



2024 Payton Jordan Invitational || FINAL Time Schedule
Cobb Track and Angell Field
Friday, April 26, 2024



Time	Field Events	Heat
2:00 PM	Women's Javelin	1 Flight
2:00 PM	Men's Hammer, Women to follow	1 Flight
3:00 PM	Women's Pole Vault	1 Flight
3:00 PM	Women's Long jump, Men to follow	1 Flight
3:00 PM	Men's Shot Put, Women to follow	1 Flight
4:00 PM	Men's Discus, Women to follow	1 Flight
4:15 PM	Women's High Jump	1 Flight
Track Events		
Time	Track Events	Heat
4:00 PM	Women's 4x100 meter relay	Heat 1
4:05 PM	Men's 4x100 meter relay	Heat 1
4:10 PM	Women's 100-Meter Hurdles	Heat 1
4:20 PM	Men's 110-Meter Hurdles	Heat 1
4:25 PM	Women's 400 Meters	Heat 1
4:30 PM	Men's 400 Meters	Heat 1
4:35 PM	Women's 100 Meters	Heat 1
4:40 PM	Men's 100 Meters	Heat 1
4:45 PM	Women's 400-Meter Hurdles	Heat 1
4:50 PM	Men's 400-Meter Hurdles	Heat 1
4:55 PM	Women's 200 Meters	Heat 1
5:00 PM	Men's 200 Meters	Heat 1
5:45 PM	Women's 1500 Meters	Heat 4
5:59 PM	Women's 1500 Meters	Heat 3
6:06 PM	Men's 1500 Meters	Heat 3
6:14 PM	Women's 800 Meters	Heat 3
6:19 PM	Women's 800 Meters	Heat 2
6:29 PM	Men's 800 Meters	Heat 3
6:34 PM	Men's 800 Meters	Heat 2
6:42 PM	Women's 3000-Meter Steeplechase	Heat 2
6:53 PM	Women's 3000-Meter Steeplechase	Heat 1/Invite
7:05 PM	Men's 3000-Meter Steeplechase	Heat 2
7:15 PM	Men's 3000-Meter Steeplechase	Heat 1
7:25 PM	Women's 800 Meters	Heat 1/Invite
7:30 PM	Men's 800 Meters	Heat 1/Invite
7:35 PM	Women's 1500 Meters	Heat 2
7:42 PM	Men's 1500 Meters	Heat 2
7:50 PM	Women's 5000 Meters	Heat 2
8:10 PM	Men's 5000 Meters	Heat 3
8:30 PM	Men's 5000 Meters	Heat 2
8:48 PM	Women's 1500 Meters	Heat 1/Invite
8:55 PM	Men's 1500 Meters	Heat 1/Invite
9:07 PM	Women's 5000 Meters	Heat 1/Invite
9:27 PM	Men's 5000 Meters	Heat 1/Invite
9:50 PM	Women's 10,000 Meters	Heat 1/Invite
10:30 PM	Men's 10,000 Meters	Heat 1/Invite



2024 PAYTON JORDAN || Last Minute Notes

****PLEASE READ ALL OF THIS INFORMATION CAREFULLY**

- Please note the time schedule that was included in your packet. Be sure that your athletes are aware of the correct starting time for their event.
- **SPIKE LENGTH FOR ALL EVENTS:** 3/16" pyramid spikes are recommended and no spikes longer than 1/4" will be permitted except in the JAVELIN and HIGH JUMP where 3/8" spikes are allowed. Athletes will not be admitted to the event if their spikes are not the correct size. Thanks for your help.
- **NO WARM UPS WILL BE PERMITTED ON THE TRACK. ATHLETES ARE ENCOURAGE TO USE THE WARM UP AREA** in the Football Stadium AT GATE 2 – enter tunnel gate 1B OR Backstretch (Please see enclosed map)

PRACTICE: Cobb Track and Angell Field will be open to competing teams as follows:

Thursday, April 25: 1:00 – 7:00 p.m.

Friday, April 26 : 7 :00 a.m.- 9:00 a.m.

(Please note the following event-specific windows – Javelin: 1:00-4:00; Discus: 4:00-7:00 p.m.);

PACKETS: Packet Pick Up (in the Avery Aquatic Center Ticket Window) will be open as follows:

Thursday:	3:00 p.m. – 5:00 p.m.
Friday:	1:00 p.m. – 8:00 p.m.

