

USC Trojan Invitational



Friday/Saturday
March 19th & 20th 2010
Meet Information

General Information

Loker Stadium is a 3000 seat facility with a 400-meter Rekortan track with eight 42-inch lanes. Field events are conducted on Cromwell Field which includes two horizontal jump runways, two dual directional pole vault runways, one shot put circle, one discus ring and University of Southern California campus on McClintock Avenue.

Long Jump

Both the men's and women's long jump have take off boards twelve feet from the landing pit. Both runways run west to east with a runway length of 150 feet. Both runways are 48 inches wide.

Women's Triple Jump

The same pits as above are used for the triple jump. The distance from take off board to pit for women's is 36 feet.

Men's Triple Jump

The distance from the take off board to the landing pit for men is 42 feet.

High Jump

There are two high jump pits with approximately 80 feet of space provided outside of each standard and approximately 80 feet is available in the direction perpendicular to the cross bar.

Pole Vault

There are two pole vault pits. Both have a 165 foot approach from west to east.

Hammer Competition

Both men's and women's competition will be conducted Friday at West Los Angeles College. See time schedule for starting times and directions to West L.A. College.

Howard Jones Field (warm-up area)

The warm-up area will be the site of all warm-ups prior to competition. Also, it will serve as the area for clerking calls. Howard Jones Field is just across from the stadium and is located on McClintock Avenue.

Timing System and Results

Copies of the meet results will be available to coaches at the conclusion of the meet.

Shoe Spikes

One quarter inch pyramid spikes are the ones that will be allowed.

Team Vehicle Parking

Busses and vans enter through Gate 5; at the corner of Jefferson and McClintock. Drop off at Howard Jones Field with bus parking on McClintock. Other vehicles proceed to parking structure 6 located on Vermont Avenue at 36th Place.

Team Seating

Team seating will be located at the far west end of the stadium. This is the only location and section that the athletes are allowed to view the meet in the stadium. Also, coaches, trainers and other institutional staff members are permitted in this area. No team tents or umbrellas are allowed in the stadium.

USC Track & Field Shed

Will house the following:

- Implement Inspection Section.
- Meet headquarters and workroom. Located at the South West corner of the track facility.

USC Men's Locker Room (used as official's headquarters)

Site of officials' room for issue of assignment confirmations, lunch, and rest area. The ramp to the entrance can be located at west end of the track facility.

Implement Weight in Inspections

The inspection for the Hammer will be conducted at West Los Angeles Community College one hour prior to the start of the event. All other throwing implement inspections will be held in the USC Track and Field shed 1-1/2 hour prior to the start of the event.

Warm-up area

Howard Jones Field is approximately 600 meters of grass area. Howard Jones is across the street from the track. Pre calls for events will be given on that field.

Staging Area

Clerk Check-in and athlete entrance

Running Events

Check in and clerking will occur at the staging area, a compound area just in front of the athlete's entrance gate to the stadium. The athletes will take a seat; receive their lane assignment and number to be placed on their left hip. Athletes in running events will be escorted on to the track.

ALL ATHLETES MUST LEAVE THE TRACK AND THE IN-FIELD AT THE CONCLUSION OF THEIR EVENT AND RETURN TO THE ATHLETE SEATING AREA, THE WARM-UP AREA, OR THE TRAINING AREA

Hammer Competition – Directions to West Los Angeles City College

- Directions via the freeway

10 WEST TO 405 South

EXIT Jefferson Blvd., turn left

Jefferson becomes Overland Avenue

Turn right at Freshman Drive

This is the entrance to the campus

*Turn right on “A” Street

Go up past Stop Sign . Continue up hill

Park in lot 8 on right, then walk up the hill to Throwing Area.

- Directions via the Streets

Take Exposition Blvd. - West

There is a split in the road.

Stay to your left. The street turns into

Rodeo Road. Continue until you come

To Jefferson Blvd.

Turn left; take a left at Overland (look for a Denny’s
Restaurant and Ralph’s Market)

Turn left at Freshman Drive (entrance to campus)

*Turn right on “A” street, go up past the Stop Sign
and continue up the hill. Park in lot 8 on the right.

Walk up the hill to Throwing Area.

**If the gate at “A” street is locked, there will be someone to escort you to the field.

Entry Procedure

All entries will be handled through www.directathletics.com Please review and be aware of all entry deadlines on the meet that you are planning on entering. Late entries will not be accepted. If you do not have a password for use at Direct Athletic, one will be provided for you once you begin the registration process.

Step 1: Examine standards to determine who may enter

Step 2: Set up an account with Direct Athletics

- Team Entry: If you are entering a team and do not have a TEAM account you can create one at www.directathletics.com by clicking on the new Users link
- Individual Entry: If you are an individual athlete, or are entering an individual athlete, you do not need an account. You may go directly to www.directathletics.com and following the link to enter as an individual.

