

# 2011 California Community College Athletic Association Track & Field State Championships

## Beaver Stadium



**May 20-21, 2011  
American River College  
Sacramento, California**

## 2011 California Community College Athletic Association Track & Field State Championships Meet Information

### Technical Competitive Information

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

Warm-up Area: All warm-ups should be done on the practice fields just northwest of the track and north of the baseball field

Spikes : Spikes MUST be 1/4 inch 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. We will be using the VS International starting block.

Track Surface and Field Event Specifications: The running surface and field event venues are surfaced with polyurethane that was installed in April of 2007

Please make note of the following runway lengths:

Men's PV - 131'

Women's PV - 131'

Men's LJ - 250'

Women's - LJ 250'

Men's TJ – 215'+

Women's TJ - 215'+

Javelin - 115'

### Throwing Venues

**Javelin** takes place on the infield at the south end of the track. Coaches must be outside of the fencing outside of lane 9. No coaches are allowed on the grass area on the south end of the track.

**Shot Put** takes place outside of the track at the northeast corner. Coaches are allowed to coach from anywhere outside the flagging.

**Discus** takes place inside the track on the northeast corner. Coaches must be outside of the fencing outside of lane 9. Coaches are not allowed on the grass embankment just north of the track (inside the fence).

**Hammer** takes place outside of the track on the far northeast corner of the practice fields. Coaches are allowed to coach from anywhere outside the flagging.

For all throwing events – implements will be impounded and delivered to the applicable event site 60 minutes prior to competition. Any implement not passing weigh-ins will be impounded until after the conclusion of that event.

Viewing for the Pole Vault, Long Jump and Triple jump – Coaches must be in the stands or behind the railing.

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

### Practice Times

The track will be open on Thursday, May 19<sup>th</sup> at 2:00PM until sunset (8:15pm). At 8:15pm the track will be closed and locked. On Friday May 20<sup>th</sup> the track will be open from approximately 6:30AM until 9:45AM (then the decathlon/heptathlon will be in progress). The practice fields to the northeast of the stadium and north of the baseball field will be open all day for workouts. Also the small area north of the 100m start will be open all days for warm-ups/workouts – unless construction has begun on our new parking structure. Any practice in the throwing events will take place at your own risk.

### 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. This is an entry fee, not a participation fee, any scratched athletes after the scratch deadline will be charged.

Personal checks, cash, school check are the only acceptable means of payment, payable to ARC Athletics. Do not mail your check prior to competition. Please bring it with you. Without payment you will not be given your packet.

**Athlete and Coaches Entrance/Package Pickup**

All team parking will be in the parking lot directly south of the stadium. No permits will be necessary. Athletes, coaches and spectators will enter the stadium from the south gates. Packages can be picked up at the check-in table. Wrist bands must be secured to each athlete and coach before they will be admitted into the stadium. Package pick up will be Thur 2:30PM – 5:00 PM. Fri. 11:00AM – 8:00 PM. Sat 10:30 AM – 4:00 PM.. Packages and their entire contents must be picked up at the same time. Teams are responsible for the distribution of credentials. Each college will be given four coaches/trainers wristbands. If you need more please email andersr@arc.losrios.edu the week of the meet.

**All-American Certificates** will be printed on-site and sold for \$10 each for each athlete that finishes in the top four and fulfills the requirements of the award.

**Athletic Trainers** will be onsite and available 1 hour before the first event each day and available through the last event. Please have your athletes bring their own supplies if they need taping.

**T-shirts/Hats/Sweatshirts/etc for sale.** All of these items will be available for sale at the meet. We had a very good variety of items the last time we hosted this meet, but sold out. Please buy your items early to avoid missing out.

This is the most current information regarding the 2011 CCCAA Track and Field State Championships. Future updates in the upcoming weeks will include: 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.

**Hotel Information—Make your reservations TODAY to avoid missing out on these fantastic deals. All three hotels are excellent venues.**

Holiday Inn (Bought out by the Crown plaza, changes names Jan 1, 2011)

5321 Date Ave \* Sacramento \* CA \* 95841 \* 916-338-5800

Discount Code – California State Championships

Reservation deadline is April 1, 2011, although they will sellout as soon as meet info is published

1.5 miles from ARC

\$69 + tax per room

Lion's Gate

3410 Westover Street \* Sacramento \* CA \* 95652 \* 866-866-7100

3.3 miles from ARC

\$69 + tax standard room, \$99 + tax 1-2 room suites, \$139 + tax 2bedroom cottages, \$209 + tax 4 bedroom cottages

