



JOHN LANZAVECCHIA 2011 NORTH STATE RELAYS MEET INFORMATION PACKET

DATE Friday, March 18, 2011

TIME See enclosed time schedule

FACILITY California State University has an eight-lane facility with all jump approaches and runways urethane. 1/4-inch spikes are mandatory. Shower and changing facilities are available for your use. Be sure to bring your own towel.

PARKING Chico State requires all people parking on University property during the weekday to pay a fee for a parking permit. There are two permit dispensers located in the Stadium lot. Exact change is required. Credit Cards are also accepted. The cost is \$1.00 per hour up to four hours or \$5.00 for the day. The permit is limited to G (general) lots only. The stadium lot where the track and field complex is located is a G lot except in otherwise designated spaces. You may NOT use this permit to park in F/S only, R, R1, R2, R3, R4, or R5 spaces, Health Center Patient Parking or B stalls. Red zones and spaces reserved for people with a State of California Handicapped Placard or license plate are also forbidden unless you have this DMV status. If you park in an undesignated spot, you run the risk of receiving a citation from the University Police and the Chico State Department of Athletics CANNOT "fix" parking citations.

Note: There is no parking of ANY vehicles along the access road bordering the track. All vehicles must be parked in a legal stall. A map of campus parking lots can be located at:

<http://www.csuchico.edu/maps/campus/index.shtml>

Go to the quick links and click on the "Parking Lot Map".

BUSSES Team busses may unload and load at the bus zone in front of the stadium lot on Warner Street. No busses will be allowed to park in the stadium lot.

ENTRIES Submit entries via website www.runnercard.com. Entries and declarations will be one process on runnercard with the deadline for FINAL entry or changes being Sunday, March 13th at 11:59pm when the website will be closed.

List performance marks for seeding purposes. In the field events and hurdle races, the first two individuals listed will be admitted into the meet. Schools can list other individual alternates. These alternates will be grouped with other alternates from other schools if seeding permits. Schools will be permitted one team in the relay races.



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SCRATCHES Scratches may be done at the event site (field and running events) by one of your coaches. You may replace any pre-entered athlete with another declared with another declared athlete on your roster. However, we will not re-draw flights or sections as a result of replacements.

FEE Entry fees are \$15.00 per athlete or a team fee of \$150.00. Men's and Women's teams are considered separate teams. All checks or money orders must be made payable to: UF CSU, Track and Field. Team entry fees must be paid at the meet when team packets are picked up. Entry fees for athletes that do not meet the deadline will be 20.00 per athlete or a team fee of \$200.00 per team.

AWARDS The meet is non-scoring but first-place relay teams and individual hurdle winners will receive T-shirts. All event winners have to be from the same school. In the event there is a tie for first place in a field event, the event winner will be determined by the following:

Throwing and horizontal events - The team with the highest combined second-best performances. If a tie still remains, the team with the highest third-best performances.

Vertical events - the team with the fewest combined total number of misses. If a tie still remains, the team with the fewest combined attempts.

WARM UP General warm up area will be on the west field directly behind the stadium.

RUNNING EVENTS The Clerk of the Course is located at the southeast corner of the track. All athletes competing in the running events need to check in at the clerk on the first call for their event.

FIELD EVENTS All athletes competing in a field event must report to the event site on the first call. Athletes competing in the throwing and horizontal events will be allowed three attempts. Please note that there will be "open pit" times for the horizontal jumps and opening heights in the vertical jumps.

TRAINERS Certified Athletic Trainers will be available to take care of all of your needs. Please bring your own supplies if you need to be taped.

**ATHLETES ARE NOT ALLOWED ON THE TRACK & FIELD SIGHT
UNLESS THEY ARE COMPETING**



JOHN LANZAVECCHIA 2011 NORTH STATE RELAYS FIELD EVENT SCHEDULE

In all field events, schools will be permitted one, two person team. Schools can list other individual alternates. These alternates will be grouped with other alternates from other schools if seeding permits. **The pole vault and high jump starts at 11:00 am.**

Pole Vault	Girls (6'0" opening height)	11:00 AM
	Boys (8'6" opening height)	At conclusion of girls competition
High Jump	Girl's (4'0" opening height)	11:00 AM
	Boys (5'2" opening height)	At conclusion of girls competition
Long Jump	Girls (Open Pit)	2:00-3:30 PM
	Boys (Open Pit)	4:30-6:00 PM
Triple Jump	Boys (Open Pit)	2:00-3:30 PM
	Girls (Open Pit)	4:30-6:00 PM
Shot Put	Boys	2:00 PM
	Girls	At conclusion of boys competition
Discus	Girls	2:00 PM
	Boys	At conclusion of girls competition



JOHN LANZAVECCHIA 2011 NORTH STATE RELAYS RUNNING EVENT SCHEDULE

In all running events except the 100/110 hurdles, schools will be permitted one relay team. The 100/110 hurdles will be run as an individual event, with a maximum of two entries per school if seeding permits.

100 m. Hurdles	Girls	2:00 PM
110 m. hurdles	Boys	2:30 PM
Sprint Medley (200-100-100-400)	Girls	3:00 PM
Sprint Medley (200-100-100-400)	Boys	3:15 PM
4 x 800 m. Relay	Girls	3:30 PM
4 x 800 m. Relay	Boys	3:50 PM
4 x 100 m. Relay	Girls	4:10 PM
4 x 100 m. Relay	Boys	4:25 PM
4 x 400 m. Relay	Girls	4:40 PM
4 x 400 m. Relay	Boys	4:55 PM
Dist. Medley (1200-400-800-1600)	Girls	5:10 PM
Dist. Medley (1200-400-800-1600)	Boys	5:35 PM
4 x 200 m. Relay	Girls	5:55 PM
4 x 200 m. Relay	Boys	6:15 PM