

MEET INFORMATION

Orange Empire Conference Track & Field Championships

Hosted by Santiago Canyon College
at Orange Coast College

Prelims: Friday, April 23, 2010

Finals: Friday, April 30, 2010

- Entries:** Entries are due through www.directathletics.com by Tuesday, April 20th @ 6:00 pm. There will be no adds nor scratches after this deadline. After the deadline, all athletes will be considered declared and the honest effort 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 fee will be **\$465 for each men's team** and **\$465 for each women's team** (a total of \$930.00 per program). **Make checks payable to: SCC Cross Country.**
- 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) and slight increases in the costs for officials & timing. I have checked with Jess Perez at Saddleback College and there is currently no projected surplus from the regular season officiating fees that were paid by each program. The meet budget is currently projected at a loss of \$300 for the Santiago Canyon Program.*
- Spikes:** 3/16" pyramid spikes maximum for all surfaces, runways and take-offs within the stadium. The javelin will be thrown from a synthetic approach.
- Seeding:** Seeding and advancement will adhere to SoCal T&F Rules Committee guidelines unless otherwise stated in the Orange Empire Conference Track & Field Supplement.
- Weigh-Ins:** Throws implement certification will be conducted from **8:30am to 1:30pm** on each day. Certification will be conducted at the shed located at the Northwest end of the track (the shed located at the entry gate from the parking lot). 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 and at the event area for field events **at least 30 minutes** prior to the start of the event. Athletes that fail to check-in by this deadline will be scratched from the event and will be subject to the "Honest Effort 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.
- 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.
- Results:** Results will be posted on www.directathletics.com following the conclusion of the meet. Results will also be posted on the side of the shed at the southwest corner of the track. Hard copies of prelims results & event qualifiers will be available at the conclusion of the April 23rd preliminaries meet. Hard copies of the final results will be available at the scratch meeting at the conclusion of the April 30th finals meet.
- Awards:** Medals will be awarded to the Top-6 finishers in each event. Medals will be distributed to the head coaches from each team at the end-of-season coaches meeting.

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 handball classroom located east of the track stadium. Don Turnbull is our conference designated representative for the SoCal Seeding Meeting & will run this scratch meeting.

Concessions: Santiago Canyon College will have basic snack sundries and drink concessions on sale both dates at the shed located at the Northwest end of the track (the shed located at the entry gate from the parking lot).

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 \$12.00 for one shirt or 2 shirts for \$20.00.

If you have any questions, contact Shawn Cummins: (714) 628-4910 - office / (714) 330-0695 - cell
cummins_shawn@sccollege.edu

RULES OF COMPETITION:

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

HONEST EFFORT RULE:

The honest effort 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. Coaches who wish to have a closer view of their competing athletes may stand on the asphalt strip along the outside perimeter of the track, however crossing the plane of the track is forbidden. Athletes who have completed their competitive event should immediately exit the field of competition 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.