Continental breakfast included – 2 per room

Discount Code – California State Championships

Reservation deadline is April 1, 2011, although they will sellout as soon as meet info is published

Doubletree Hotel

2001 Point West Way \* Sacramento \* CA \* 95815 \* 916-929-8855

5.8 miles from ARC

\$89 + tax standard S/D/T/Q room \* Largest rooms in Sacramento \* 20% discount in hotel restaurant

Directly across the street from Arden Fair Mall and dozens of excellent restaurants

Discount Code – California State Championships \* Online group code "CSH"

Reservation deadline is April 1, 2011, they have 500 rooms, and have blocked 150 \* Free WiFi

### **2.3.3 CCCAA TRACK AND FIELD STATE CHAMPIONSHIP 7/1/10**

#### **A. CCCAA Track and Field State Championship Qualifying Standards**

1. All advancing competitors must compete in a CCCAA Track and Field Regional Championship Final.
2. All advancing competitors, with the exception of regional champions, must have met or exceeded the CCCAA Track and Field State Championship Qualifying Standard at some point during the official season. The mark must be made while the competitor is officially representing his/her college.
3. Those qualifying standards shall be determined utilizing the Direct Athletics California Community College Performance List, utilizing the posted results up to, but not including, those from the CCCAA Track and Field State Championship Meet. The event specific qualifying standards shall be based on the following mathematical formulas:
  - a. Lane races (100, 200, 400, 800, 100/110m hurdles, 400 hurdles, 400 and 1,600 relays): The standard shall be the average 15<sup>th</sup> mark from the previous five (5) years.
  - b. Non-lane races (1,500, 5,000, 10,000, and steeplechase): The standard shall be the average 18<sup>th</sup> mark from the previous five (5) years.
  - c. Field events and multi-events: The standard shall be the average 18<sup>th</sup> mark from previous five (5) years.
4. If there are not enough competitors who have achieved a qualifying standard from both regions to fill a specific event, then a CCCAA Provisional Standard will be used. The cut-off marks will be as follows:
  - a. Lane races (100, 200, 400, 800, 100/110m hurdles, 400 hurdles, 400, and 1,600 relays): The standard shall be the average 24<sup>th</sup> mark from the previous five (5) years.
  - b. Non-lane races (1,500, 5,000, 10,000, and steeplechase): The standard shall be the average 24<sup>th</sup> mark from the previous five (5) years.
  - c. Field events and multi-events: The standard shall be the average 24<sup>th</sup> mark from previous five (5) years.
5. Regional Champions are automatically entered into the CCCAA Track and Field State Championship Meet.
6. If either region is unable to fill its allotment of qualifying positions (four [4] in the lane races and six [6] in the non-lane races, multi-events, and field events), those open positions shall be filled by the opposing region, according to their place in the CCCAA Track and Field Regional Championship Final.
7. Preference for any contested position will:
  - a. Be awarded to the higher placing competitor at either of the CCCAA Track and Field Regional Championship Finals.
  - b. If the competitors from each region have the same finish place, the qualifying position shall be awarded to the competitor with the superior mark attained at the CCCAA Track and Field Regional Championship Finals.
8. If there is still one (1) or more remaining open position(s) in an event, that position(s) will first be awarded to placement and then to performance.
9. If scratches occur the next highest ranking qualifier shall be notified.

#### **B. CCCAA Track and Field State Championship Qualifying Standards Committee**

1. Shall meet at the State Championships to assess the validity of the current standards and make changes if deemed necessary.
2. This committee shall be comprised of the following persons: 5CTCA Track and Field President, and 5CTCA Cross Country President, 5CTCA Vice President, Northern California Track and Field Chairperson, and the Southern California Track and Field Chairperson.
3. This committee shall have the final authority on any changes made for the following year, if deemed necessary. All changes shall require a 4/5 majority vote by the committee members.

#### **C. In the case of a tie for the last qualifying position in a CCCAA Track and Field Regional Championship Final, the following procedures shall be followed:**

1. Lane and non-lane track events. The following sequence shall be followed:
  - a. Review the results and if possible, determine the outcome by going to the .001 of a second.
  - b. Refer back to the highest place in the CCCAA Track and Field Regional Championship Trials.
  - c. Refer back to the fastest time attained in the CCCAA Track and Field Regional Championship Trials.
  - d. Refer back to the seasonal best mark listed on Direct Athletics.

## 2. Pole Vault and High Jump

a. 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.

b. The tie shall be viewed as a first place tie according to the NCAA tie-breaking rule.

