



33rd ANNUAL AZTEC TRACK AND FIELD CLASSIC

Friday & Saturday – March 18th & 19th 2011

Entry Guidelines

Junior College/Open Section

Friday, March 18th

- All entries of Junior College and Community College Teams will be accepted.
- Individual athletes that do not make the invitational standards will be placed in the Open section.
- Field events in the Open section will receive 4 attempts in the horizontal jumps and in the throws.

High School Section

Saturday, March 19th

- A limited HS portion of the meet will be contested on Saturday.
- CIF Sanctioned Events Include
 - 4x100m Relay
 - 4x400m Relay
 - 100m
 - 400m
 - 110hh/100h
 - Shot Put
- Please contact the meet director for any questions regarding the High School portion of the meet.

University/Invitational Section

Saturday, March 19th

- All entries of Invited University Teams will be accepted.
- Individual athletes must meet the qualification standards listed on page 5 to be eligible to compete in the Invitational section.

Hammer Throw

Friday, March 18th @ Mesa College

- Both the Open and Invitational Sections of the hammer throw will be contested on Friday off campus.
 - Please see page 9 for directions to Mesa College.

Meet Information

Entry Information

Entries will only be accepted online via the Direct Athletics website at www.directathletics.com. Questions regarding entry instructions should be e-mailed to support@directathletics.com.

Entries must be submitted on the Direct Athletics website no later than **11:59 PM Monday, March 14th**. **NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline.** Any late team entries will be charged a **\$20 fee** and must be paid for at the ticket office. All late entries must be submitted one hour prior to the start of competition at the timing tent located near the finish line. Late entry note cards will be included in team packets and will also be available at the ticket office. All submitted entries in the system at the entry deadline listed above will be considered FINAL.

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

Start List

Heat sheets will be provided on our website www.goaztecs.com no later than 6:00 PM **Wednesday, March 16th**. 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 Fee

There will be an entry fee of \$15 per individual entry per event, \$20 per relay team. Max of \$400 per gender per team.

Individuals must pay entry fees online in advance in order to participate.

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

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

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 & Long Jump will be run concurrently on side-by-side runways.

Parking

Track parking is available in PS 5, located directly underneath the stadium. 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.

Packet Pick-up	<p>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.</p> <p>Each team will be supplied with athlete and coaches wristbands which will be used to gain admittance to the meet.</p> <p>Individual/unattached athletes can pick-up their wristbands at the ticket office anytime.</p>
Spectator Entry	Free Admittance
Awards	First place awards will be presented to the winner of the Invitation section(s).
Implement Weigh-In	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.
Seating	Seating is available on the west side of the stadium. The Aztec 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.
Training Tent/First Aid	<p>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.</p> <p>Visiting teams may set-up tables in this area or warm-up area on lower field.</p>
Warm-Up Area	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).
Check-In	<p>Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes 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.</p> <p>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.</p> <p>Field athletes may check-in at their respective event area no later than 30 minutes prior to the start of the event.</p> <p>Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.</p>
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.

Additional Information When entering your athletes, please use accurate times/marks achieved during the 2010 or 2011 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. & 55th 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.

Concessions We will have a steaks, shaved Ice, hot dogs, drinks and plenty more for sale as well as T-shirts.

Contact Information Meet Director: Boldi Kocsor
Cell: (858) 405 – 2315 Office: (619) 594 – 2703 Fax: (619) 594 – 1674
E-Mail: throws@mail.sdsu.edu

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

Invitational Qualification Standards

Event	Men	Women
100m	10.70	12.00
200m	21.80	25.00
400m	48.50	56.50
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	OPEN	OPEN
5000m	OPEN	OPEN
110hh/100h	14.50	14.50
400h	53.50	1:03.00
3000 Steeple	OPEN	OPEN
LJ	23'6"	19'2"
HJ	6'10"	5'7"
TJ	49'2"	40'6"
PV	16'4"	12'5"
Shot	55'0"	45'0"
Discus	170'0"	160'0"
Javelin	190'0"	145'0"
Hammer	180'0"	170'0"

Official Meet Hotel



Sheraton Mission Valley - San Diego
1433 Camino Del Rio South
San Diego, CA 92108

Contact: Karie Staelgraeve, Senior Sales Manager
619-321-4603 Direct
619-260-0111 Hotel
619-491-0853 Fax

