



# 34<sup>th</sup> ANNUAL AZTEC TRACK AND FIELD Invitational

Thursday, Friday & Saturday - March 15<sup>th</sup> - 17<sup>th</sup> 2012

## Entry Guidelines

(updated information in red – 1/16/12)

(updated information in blue – 1/30/12)

(updated information in green – 3/5/12)

### **Men and Women Multis**

Thursday-Friday, March 15<sup>th</sup>-16<sup>th</sup> @ SDSU

- All entries will be accepted.
- NCAA implements and hurdle heights

### **Hammer Throw**

Friday, March 16<sup>th</sup> @ UCSD

- Open and Invitational Sections of the hammer throw will be contested at UC San Diego

### **Open Section**

Friday, March 16<sup>th</sup> @ SDSU

- All Junior and Community College Team entries will be accepted.
- Individual/Unattached athletes that do not meet invitational standards will be placed in the Open section.
- Field event competitors in the Open section will receive four attempts in the horizontal jumps and throws.

### **Invitational Section**

Saturday, March 17<sup>th</sup> @ SDSU

- All Invited University Team entries will be accepted.
- Invited University Teams may also enter athletes in Friday's Open Section.
- Individual/Unattached athletes must meet the qualification standards to be eligible to compete in the Invitational section.
- Field event competitors in the horizontal jumps and throws of the Invitational section will have three preliminary attempts. The top nine marks will earn three final attempts.

### **High School Section**

Saturday, March 17<sup>th</sup> @ SDSU

- Sanctioned through Patrick Henry High School
- CIF-San Diego Section Sanctioned Events
  - 4x100m Relay
  - 4x400m Relay
  - 100m
  - 400m
  - 110/100m Hurdles
  - Shot Put
  - Discus
- Entries through DirectAthletics.
- Please contact Meet Director for further information.

# Meet Information

## Entry Information

Entries will only be accepted online via the DirectAthletics website at [www.directathletics.com](http://www.directathletics.com). Questions regarding entry instructions should be e-mailed to [support@directathletics.com](mailto:support@directathletics.com).

Entries must be submitted on the Direct Athletics website no later than **11:59 PM Tuesday, March 13<sup>th</sup>**. **NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline.** Late team entries will be charged a **\$100 late fee** that must be paid at the ticket office. All team entry adjustments must be submitted one hour prior to the start of competition at the timing tent located near the finish line.

“Adjustment” entry note cards will be included in team packets and will also be available at the ticket office. There is no charge for entry adjustments.

All submitted entries in the system at the entry deadline listed above will be considered FINAL.

**Only Invited Teams can enter directly into the invitational section on DirectAthletics. Individuals and Unattached athletes who meet the qualifying standards and want to compete in the invitational section should enter and pay in the Open Section then send the Meet Director an email. The Meet Director will move the entrant to the Invitational section after review.**

**\*\*\*Please be sure to print a copy of your team’s entries and bring it to the meet as confirmation\*\*\***

## Start Lists

Heat sheets will be provided on our website [www.goaztecs.com](http://www.goaztecs.com) no later than 8:00 PM **Wednesday, March 14<sup>th</sup>**. Please check to make sure your athletes have been entered in the appropriate event(s) with the correct seed times/marks.

Heat sheets & results will be posted on the bulletin board located in the Northwest corner of the stadium, directly above the clerk of the course / check-in area.

## Entry Fees

There will be an entry fee of \$15 per individual entry per event, \$20 per multi entrant, \$20 per relay team. Max of \$400 per gender per team. **High School teams are free.**

Individual/Unattached athletes must pay entry fees online in order to participate.

Teams may submit payment at packet pick-up or by mail at:

Women’s Track & Field  
Department of Athletics  
San Diego State University  
5500 Campanile Dr  
San Diego, CA, 92182-4313

Checks should be made out to: San Diego State Track & Field

## Facilities

Track: 9 – Lane Mondo surface.

**Only 3/16” pyramid spikes. No needles or Christmas tree spikes will be permitted. A limited amount of spikes will be available for purchase.**

Men’s and Women’s Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.