### D. Seeding for the CCCAA Track and Field State Championship

1. Lane races: The lane assignments should be based upon the following formulas:

a. 8 Lanes (fastest to slowest mark): #4, #5, #3 #6, #2, #7, #1, #8

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

c. 10 Lanes (fastest to slowest mark): #5, #6, #4, #7, #3, #8, #2, #9, #1, #10

When the CCCAA Track and Field State Championship site has more than eight (8) lanes, the additional lane(s) shall be filled with the next highest ranking qualifier.

This information will be posted on the regional track and field websites.

### 2. Non-lane Races:

1500 meters, 5000, 10,000, and 3,000 Steeplechase – shall be from the best to the worst, starting with the fastest mark in Lane 1.

### 3. Horizontal Jumps and Throwing Events:

➤ Trials – All competitors shall be seeded from the worst to the best. Each competitor shall be allowed three (3) attempts.

➤ Finals – Eight (8) or nine (9) athletes shall qualify from the trials, depending on the available lanes on the track and be awarded three (3) more attempts. All marks earned in the trials move to the finals. The order of competition shall be based on the trials results, using a worst to best format.

➤ Vertical Jumps (pole vault and high jump) - shall be seeded from the worst to the best. That is the competitor with the best mark will compete last.

E. Deadline for Declaring Athletes—shall be the Tuesday prior to the CCCAA Track and Field Championship at 6:00PM.

### F. Deadline for Substitutions:

The deadline for making a substitution shall be at 6:00PM on the Wednesday prior to the CCCAA Track and Field Championship.

1. Substitutions will only be allowed if a competitor is scratched from all events that she/he is entered in the CCCAA Track and Field State Championship.

2. The regional chairperson must be notified immediately of any scratch. That chairperson will then contact the chairperson from the opposite region and they will decide which competitor from either region should be entered into the meet.

3. The alternate must be the next qualified competitor regardless of region based on her/his best mark in their respective CCCAA Track and Field Regional Championships.

4. The Meet Manager has the discretion to re-seed or not to re-seed the races or flights. If not re-seeded, the substitute competitor will fill in the scratched competitor's vacated position.

5. The Meet Manager must then be immediately notified of the substitution.

For complete information please refer to the CCCAA Constitution and CCCAA Track & Field Championship Handbook.

Current State Qualifying Standards can be found at [http://www.sml1.com/norcalstat/2011\\_state\\_track\\_standards.pdf](http://www.sml1.com/norcalstat/2011_state_track_standards.pdf)

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**Decathlon:**

12:00pm 100m

All other Dec events follow no less than 30 minutes after the conclusion of the previous event

**Heptathlon:**

11:30am 100m Hurdles

All other Hep events follow no less than 30 minutes after the conclusion of the previous event

**Running Events:**

7:45pm Women's 10,000m

8:25pm Men's 10,000m

**Field**

**Events:**

3:25pm Men's Javelin Throw

3:30pm Women's Long Jump

3:30pm Women's Hammer Throw

5:55pm Women's Javelin Throw

6:00pm Men's Long Jump

6:00pm Men's Hammer Throw

Current as of 10/25/2010

**Saturday, May 21, 2011**

**Decathlon:**

(Two pits for Dec pole vault)

10:00am 110m High Hurdles

All other Dec events follow no less than 30 minutes after the conclusion of the previous event

**Heptathlon:**

11:45am Long Jump

All other Hep events follow no less than 30 minutes after the conclusion of the previous event

**Running Events:**

4:20pm Women's 3000m Steeplechase

4:35pm Men's 3000m Steeplechase

4:55pm Women's 4x100m Relay

5:05pm Men's 4x100m Relay

5:15pm Women's 1500m Run

5:25pm Men's 1500m Run

5:40pm Women's 100m Hurdles

5:55pm Men's 110m Hurdles

6:10pm Women's 400m Dash

6:20pm Men's 400m Dash

6:30pm Women's 100m Dash

6:40pm Men's 100m Dash

6:50pm Women's 800m Run

7:00pm Men's 800m Run

7:15pm Women's 400m Hurdles

7:30pm Men's 400m Hurdles

7:45pm Women's 200m Dash

7:55pm Men's 200m Dash

8:05pm Women's 5,000m Run

8:30pm Men's 5,000m Run

8:55pm Women's 4x400m Relay

9:10pm Men's 4x400m Relay

**Field Events:**

3:30pm Women's Pole vault

3:45pm Women's High Jump

3:55pm Men's Triple Jump

4:05pm Women's Discus Throw

4:10pm Men's Shot Put

6:25pm Men's Pole Vault

6:40pm Men's High jump

6:44pm Women's Triple jump

6:47pm Men's Discus Throw

6:50pm Women's Shot Put