



***University of Utah vs. San Diego State University  
at San Diego State University  
Thursday, February 25, 2021***

**Entries:** Register on DirectAthletics: <https://www.directathletics.com/meets/track/67096.html>

Questions regarding the DirectAthletics website should be sent to [support@directathletics.com](mailto:support@directathletics.com).

**Deadlines and Heat Sheets:** Entries will open Monday, February 1, 2021 and close Monday, February 22 at 11:59 a.m. Pacific Time. Initial heat sheets will be posted by midnight, Tuesday, February 23 on RoyalResults.com. Email the meet director with corrections, scratches and late entries.

**Entry Fee:** \$300.00 per team.

**Events:** The Hammer Throw, Steeplechase and 10,000m run will not be competed. The 3,000m run will be competed instead of the 5000m run.

**Packet Pickup:** Please refer to RoyalResults.com for heat sheets. There will be no packet pick-up.

**Running Event Procedures:** All running events will be timed finals with sections running fast to slow. Sections will be seeded by entry seed time. If an institution substitutes an athlete after the final heat sheets are published, the substitute will take the lane and section of the initial entry and the race will not be reseeded. Only lanes 2-8 will be used for hurdle events on nine-lane track.

**Field Event Procedures:** All horizontal jumps and throws athletes will be allowed three preliminary attempts with flights seeded worst to best. The top nine marks will earn three final attempts.

**Bar Progressions:** The high jump and pole vault opening heights and bar progressions will be decided the day before the meet based on entries and coordinated by event coaches.

**Scoring:** Per NCAA 2019-2020, Rule 7, Section 1. Individual event scoring: 5, 3, 2, 1. Relays: 5, 3. Only two individual entries per institution shall score. One relay entry per institution shall score.

**Results:**

- Live results will be available online at [Royalresults.com/results.html](https://royalresults.com/results.html)
- Result boards will be located near the concession area on the north west side of the track, close to the start of the 100m dash

**Implement Weigh-in:** Implement Weigh-in will take place between 9 a.m. and 10:30 a.m. the morning of the meet. Weigh-In will be located inside the SDSU track and field weight room on the track. Only one athlete will be allowed in the room at a time for weigh-ins.

- Athletes will be asked to sanitize their implement
- Athletes will place implements on the scale.
- Official will wear gloves and certify the implement.
- Student-athlete retrieves implement from the scale.
- Scale is wiped down with disinfectant spray.
- Next student-athlete and repeat above steps.

### Spike Requirements:

- Only shoes with pyramid spikes no longer than 1/4 inch (6mm) are acceptable. All other spikes are banned, including shoes that have permanent spikes.



- Spikes will be checked prior to entry of facility and competitions (at team entry to facility and athlete check-in and at field event locations) and any athlete not in compliance with the spike policy may be subject to disqualification from the meet.
- **NO SPIKES will be for sale.** Please bring 1/4 Pyramid Spike. **Athletes with Christmas Tree or Needle spikes will not be allowed to use those shoes.**

### Warm-up Areas:

- Throwers will be allowed a 15-minute warm-up period prior to the start of their event, as well as warm-ups off the track during competition.
- Jumpers will be allowed a 15-minute warm-up period prior to the start of their event.
- Runners may warm up and shake out on the track up to 15 minutes prior to the start of the first race, then outside the track on the lower turf field. Warm ups will also be allowed on the back stretch of the track during all straight away races. Hurdle warm ups will be allowed on the back stretch of the track on the outside lanes.
- No Athletes are allowed on the infield during the throwing competitions.

### Event Check-In/Clerking:

- Athletes should check in no later than 15 minutes before their race to receive hip numbers, lane assignments and last-minute instructions at the start of each running event. Hip numbers are to be worn on the athletes' left hip. There will be no clerking table, the clerk will be at the start of each event.
- Field event athletes will check-in for their respective events with the event official at the location of the event.

**Relay Cards:** In order to provide accurate relay names to the announcer and for reporting purposes, please turn in the relay card to the timing tent no more than 15 minutes prior to the start of the event. Relay cards will be placed inside each team packet and also at the clerking table. If a relay card is not submitted then the order will be what was indicated by the initial entry.

**Coach's Boxes:** High Jump, Long Jump and Pole Vault will have coach's boxes. Coaches must stay in the designated coaches' boxes with facial masks covering both nose and mouth. Coaches will be asked to maintain proper social distancing and must not conflict with any races.

**Electronic Devices:** Electronic devices (e.g. mobile phones, iPods, headsets, etc.) are not allowed in the competition area except in the sports medicine area.