Event Check In and Report Times

Running Events:	Check In:	Report to Final Call/Hipping Area:
Running Event Check In:	Clerk's Station (Backstretch)	
Running Events	NO LATER THAN 30 MINUTES PRIOR to Scheduled Start	15 Minutes Prior to Start
Relays	NO LATER THAN 30 MINUTES PRIOR to Scheduled Start	15 Minutes Prior to Start
		With ALL FOUR Team Members (AND BATON)
Field Events:	Check In:	Maximum Warm Up:
Field Event Check In:	At event site	
High Jump	90 Minutes Prior to Scheduled Start	60 Minutes Prior to Start
Pole Vault	90 Minutes Prior to Scheduled Start	75 Minutes Prior to Start
Horizontal Jumps	60 Minutes Prior to Scheduled Start	30 Minutes Prior to Start
Throws	60 Minutes Prior to Scheduled Start	30 Minutes Prior to Start

Scratches: Please make all scratches as soon as possible with the clerk at the check-in-tent, located south of the back stretch.

Relay Cards: Relay Cards must be turned in NO LATER than 30 minutes prior to scheduled start.

Bib Numbers: Athletes must wear the competitor bibs on the front. Athletes competing in the high jump and pole vault may wear their bib on either the front or the back. Bibs may not be altered in any fashion.

Weigh Ins: Weights and Measures will be located at Cardinal Plaza. Please see enclosed facility map. Implements must be checked in NO LATER THAN 60 MINUTES PRIOR to the schedule start of the event. Implements will be impounded and be brought to event site. Implements for Saturday events will not be accepted on Friday.



Protest: Protests must be made no later than 15 minutes after results are posted for the section involving the protest. There is no jury of appeals and the referees decision will be final.

Admission and Coaching Access

Admissions:

WRISTBANDS	
Athletes:	WHITE
Coaches	RED
AT/Operation/Personnel	RED

Athletes must wear the WHITE wristband included in the packet. Athletes will ONLY be permitted inside the track and hammer while competing in their specific event. No warm ups on the track.

Coaches must wear RED wristband included in the packet.

Seating Only paid ticket holding spectators are allowed in the bleachers. Coaches and athletes that wish to sit in the bleachers MUST purchase a ticket. No exceptions to this policy.

Coaches Boxes: WRISTBANDS will be issued to collegiate coaches with athletes with in-field events. Collegiate coaches will have access to event-specific coaches box for the jumps and throws. Wristbands will be distributed to athletes that check-in for field events to then give to their coach for access.

Results/Entry Listings:

Live results will be posted at: <https://rt.trackscoreboard.com/meets/42624/events>

Training Room:

- The training area is located next to the athlete check-in area (Please see the enclosed facility map).

Participant Drop-Off

- Friday's/Saturday's Drop OFF will be at Gate 2 - Football Stadium (please see enclosed map). Enter tunnel gate 1B
- Team Buses/Vans can park in lot 2
- Exit from the parking lot will continue down Nelson Rd and exit onto El Camino Real.

ATHLETE FLOW

1. Report to Check-In. Please follow the check-in instructions.
2. All Athletes must ONLY enter the track via the entrance located in front of the Final Call Area, on the backstretch (please see enclosed map).
3. For the 100M, 100M H, 110 M H:
 - a. At the conclusion of your event – retrieve your warm-ups by following the fence line (located on the infield grass) along the horizontal jump's runways.
 - b. Then follow the dirt path located next to lane 9 and exit the gate at the start of the 200 Meters.
4. For all other running events:
 - a. At the conclusion of your event – please exit the track by walking on the dirt path (next to Lane 9) and exit the gate at the start of the 1500 Meters/near scoreboard.
5. Field Events:
 - a. Enter the track via the entrance located in front of the Final Call Area, on the backstretch (please see enclosed map). Please use the jogging lane (located on the inside of the track) to get to your field event.
 - b. At the conclusion of your event, please exit the gate at the start of the 1500 Meters/near scoreboard.