<b>Parking</b>	Track parking is available in Parking Structure (PS) 5, located directly underneath the track. Parking passes can be purchased from the yellow parking kiosk located on the top level of the parking structure for \$1/hr or \$10/day. Please be sure to display your parking receipt in order to avoid citation.
<b>Packet Pick-up</b>	Packet pick-up will be available at the ticket office, located just outside the track, two hours prior to the start of competition on each day. Each team will be supplied with athlete and coaches wristbands which will be used to gain admittance to the meet. Individual/unattached athletes can pick-up their wristbands at the ticket office anytime.
<b>Spectator Entry</b>	Free Admittance
<b>Awards</b>	First place awards will be presented to the winner of the Invitational section(s).
<b>Throwing Implements</b>	<b>All teams and athletes must provide their own implements.</b> Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. No implements will be processed less than one hour before the start of the event.
<b>Seating</b>	Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when they are not competing.
<b>Training Tent/First Aid</b>	All athletic trainers will be located on the northeast side of the stadium. Trainers will be available one hour prior to the start of competition. <b>Visiting teams may set-up tables in this area or warm-up area on lower field.</b>
<b>Warm-Up Area</b>	All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track).
<b>Check-In</b>	Track athletes are required to check-in at the clerk of the course a minimum of <b>30 minutes</b> prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located in the warm-up area, just west of the track. After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course. Field athletes may check-in at their respective event area no later than <b>30 minutes</b> prior to the start of the event. Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

**Starting Heights** Starting heights and height progressions will be posted on heat sheets, and will also be available in team packets at packet pick-up.

**Vaulting Pole Shipment** Vaulting poles may be shipped to the following address:

San Diego State University  
Department of Athletics, Women's Track & Field  
Attn: Coach Richard Fox  
5500 Campanile Dr  
San Diego, CA, 92182-4313

Coach Fox, [richardfox5050@gmail.com](mailto:richardfox5050@gmail.com), +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.

**Additional Information** When entering your athletes, please use accurate times/marks achieved during the 2011 or 2012 season. If you do not enter a seeded time/mark, your athletes and/or relay team(s) will be placed at the bottom of their respective event performance list.

**Directions** The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55<sup>th</sup> St. SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, Make a Right on Montezuma if coming from the EAST).

From The Airport

Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit East toward El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

**Facility Schedule**

Monday, March 12:	8:00 a.m – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Tuesday, March 13:	8:00 a.m – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Wednesday, March 14:	8:00 a.m – 12:00 p.m. (javelin open, no discus) 4:30 p.m. – 6:00 p.m. (discus open, no javelin)
Thursday, March 15:	Track opens at 8:00 a.m.
Friday, March 16:	Track opens at 7:30 a.m.
Saturday, March 17:	Track opens at 7:30 a.m.

Hammer cage at UC San Diego will be available. Please contact Coach Anthony Salerno, [asalerno@ucsd.edu](mailto:asalerno@ucsd.edu), +1 (858) 229-2832, to schedule and for further info.

**Concessions** We will have complete concession stand and plenty more for sale as well as T-shirts.

**Results** Live results will be available at: <http://www.flashwest.com>. Final results will be available at: [www.goaztecs.com](http://www.goaztecs.com).

**Contact Information** Meet Director: Rick Reaser E-Mail: [rick-reaser@msn.com](mailto:rick-reaser@msn.com)  
Mobile: (310) 227 – 5534 Fax: (619) 594 – 1674

Head Coach: Shelia Burrell E-Mail: [sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)  
Office: (619) 594 – 5514

# Invitational Qualification Standards

<b>Event</b>	<b>Men</b>	<b>Women</b>
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	OPEN	OPEN
5000m	OPEN	OPEN
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	OPEN	OPEN
LJ	7.15m (23'5 1/2")	5.85m (19'2 1/5")
HJ	2.10m (6'10 3/4")	1.70m (5'7")
TJ	15.00m (49'2 1/2")	12.35m (40'6 1/4")
PV	5.00m (16'4 3/4")	3.80m (12'5 1/2")
Shot	16.75m (54'11 1/2")	13.70 (44'11 1/2")
Discus	51.80m (169'11")	48.80m (160'1")
Javelin	57.90m (189'11")	44.20m (145'0")
Hammer	54.85m (179'11")	51.80m (169'11")



# Athletic Training

Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University Athletic Training Staff, we would like to take this opportunity to welcome you to San Diego State University and to the Aztec Track.

There will be a white tent set up at the track as an Athletic Training tent during the entirety of the event in which an Athletic Trainer will be stationed.