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

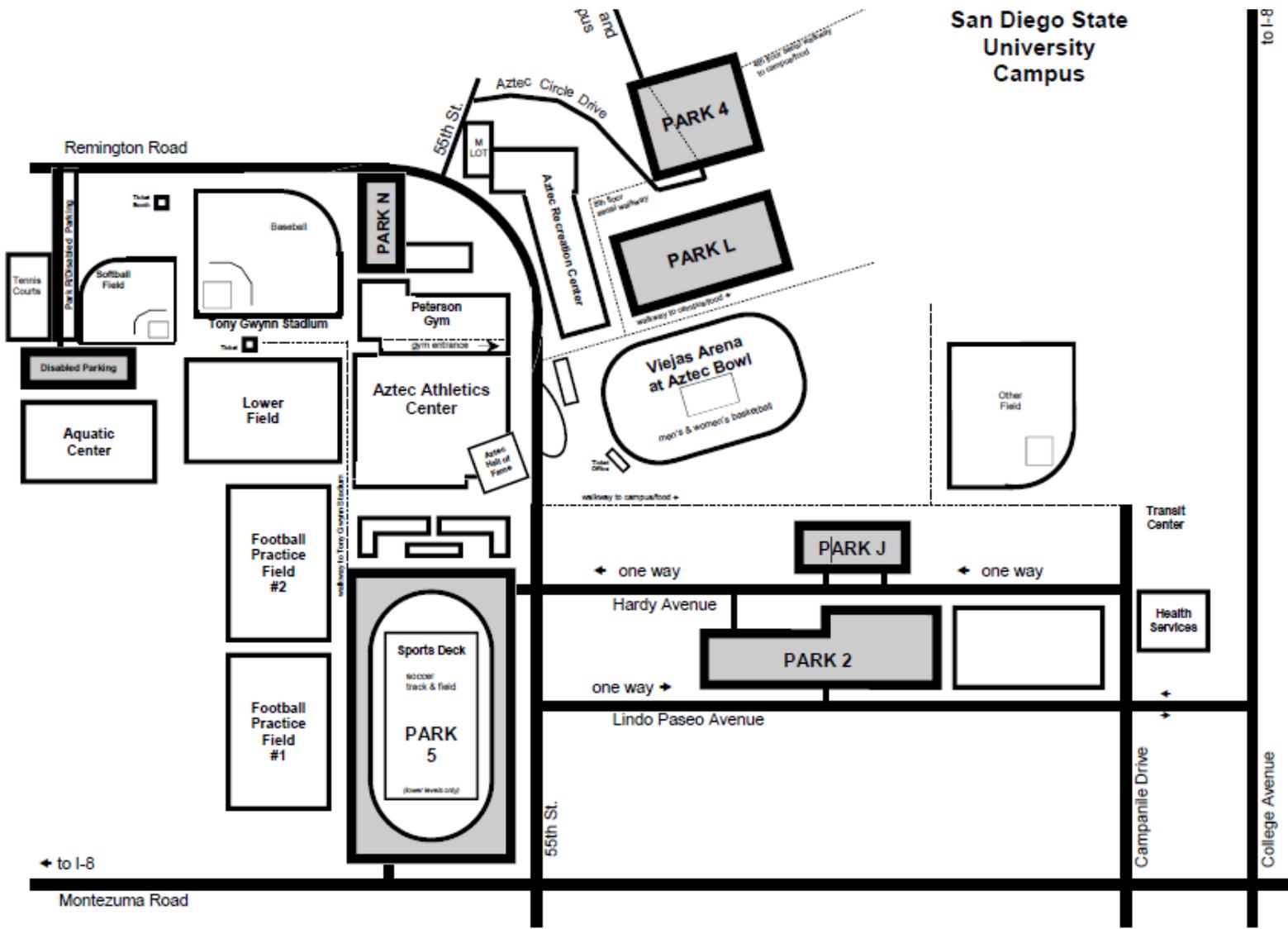
Invited teams:

Please contact hotel representative for team accommodations

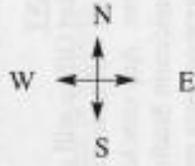
Meet hotel is available for teams at a rate of \$89 without breakfast or \$99 with breakfast included