Contact and Referral Information

The Jaquish & Kenninger
Director of Athletics

Bernard Muir

The Franklin P. Johnson
Director of Track & Field

J.J. Clark

Meet Director

Lashannda Worthy
Cell (650) 798-9448
E-mail – lworthy@stanford.edu

Media Relations

Brian Risso, brisso@stanford.edu

Strength & Conditioning

Doug Haugh, dhaugh@stanford.edu

Stanford University Sports Medicine

Important Phone Numbers

Athletic Training Room (inside Arrillaga Family Sports Center)	(650) 723-1214
Urgent Care	(650) 321-4121
Stanford Hospital (information)	(650) 723-4000
Erin Nelson – Track & Field Athletic Trainer	(503) 385-5529

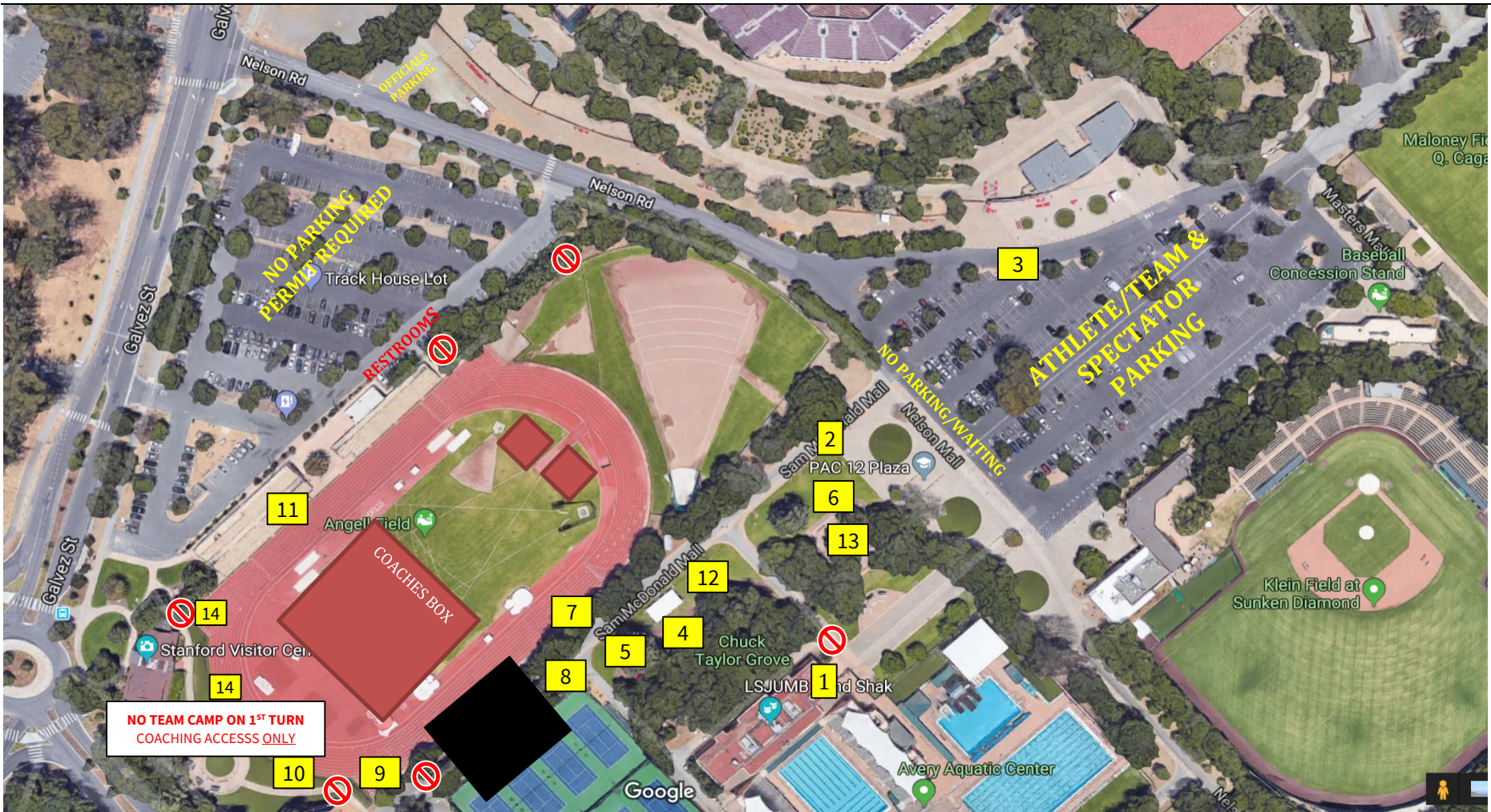
Directions to Hospital:

From Arrillaga Family Sports Center, facing Campus Drive, *
From Varsity Parking Lot (adjacent to Stanford Stadium), exit through Nelson Road Turn Left
onto Galvez Street, *

*Turn Right onto Campus Drive. Follow blue "Emergency" signs. Proceed on
Campus Drive past Quarry Road.
The Stanford University Hospital Emergency Room is on the Right.