On the Track:

- Water
- Gatorade
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment
- Treatment tables
- Treatment ice with bags, and flexi-wrap

The Athletic Training room is located very near to the Track and can be utilized for any other modalities you or your athletes may need. You will have full access to the Athletic Training Room during the days prior to the meet, ONLY if you have an athletic trainer with you.

A physician will be present a few hours during each day of the meet and on-call for the rest of the meet. If you need his services prior please don't hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer please let us know in advance, and please send a medical kit and letter of any specific treatments so that we can provide the proper care for your athletes.

If you have any questions please feel free to contact me.

Sincerely,

Kristin Manyak, ATC  
Graduate Assistant Athletic Trainer  
Cell (562) 743-2206



# Official Meet Hotel



**Sheraton**  
**Mission Valley**  
SAN DIEGO  
HOTEL

## **Sheraton Mission Valley San Diego Hotel**

1433 Camino Del Rio South

San Diego, CA 92108

**Contact:** Johnathon Elko, Sports Sales Manager

619-321-4604 Direct

619-260-0111 Hotel

619-497-0808 Fax

<http://www.sheratonmissionvalley.com/>



### **Invited Teams:**

Please contact hotel representative  
**Johnathon Elko** for team  
accommodations

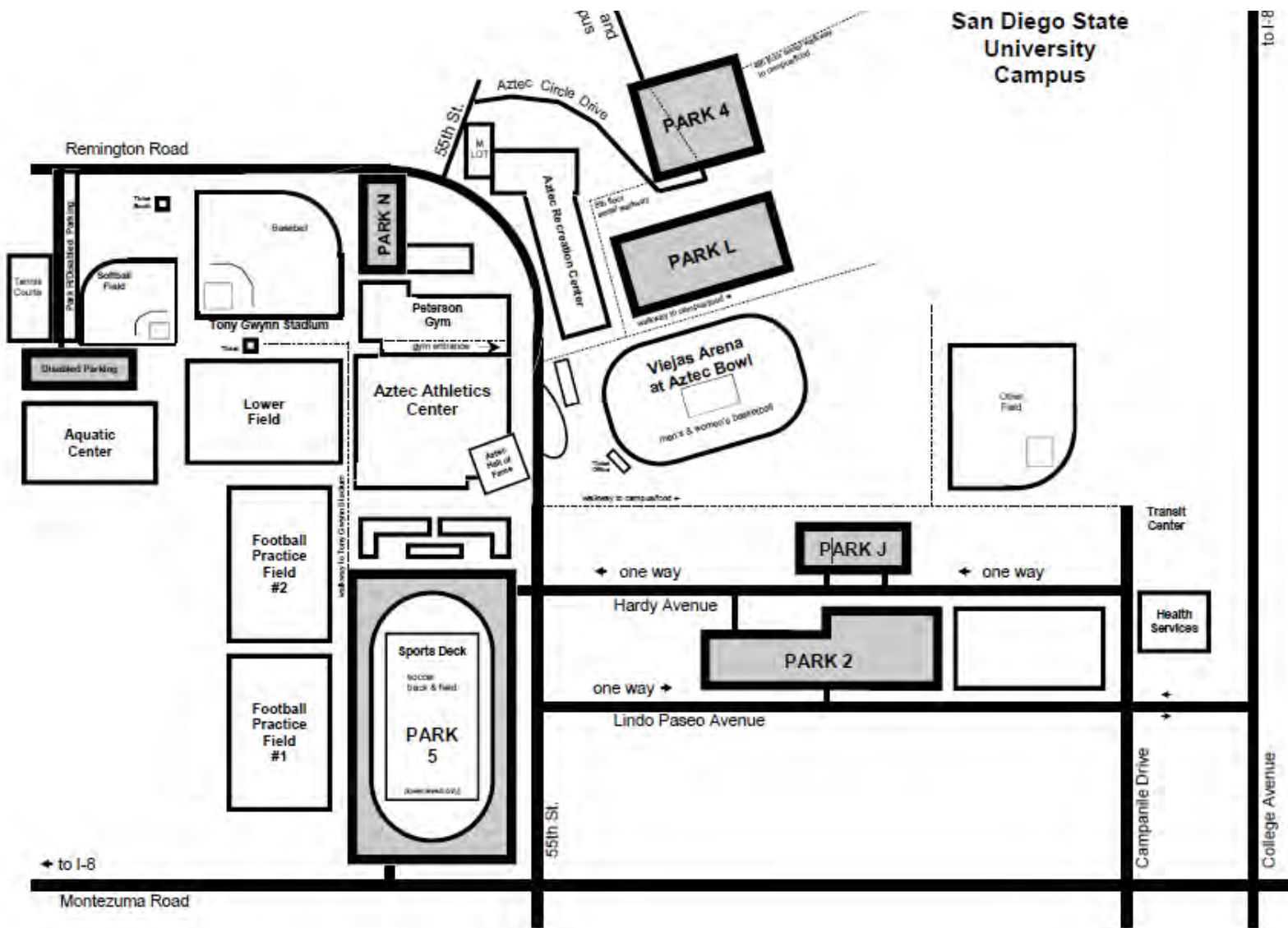
Meet Hotel is available for teams at a rate  
of \$89.00 without breakfast or \$105.00  
with breakfast included