**Athletic Training:** There will be a sports medicine area staffed and equipped for your medical needs. The medical area will be located at the north west side of the track. This area will host ice, basic modalities, treatment tables, as well as emergency and first aid supplies. A Water cooler will also be available in the medical area. Members of our athletic training staff will be at the track at least an hour prior to start of the meet on Friday. A physician will be on-call during competition.

**Food and Beverage:** There will be no food or beverage served at this event

## **Covid-19 Protocols**

### **Throwing Events:**

- Athletes will retrieve their own implements during warm-up and competition. Athletes should touch only their own implements.

### **Horizontal Field Events:**

- Electronic measuring will be used to reduce the need for officials to handle equipment Athletes will remain distanced throughout warm-up and competition.
- If electronic measuring is not available:
  - Rake, broom and measuring mirror should be handled by as few people as possible. Frequent hand sanitizing is recommended

### **Vertical Field Events:**

- Landing areas will be sanitized with a sprayer for high jump and pole vault before the start of warm ups, prior to the start of competition and at the end of the competition.

### **Sanitizing Procedures:**

- Hand sanitizer will be available throughout the sports deck. Frequent sanitizing of hands is recommended.

**Starting Blocks:** Will be sanitized after each use.

### **Covid Testing**

COVID-19 testing for all visiting teams, officials and volunteer will be mandatory.

- Visiting Teams: Test 7-10 days prior to the first day of competition will be required with the second test result confirmed 48 hours prior to arrival at San Diego State.

- Each participating institution is required to complete our San Diego State Attestation Form and have it signed by their Director of Athletics or Sport Administrator and Team Physician or Team Athletic Trainer.
- Invited teams will be emailed the attestation form 7 days prior to the first date of competition. The completed form must be sent to [GoAztecOps@sdsu.edu](mailto:GoAztecOps@sdsu.edu) and the Mountain West Conference Assistant Director, Administration, Justine France, [jfrance@themw.com](mailto:jfrance@themw.com)

### **Face Coverings**

All individuals who access the competition area shall be required to wear a face covering, other than student-athletes and the officials (unless otherwise stated) who are engaged in competition. Proper use of a mask/neck gaiter as a mitigation strategy requires that the mask/neck gaiter must completely cover both the nose and mouth such that neither nostrils nor the tip of the nose is visible.

### **Physical Distancing**

Visiting teams will be assigned an area for team tents and team set up. Warm Ups will take place outside of the competition area, no general warm-up will be allowed in the competition area except for specific pre-race warm-ups.

### **Hydration**

We ask that each visiting team bring individual water bottles for your athletes. Hydration stations will be limited for sanitation purposes.

### **Facility Traffic Flow**

All participants and meet personnel will enter the Sports Deck through the gates closest to the bathrooms located on top of the stairs to the right side when facing the facility. When exiting the facility, all participants will exit through the opposite gate on the side closest to the track and field and soccer rooms. There will be monitors to ensure flow of traffic into and out of the facility.

Elevators should only hold four people at a time if used and participants should enter and exit the sports deck as described above.

**Spectators:** No spectators, family or friends will be allowed in the facility.

### **Meet Contacts:**

Shelia Burrell, Head Coach  
[sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)  
 +1 (619) 594-5514 office

Rick Reaser, Meet Director  
[rick-reaser@msn.com](mailto:rick-reaser@msn.com)  
 +1 (310) 962-3289 mobile

Sergio Ibarra, Athletic Trainer  
[sibarra3@sdsu.edu](mailto:sibarra3@sdsu.edu)  
 +1 (619) 594-7652  
 TBD mobile

## Rolling Schedule:

### Running Events

11:30 a.m.	Womens	4x100m Relay
11:40 a.m.	Womens	1500m Run
11:55 a.m.	Womens	100m Hurdles
12:05 p.m.	Womens	400m Dash
12:10 p.m.	Womens	100m Dash
12:20 p.m.	Womens	800m Run
12:35 p.m.	Womens	400m Hurdles
12:45 p.m.	Womens	200m Dash
1:00 p.m.	Womens	3000m Run
1:30 p.m.	Womens	4 x 400m Relay

### Field Events

10:00 a.m.	Womens	Javelin Throw
10:30 a.m.	Womens	Long Jump
11:00 a.m.	Womens	Pole Vault
11:00 a.m.	Womens	High Jump
11:00 a.m.	Womens	Discus Throw
12:00 p.m.	Womens	Triple Jump
12:15 p.m.	Womens	Shot Put