Payton Jordan Invitational – Facility Map

Stanford University

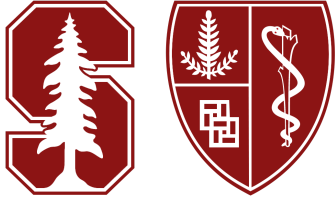


- 1. Packet Pick Up (Avery Aquatic Center Ticket Window)
- 2. Team/Officials/Staff Entrance
- 3. Team Drop Off, Gate 2 Stanford Stadium
- 4. Clerking
- 5. Final Staging/Hipping Area

- 6. Weights and Measures (Cardinal Plaza)
- 7. Athlete Entrance (Wristband Only)
- 8. Athlete Warm Up Area (Sam McDonald Rd.)
- 9. Pole Vault Access (Pole Drop Off)
- 10. Coaching Access (Wristband Only)

- 11. Coaching Access (Horizontal Jumps)
- 12. Athletic Training/Medical
- 13. Official/Volunteer Check In
- 14. Media Access Permitted (1st Turn/Back Stretch)

 No Entry/Access



SPORTS MEDICINE

Dear Visiting Track and Field Athletic Trainer,

On behalf of the Stanford University Sports Medicine Staff, I would like to welcome you and your team to Palo Alto. The following information should help you in preparation for your visit. Please contact us prior to your arrival if you have any questions or need to make special arrangements.

The main Athletic Training Center is located inside Arrillaga Family Sports Center. You must make prior arrangements with the host athletic trainer to use this facility since it is off site.

The meet is being held at Cobb Track and Angell Field. The following will be provided in the medical tent (located in the grove adjacent to the tennis courts) prior to and during the meet:

- Ultrasound, E-Stim and Hydrocollator
- Ice/Ice Bags
- Emergency Equipment (AED, Vacuum Splints, Crutches)

Please let us know if your team will not be traveling with an athletic trainer. If your student-athletes will need specific treatments and/or tape and will not be traveling with an ATC, please send all necessary supplies and a note from the ATC indicating needed care.

EMS and a physician will also be available on site during the meet should you and your team require their assistance.

Feel free to contact me with any questions at: (217)-255-3084 (cell)

Safe Travels,

Liz Perrero

Liz Perrero MS, ATC
Advanced Post Graduate Athletic Trainer
Stanford University

**Phillip & Penelope Knight Athletic Training Center
641 E. Campus Drive
Stanford, CA 94305**

**Stanford Hospital
300 Pasteur Dr. Stanford, CA 94305**

**Stanford Urgent Care
211 Quarry Rd. Suite 102, Palo Alto, CA 94305**

**CVS Pharmacy
Town and Country
855 El Camino Real, Palo Alto, CA 94301**

Cobb Track and Angell Field – Stanford University
193 Galvez Street
Stanford, California 94305

Emergency Personnel:

First responders (EMS), certified athletic trainers and physicians are on-site for all home track competitions

Emergency Communication:

Fixed telephone lines are available in the Track House located on the West end of the track at the corner of Campus Drive and Galvez Street. Cellular phones may or may not work on the track.

Emergency Equipment:

1. AED, First Aid supplies, splint bag, crutches, and spine board are located on-site at the medical tent located in the grove adjacent to the tennis courts.
2. There will also be a med kit and AED at the finish line

Emergency Response Activation:

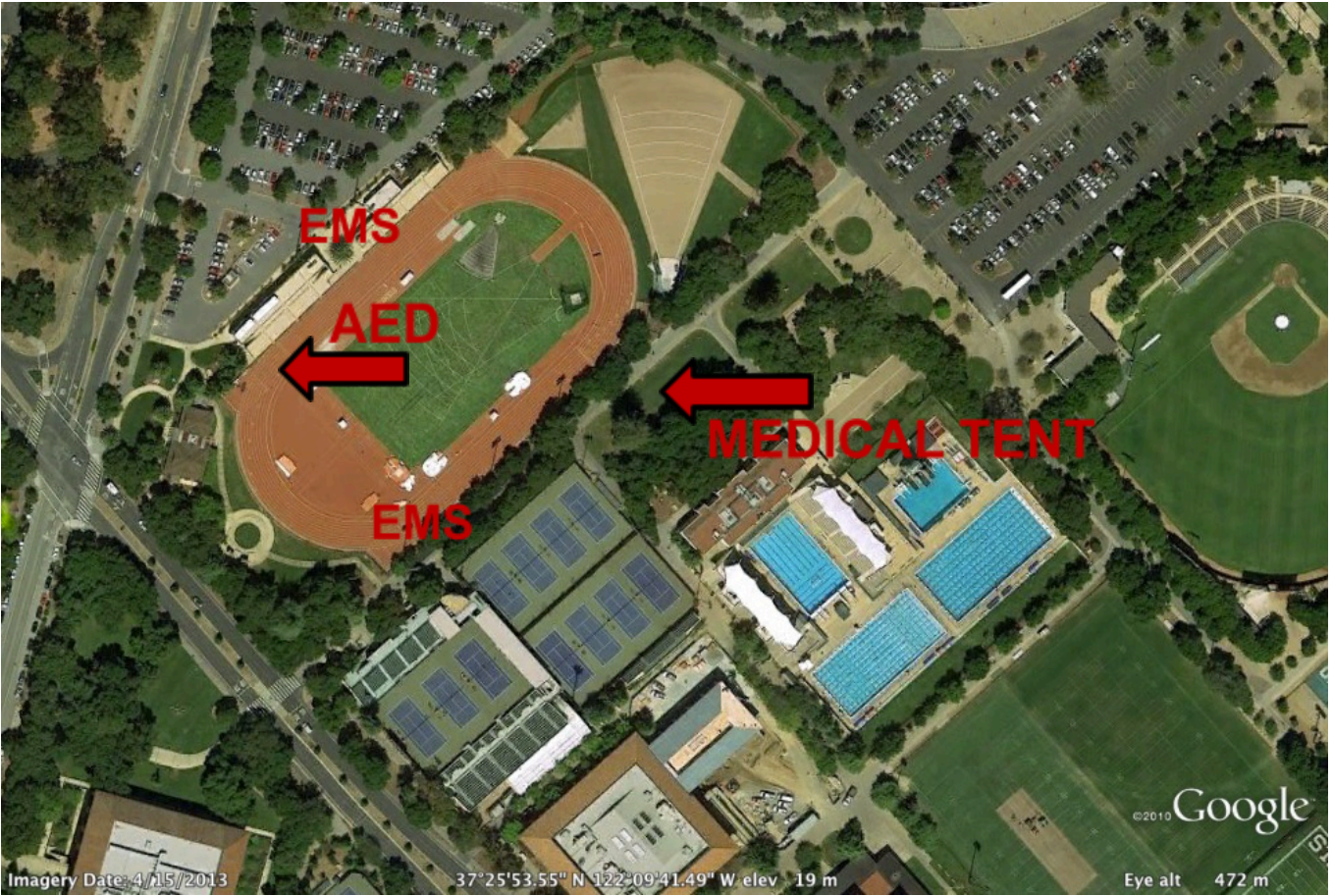
1. Provide immediate care for the injured student-athlete or staff member:
2. Activate Emergency Medical Services (EMS) using
 - a. Fixed Telephone Line: **Dial 9-911**
 - a. Cellular Telephone: **Dial 911**
Instruct EMS personnel to “Report to the Cobb Track and Field using the Galvez Street entrance. We have an injured student-athlete/staff member in need of emergency medical treatment. A designated individual will meet you at the entrance to Jordan Peyton Plaza.” Do not hang up until the emergency dispatcher gives the OK to do so.
3. Retrieve necessary emergency equipment
4. Direct EMS to the scene
 - a. Open appropriate gates/doors (coaching staff/event management)
 - b. Designate individual to ‘flag down’ EMS and direct them to the scene
 - c. Appropriate personnel will control the scene—Limit the scene to first aid providers. Remove bystanders.
5. EMS will transport to default hospital which is Stanford Hospital Emergency Department (300 Pasteur Dr.)

Venue Directions:

From Galvez Street turn into the Track House Parking lot #6 located near the intersection of Galvez Street and Campus Drive. Field access is located through Payton Jordan Plaza on the north side of the track.

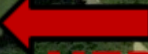
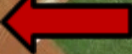
Contact Information: Erica Nelson - M/W T&F (503) 385-5529 Liz Perrero - M/W T&F (217) 255-3084
Steve Mosher Stockinger - M/W T&F- (310)-294-0920

Map on next page:



EMS

AED



MEDICAL TENT

EMS

Imagery Date: 4/15/2013

37°25'53.55" N 122°09'41.49" W elev. 19 m

©2010 Google

Eye alt 472 m