### **Sheraton Mission Valley San Diego Hotel**

- Team Friendly, past host of NCAA tournament teams, designated bus parking
- Centrally located off the 8 freeway just 5 miles from SDSU, walking distance to Mission Valley Mall, San Diego Trolley and 30+ restaurants and just 10 minutes from all major attractions
- Complimentary room for Head Coach
- Double Starwood Points
- 260 Guestrooms; 160 rooms with Double Queen beds; all beds have signature Sheraton Sweet Sleeper Mattresses
- All Rooms are equipped with 42" HD TVs
- Ask about our specialized Team Menus!

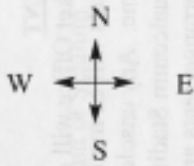


# San Diego State West Campus Map

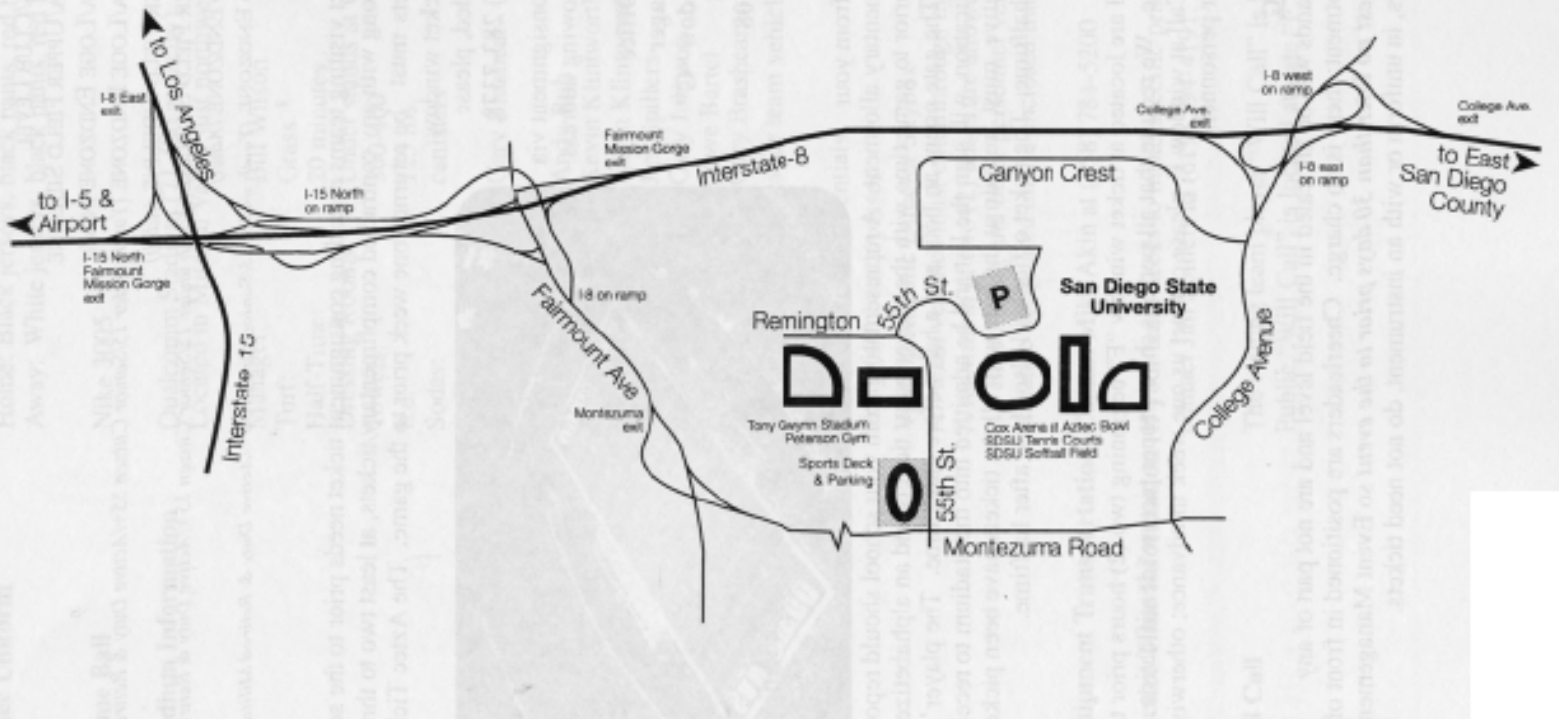




# Map To San Diego State

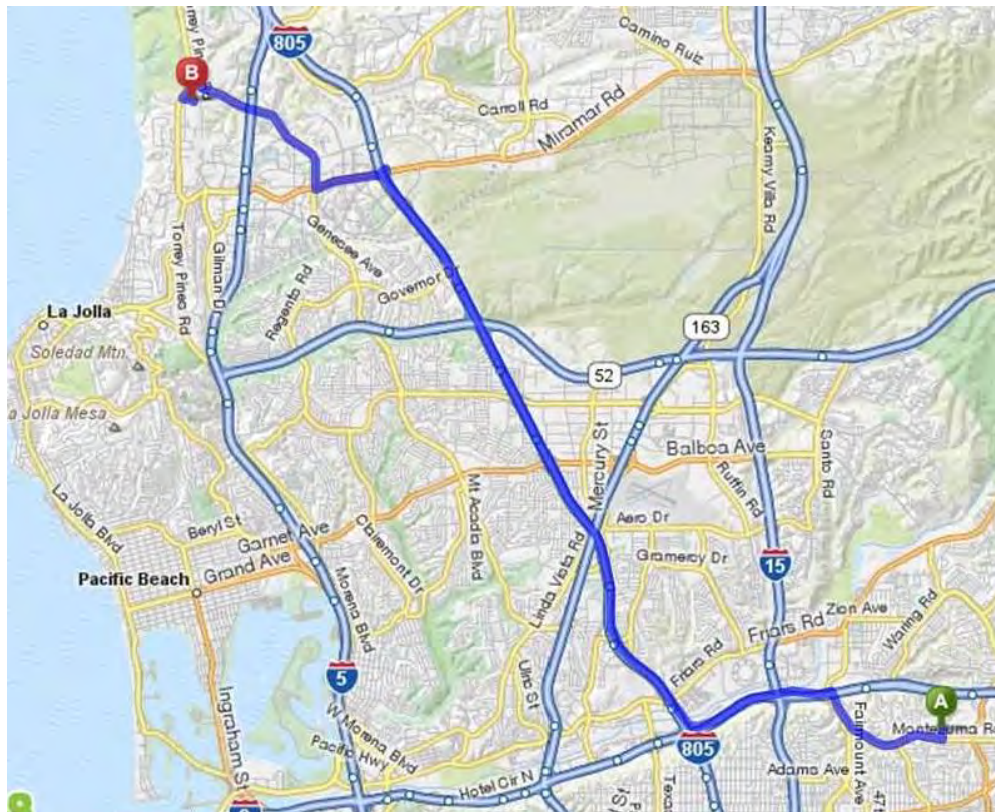


Map is not to scale



# Directions to UC San Diego

UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.