- 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 stop and 30+ restaurants and just 10 minutes to all major attractions.
- Complimentary room for Head Coach
- Double Starwood points
- Complimentary meeting space - based on availability
- Discounted menu options available
- Complimentary high speed internet

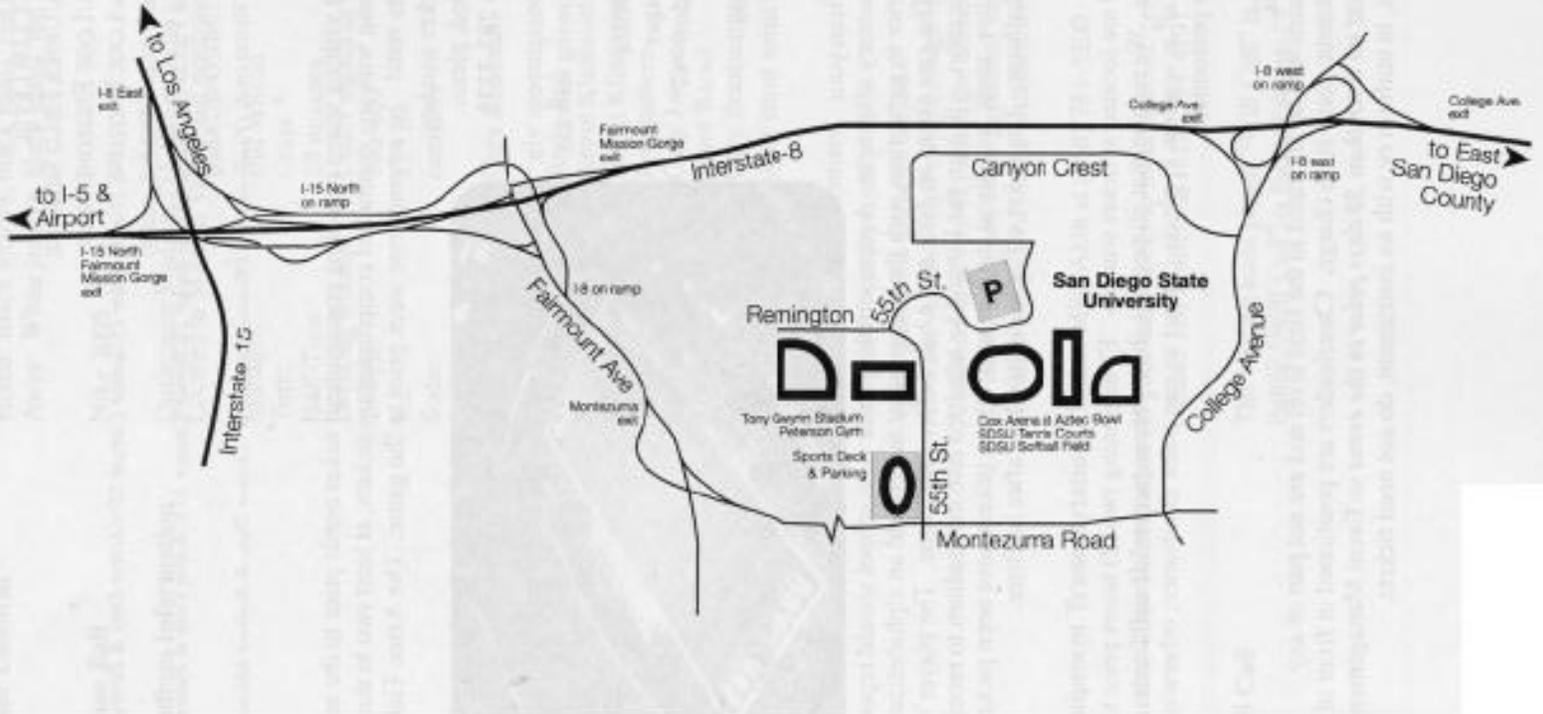
Facilities Map



Map To Campus

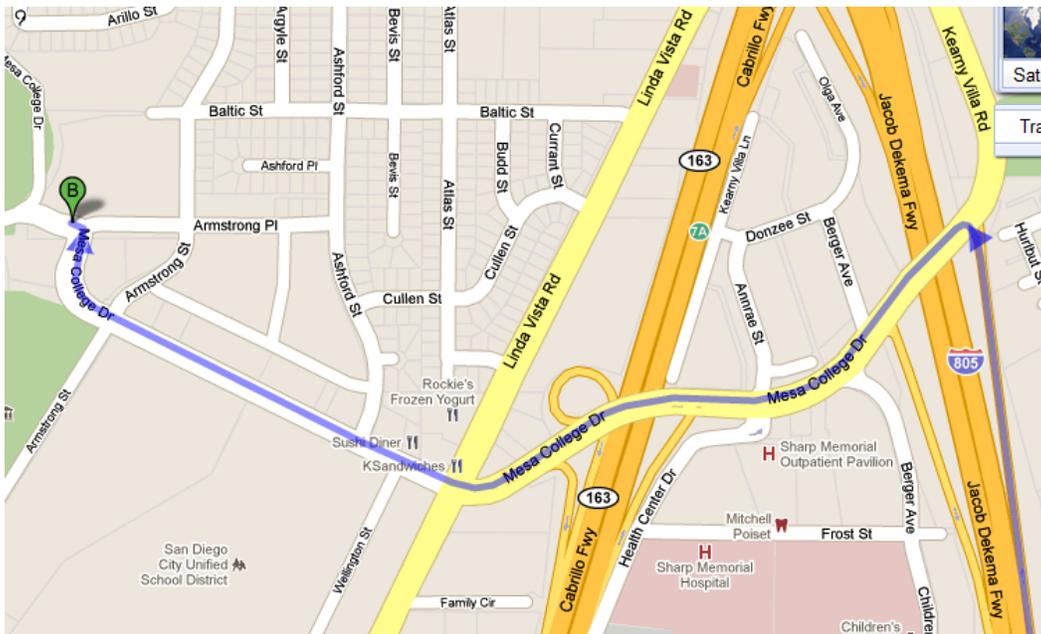
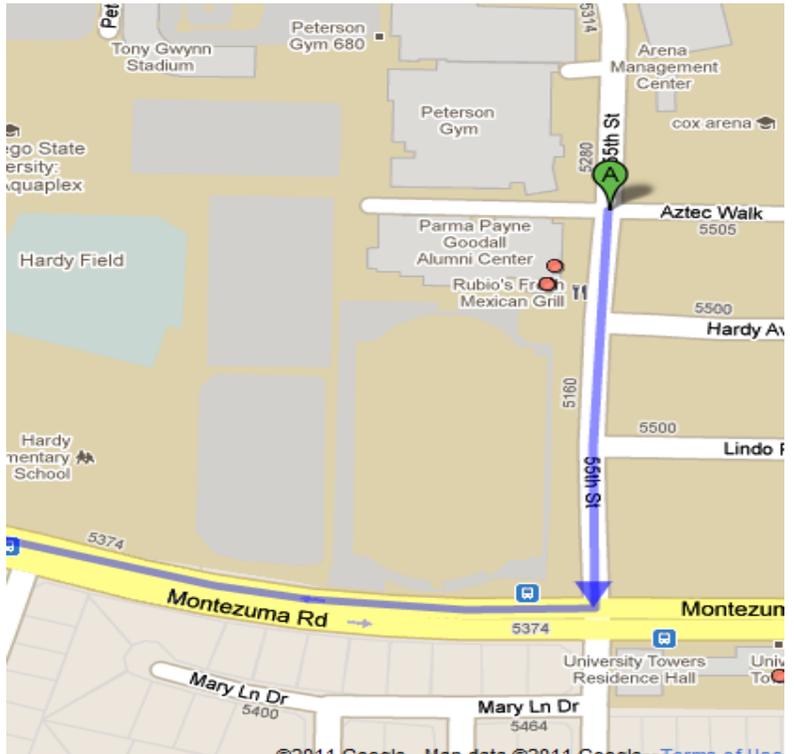


