team (Santa Ana Men), heptathlon/decathlon costs, and increases in the costs for officials & timing.*
- Spikes:** 3/16" pyramid spikes (no needles or christmas trees) maximum for all surfaces, runways and take-offs within the stadium. The javelin will be thrown from a grass approach and up to 1 inch spikes will be allowed for that event.
- Seeding:** Seeding and advancement will adhere to SoCal T&F Rules Committee guidelines unless otherwise stated in the Orange Empire Conference Track & Field Supplement. RCC has an 8 lane track, thus only 8 athletes will advance to the finals in the sprint, relays and hurdles events.
- Weigh-Ins:** Throws implement certification will be conducted from **8:00am to 3:00pm** on each day. Certification will be conducted at the North end of the track (near the flag pole). Implements not meeting certification will be tagged and impounded until the conclusion of the meet.
- Check-In:** Athletes must check in with the clerk of the course for running events, which will be on the North end of the track, and at the specific event area for field events **at least 30 minutes** prior to the start of the event. Athletes who fail to check-in by this deadline will be scratched from the event, and will be subject to the "Failure to Participate Rule" for all subsequent events on that day of competition.
- 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.
- Scoring:** Each event shall be scored for 8 places with the following points: 10-8-6-5-4-3-2-1
- Meet Responsibility:** Each team will be responsible for performing certain meet day tasks. USATF officials will be on hand to conduct the events; however teams will need to provide all of the necessary workers for their assigned event areas. Workers should have at least a basic fundamental knowledge of the rules for the event area that they will be working. Only those people directly involved in working/officiating an event will be allowed on the field during the meet. Bring all required materials to run your school's assigned event (ex. Tape measure). We will provide rakes and brooms.
- Results:** Results will be posted on www.directathletics.com following the conclusion of the meet. Results will also be posted on the northwest side of the track. Hard copies of prelims results & event qualifiers will be available at the conclusion of the April 22nd preliminaries meet. Hard copies of the final results will be available at the scratch meeting at the conclusion of the April 29th finals meet.

Awards: OEC Championship plaques will be awarded to the top 2 teams, men and women. Medals will be awarded to the Top-6 finishers in each event. Medals will be distributed at the conclusion of each final. **Please make sure your athletes who finish in the top 6 report immediately to the awards podium immediately following their race.**

Scratch Meeting: Head coaches will need to attend a SoCal scratch meeting at the conclusion of the finals meet. This meeting will be held in the Lovekin A7 Portable, which is 200 meters south of the track stadium (when you see the canal go right and it will be the first portable on your right). Don Turnbull is our conference designated representative for the SoCal Seeding Meeting and will run this scratch meeting.

Concessions: Riverside Community College will have BBQ, snacks, sundries and drink concessions on sale both dates near the entrance to the track located on the Northwest part of the track.

T-Shirts: Conference Championship T-shirts featuring the names and mascots of the Orange Empire member colleges will be on sale along side the concessions. Cost will be \$10.00 per shirt.

Restrooms: Restrooms are located at the Northwest and Northeast ends of the track

Seating: All teams must set up their tents in the top ten rows of the stands.

Athletic Trainer: There will be a fully manned trainer's station at all 3 meets. This station is to deal with taping, ice and injuries. Coaches/athletes are responsible for providing their tape and pre-wrap. Any athlete needing treatment with a pre-existing injury will need a note from their college's athletic trainer in order to be treated by our trainer.

Sound Systems: Portable sound systems will not be allowed in the stadium at anytime during the meet.

Canopy: Canopies will only be allowed on the northwest grass fields outside the track area (opposite the throws grass area), **or in the top 10 rows (only)** of the bleacher area.

Warm-Up Area: Warm-up area will be located on the northwest grass fields outside of the track area (opposite the throws grass area). No warm-ups will be allowed on the inside of the track, with the exception for the following events: LJ, TJ, HJ, and PV.

COA Decorum Policy: Decorum policy will be in effect and strictly enforced at the meet site for all meets.

Games Committee

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|----|-----------------|--------------|-----------------------------|
| 1. | Meet Director | Jim McCarron | Riverside Community College |
| 2. | Meet Referee | Jim Kiefer | |
| 3. | Games Committee | TBD | |
| 4. | Games Committee | TBD | |

* Meet Referee and 2 Game Committee members will make decisions on all protest items.

If you have any questions contact Jim McCarron:

(951) 222-8322 - office / (951) 231-3739 – cell Jim.mccarron@rcc.edu or

Damien Smith –(951) 222-8272 – office / (702) 204-9540 - cell Damien.smith@rcc.edu

RULES OF COMPETITION:

***** PLEASE REVIEW THESE RULES WITH YOUR ATHLETES *****

Failure to Participate RULE:

The failure to participate rule is in effect for all entered athletes. Any scratch, failure to compete in an entered event, failure to complete a running event, or failure to produce a legitimate competitive effort will result in the disqualification of that athlete from all competition (including relays!) for the remainder of that day. With regards to this rule, the Prelims and Finals meets are considered to be separate days of competition.

UNIFORM RULE:

NCAA and COA uniform rules are in effect. All competing athletes must be clothed in official school-issued uniforms. This includes lower body garments (i.e., shorts or warm-up pants), head wear (hats, beanies, etc.), and t-shirts. Males should also be made aware of the fact that removing one's shirt or rolling down one's body suit to expose their bare chest while in the field of competition is a violation of the uniform rule. These rules apply to all competitors including weight throwers – **NO EXCEPTIONS!** The first infraction will be a warning, after one warning the second infraction will result in the disqualification of the athlete.

ELECTRONIC DEVICES:

Absolutely **no** electronic devices are allowed on the field of competition. This includes cell phones, portable music players, video cameras, boom boxes, etc.

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! 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.

Qualifying from Conference Prelims to Conference Finals

Advancement from Prelims to Finals in the running events and from the qualifying trials to the finals in the field events will always exactly follow the procedure used that year for the SOCAL championship and outlined under rule 6 and rule 8 of the Rules and Policies booklet. In the case of the 1500meter run, this policy may be suspended and the event may be run as a finals only event if there are fewer than 16 entrants in the event. Wind gauges will not be used for advancement, but for record purposes only.

Qualifying from Conference to Southern California Prelims

The top 6 finishers from each conference will advance to the Southern California Prelims as long as they have reached the minimum qualifying mark at sometime during the season. That will leave 3 remaining spots in each event. If there are any automatic qualifiers, they would come in first, but no more than 3 would be moved into an event. If there are still spots remaining they will be filled by the best non-qualifying mark from the conference championship meets if they have reached the Minimum Qualifying mark at sometime during the season. All qualifiers will be posted on the SOCAL Website www.gocollegetrack.com starting on Monday and will be updated each evening until after the scratch deadline. Mark Covert will attempt to put heats and flights up on Thursday evening before each meet.

Qualifying from Southern California to State

The first 4 place winners in the following events (100,200,400, 100/110H, 400H, 800, 4X100R, 4X400R) and Best 5th place from the two regional meets move on to the State Championships. The first 6 place winners in the following events (1500, 3,000Steeple, 5,000, 10,000 and **All** field events) move on to the State Championships. It is possible, with new state qualification rules, that the south can qualify more athletes in each event if the state qualifiers from the Nor Cal Finals do not meet minimum qualifying standards. The State Meet will be held at American River College.