**A**

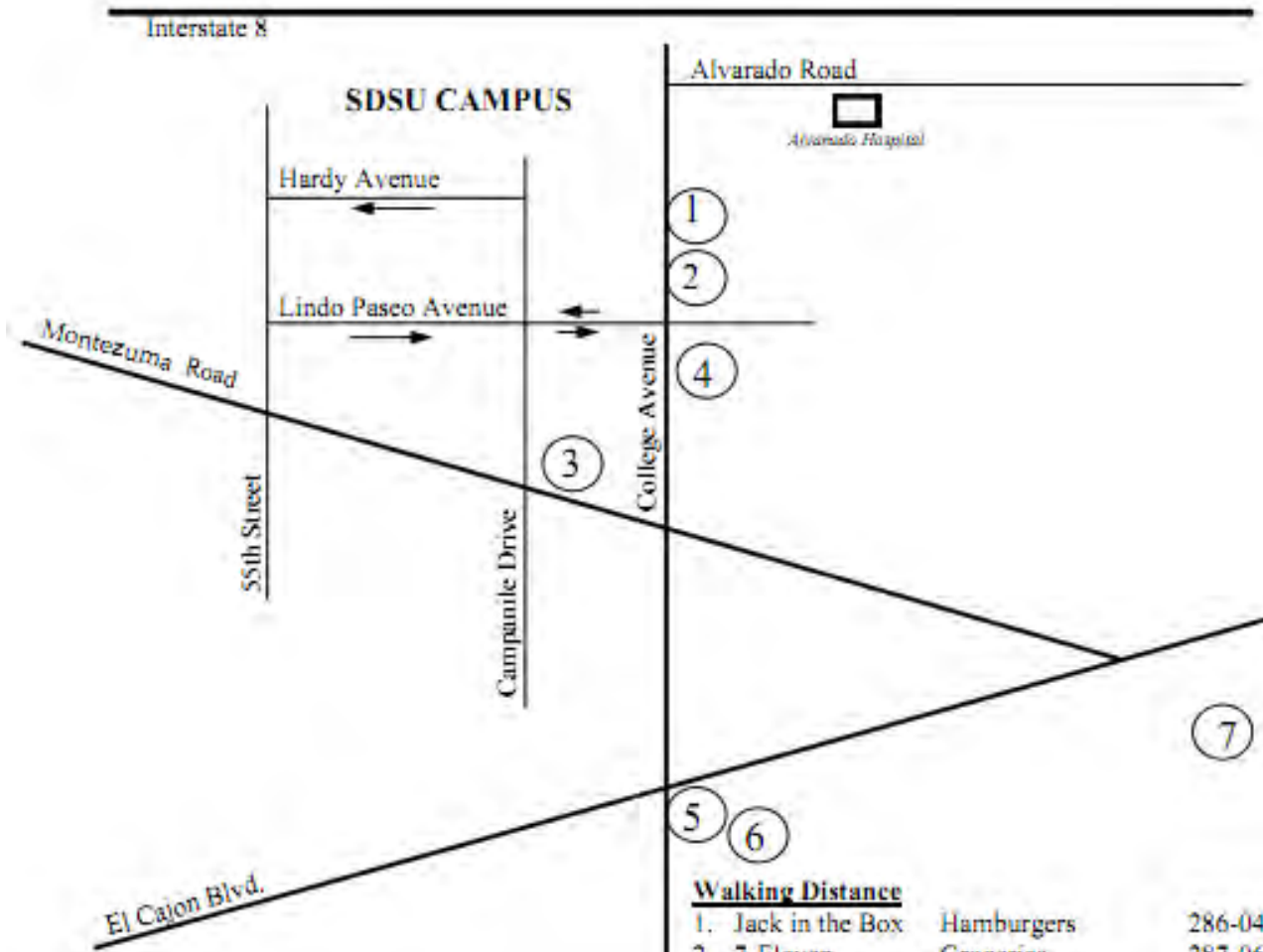
1	<b>South on 55th St</b>	0.1 mi
2	Turn <b>right</b> onto <b>Montezuma Rd.</b>	1.1 mi
3	Stay <b>straight</b> to go onto ramp.	0.2 mi
4	Merge onto <b>Fairmount Ave.</b>	0.2 mi
5	Merge onto <b>I-8 W.</b>	1.8 mi
6	Merge onto <b>I-805 N</b> via <b>EXIT 6B</b> toward <b>Los Angeles.</b>	8.2 mi
7	Take the <b>La Jolla Village Dr/Miramar Road</b> exit.	0.1 mi
8	Turn <b>slight left</b> to take the <b>La Jolla Village Dr</b> ramp.	0.2 mi
9	Merge onto <b>La Jolla Village Dr.</b>	1.1 mi
10	Turn <b>right</b> onto <b>Genesee Ave.</b>	2.3 mi
11	Turn <b>left</b> onto <b>N Torrey Pines Rd.</b>	0.2 mi
12	Turn <b>left</b> onto <b>Northpoint Dr.</b>	0.1 mi
<b>B</b>	<b>Hammer Cage</b> is on NW corner of <b>Northpoint Dr.</b> and <b>Northpoint Ln.</b>	0.05 mi