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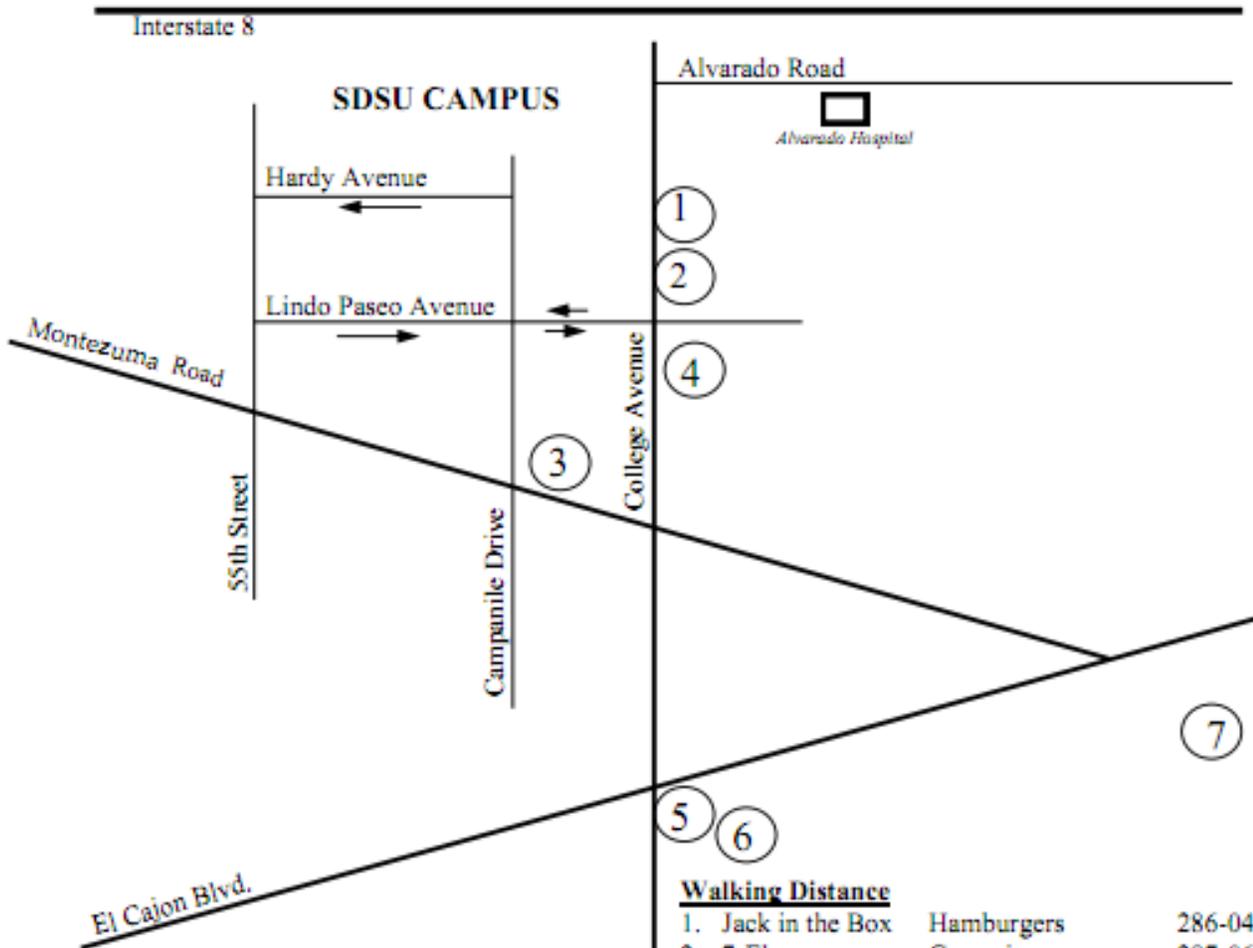


Directions to Mesa College

A	55th St	
	1. Head south on 55th St toward Hardy Ave	
		0.2 mi
	2. Take the 1st right onto Montezuma Rd	
		1.2 mi
	3. Keep right at the fork	
		0.2 mi
	4. Continue onto Fairmount Ave	
		0.2 mi
	5. Take the I-8 W ramp	
		0.9 mi
	6. Follow signs for Beaches and merge onto I-8 W	
		0.9 mi
	7. Take exit 6B to merge onto I-805 N toward Los Angeles	
		2.3 mi
	8. Take exit 20A for Mesa College Dr.	
		0.5 mi
	9. Turn left at Kearny Villa Rd/Mesa College Dr.	
		1.0 mi
	10. Turn left to stay on Mesa College Dr.	
		72 ft.
B	Mesa College Dr.	



College 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	im.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 & 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.