# Parking at UC San Diego

Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track



# Area Fast Food



Map is not to scale

### Walking Distance

1. Jack in the Box	Hamburgers	286-0433
2. 7-Eleven	Groceries	287-0616
3. 4.0 Deli	Sandwiches	281-4040
4. Pita Pit	Pita Wraps	265-7482

### 5-Minute Drive

5. Quiznos	Deli Sandwiches	582-7849
6. Woodstock's	Pizza	265-0999
7. Wings N' Things	Spicy Wings	462-9464
8. Papa Johns	Pizza	469-7272
9. D.Z. Akin's	Deli	265-0218
10. Denny's	Open 24 hours	461-2862
11. Chili's	American Food	280-7996
12. TOGO's	Deli Sandwiches	516-0010



# Transportation



## AIRPORTS

Lindbergh Field/San Diego International Airport, 3665 & 3707 North Harbor Drive  
 Parking Info (619) 291-1343 portofsandiego.com

Montgomery Field, 3740 John Montgomery Drive, San Diego  
 Airport Operations (858) 573-1440



## AIRLINES

America West	(800) 235-9292	americawest.com
American	(800) 433-7300	aa.com
Continental	(800) 525-0280	continental.com
Frontier	(800) 432-1359	www.frontierairlines.com
Southwest	(800) 435-9792	southwest.com
United	(800) 241-6522	ual.com
US Airways	(800) 428-4322	usairways.com



## AUTO RENTAL

Enterprise	(800) 736-8222	enterprise.com
Budget	(800) 283-4382	budget.com
Hertz	(800) 654-3131 or (619) 231-7000	hertz.com
Advantage	(800) 777-5500	arac.com



## BUSES

Coach America	(619) 649-0158	coachamerica.com
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*Official Charter of SDSU Athletics*



## CITY TRANSIT

Cal Trans (Highway Conditions)	(800) 427-7623	dot.ca.gov
San Diego Transit	(619) 238-0100	sdcommute.com
San Diego Trolley	(619) 231-8549	sandiegotrolley.com
Route & Schedule Info	(619) 233-3004	sdcommute.com
Info Express	(619) 685-4900	
Transit Store	(619) 234-1060	sdcommute.com



## TAXI/SHUTTLE SERVICE

Diamond Cab Company	(619) 474-1544	
Yellow Cab Company	(619) 234-6161	
Orange Cab Custom Tours	(619) 291-3333	
Orange Cab	(619) 291-4444	
Cloud Nine Shuttle (800)974-8885 or (858) 505-4950		cloud9shuttle.com



## TRAINS

Amtrak ( <i>Los Angeles info &amp; reservations</i> )	(800) 872-7245	amtrak.com
San Diego: 1050 Kettner Blvd.	(619) 239-9021	
Oceanside: 235 S. Tremont	(760) 722-4622	

# DirectAthletics



## How to Submit Entries - Track & Field

### STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

**Sport:** Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

### STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

### STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.



**34th ANNUAL AZTEC TRACK & FIELD INVITATIONAL  
TENTATIVE SCHEDULE**

**Thursday, March 15, 2012**

**DECATHLON**

Start Time: **11:00 AM 100 Meters**

**THE NEXT EVENT WILL START APPROXIMATELY 30 MINUTES FOLLOWING THE END OF THE PREVIOUS EVENT**

**HEPTATHLON**

Start Time: **12:00 PM 100 Meter Hurdles**

**THE NEXT EVENT WILL START APPROXIMATELY 30 MINUTES FOLLOWING THE END OF THE PREVIOUS EVENT**

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**Friday, March 16, 2012**

**DECATHLON**

Start Time: **9:00 AM 110 Meter Hurdles**

9:40 AM	Discus
10:45 AM	Pole Vault
12:30 PM	Javelin
1:45 PM	1500 Meters

**HEPTATHLON**

Start Time: **10:00 AM Long Jump**

11:00 AM	Javelin
12:10 PM	800 Meters

# 34th ANNUAL AZTEC TRACK & FIELD INVITATIONAL

## TENTATIVE SCHEDULE

### Friday, March 16, 2012

#### Field Events

UCSD (Times subject to number of entries)

8:00	Hammer	Men	Open
10:00	Hammer	Women	Open
1:00	Hammer	Women	Invite
3:00	Hammer	Men	Invite

**9:40 Discus Decathlon**

**10:00 Long Jump Heptathlon**

**10:45 Pole Vault Decathlon**

**11:00 Javelin Heptathlon**

11:00 High Jump Men Open

12:00 Long Jump M/W Open

**12:30 Javelin Decathlon**

12:30 High Jump Women Open

12:45 Pole Vault M/W Open

1:00 Javelin Men Open

2:00 Triple Jump M/W Open

2:00 Javelin Women Open

3:00 Discus Men Open

3:00 Shot Put Women Open

4:00 Discus Women Open

4:00 Shot Put Men Open

#### Track Events

**9:00 110m Hurdle Decathlon**

10:00 3000 Steeple Women Open

10:30 3000 Steeple Men Open

11:00 4 X 100 Relay Women Open

11:20 4 X 100 Relay Men Open

11:40 100 Hurdles Women Open

11:55 110 Hurdles Men Open

**12:10 800m Heptathlon**

12:20 1500 Meters Women Open

12:35 1500 Meters Men Open

12:50 400 Meters Women Open

1:05 400 Meters Men Open

1:15 100 Meters Women Open

1:30 100 Meters Men Open

**1:45 1500m Decathlon**

2:00 800 Meters Women Open

2:10 800 Meters Men Open

2:25 400 Hurdles Women Open

2:40 400 Hurdles Men Open

3:00 200 Meters Women Open

3:15 200 Meters Men Open

3:30 5000 Meters Women Open

4:00 5000 Meters Men Open

4:30 4 X 400 Relay Women Open

4:45 4X 400 Relay Men Open

**Athletes must check in 30 minutes prior to their event  
3/16" pyramid spikes only**

### Saturday, March 17, 2012

#### Field Events

9:00	Javelin	Women	Invite
9:00	Shot Put	Girls	H.S.
9:30	Discus	Boys	H.S.
10:30	Discus	Girls	H.S.
10:30	Long Jump	M/W	Invite
11:30	Javelin	Men	Invite
11:30	Shot Put	Boys	H.S.
11:00	High Jump	Women	Invite
1:00	Shot Put	Men	Invite
1:00	Discus	Women	Invite
1:00	Pole Vault	M/W	Invite
1:30	Triple Jump	M/W	Invite
1:30	High Jump	Men	Invite
3:00	Shot Put	Women	Invite
3:00	Discus	Men	Invite

#### Track Events

8:30	3000m Steeple	Women	Invite
8:50	3000m Steeple	Men	Invite
9:20	5000 Meters	Women	Invite
9:50	5000 Meters	Men	Invite
10:20	4 X 100 Relay	Girls	H.S.
10:30	4 X 100 Relay	Boys	H.S.
10:40	4 X 100 Relay	Women	Invite
10:55	4 X 100 Relay	Men	Invite
11:10	100 Hurdles	Girls	H.S.
11:20	100 Hurdles	Women	Invite
11:40	110 Hurdles	Boys	H.S.
11:50	110 Hurdles	Men	Invite
12:20	1500 Meters	Women	Invite
12:40	1500 Meters	Men	Invite
12:55	400 Meters	Girls	H.S.
1:00	400 Meters	Boys	H.S.
1:10	400 Meters	Women	Invite
1:25	400 Meters	Men	Invite
1:40	100 Meters	Women	Invite
1:55	100 Meters	Men	Invite
2:10	800 Meters	Women	Invite
2:25	800 Meters	Men	Invite
2:40	100 Meters	Girls	H.S.
2:45	100 Meters	Boys	H.S.
3:00	400 Hurdles	Women	Invite
3:10	400 Hurdles	Men	Invite
3:25	200 Meters	Women	Invite
3:40	200 Meters	Men	Invite
3:55	3000 Meters	Women	Invite
4:15	3000 Meters	Men	Invite
4:35	4 X 400 Relay	Girls	H.S.
4:50	4 X 400 Relay	Boys	H.S.
5:00	4 X 400 Relay	Women	Invite
5:10	4 X 400 Relay	Men	Invite