****IMPORTANT NOTE: DO NOT WAIT UNTIL THE DEADLINE TO SET UP YOUR ACCOUNT! THE PROCESS WILL TAKE AT LEAST ONE DAY TO COMPLETE.****

Step 3: Enter your athletes electronically on the internet

- Use the directions, password, and username acquired above to make your entries. You will also be able to create a password for yourself so that you can make changes later as you wish.
- There is no scratch/add procedure. You may go in and make changes as often as you wish up to the entry deadline but after the deadline all entries are final.
- Entry Deadline is Monday, March 15, 2010 at 12.00 p.m. You may make changes as often as you wish until the entry deadline.
- No Faxed or phone entries will be accepted.

Step 4: Review your Entries for accuracy

- Upon completion of your entries, review your list to ensure that all athletes are listed with the proper entry marks,
- The final list of accepted entries will be posted to the universities official website: <http://www.usc.edu/> after 5pm on the Wednesday prior to the meet.

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- Entry Deadline is Monday, March 15, 2010 at 12.00 p.m. You may make changes as often as you wish until the entry deadline.
- Entries will be posted online by Wednesday, March 17, 2010 after 5:00 pm and the USC athletic website: <http://www.usc.edu/>
- Entry Fees: \$300 per team; Men + Women = \$600.00
 \$20 per individual athlete entered
 \$25 per relay team entered

Fees can be made on March 20, 2010 in the stadium Track & Field Office.

**USC TROJAN INVITATIONAL
AT USC LOKER STADIUM – CROMWELL FIELD
March 19/20, 2010**

**FIELD EVENTS
Friday, March 19th**

Hammer Competition @ West LA College

2:00 p.m. Women's Hammer - A
3:15 pm Men's Hammer - A
4:30 pm Women's Hammer - B
5:30 pm Men's Hammer - B

Saturday, March 20th

9:00 am Women's Javelin - A section
with B section to follow
10:00 am Women's Long Jump Section B
Men's Long Jump Section B
10:30 am Men's Javelin- A section with B
section to follow
11:00 am Women's Pole Vault Section A
Men's Pole Vault Section B
11:30 am Women's Shot Put - A section
with B section to follow
12:00 pm Men's Long Jump - A
Women's Long Jump - A
Women's High Jump – A/B
1:00 pm Men's Shot Put - A section with
B section to follow
1:30 pm Men's Pole Vault Section A
Women's Pole Vault Section B
2:00 p.m. Women's Triple Jump Section A
Men's Triple Jump Section A
Men's High Jump,
Sections A & B
Women's Discus - A
3:30 p.m. Men's Discus - A
4:30 pm Women's Discus – B
5:30 pm Men's Discus -B

**RUNNING EVENTS
Saturday, March 20th**

9:30 am High School Girl's Distance Medley Relay
9:50 am High School Boy's Distance Medley Relay
10:00 am Section I - Women's 3000 meters
10:20 am High School Girl's 400 meter relay
10:30 am High School Boy's 400 meter relay
10:40 am Women's 400 meter relay
10:55 am Men's 400 meter relay
11:05 am Women's 1500 m
11:25 am Men's 1500 m
11:40 am Women's 100m Hurdles
11:55 am Men's 110m High Hurdles
12:10 pm Women's 400 meters
12:25 pm Men's 400 meters
12:45 pm Women's 100m
1:00 pm Men's 100m
1:20 pm High School Girl's Sprint Medley Relay
1:30 pm High School Boy's Sprint Medley Relay
1:45 pm Women's 800m
2:00 pm Men's 800m
2:15 pm Women's 400m Hurdles
2:30 pm Men's 400m Hurdles
2:45 pm Women's 200m
3:00 pm Men's 200m
3:20 pm Men's 3000m
3:45 pm High School Girl's 1600m Relay
3:55 pm High School Boy's 1600m Relay
4:00 pm Women's 1600m Relay
4:10 pm Men's 1600m Relay
4:30 pm Section II - Women's 3000m

Please Note:

1. All Section A field event competitors will receive **6** attempts. Cut off for A Section entries will be 12.
2. All Section B field event competitors will be added as needed (4 attempts only)
3. B Sections of the Shot Put, Discus, and Javelin will be added "As Needed." Minimum measurement lines will be determined after all entries have been received. Due to facility limitations, these flights will not be contested during the main portion of the meet.
4. The high school Distance Medley consists of 1200 – 400 – 800 -1600 for Boys and Girls and the sprint relay is 200, 200, 400, 800.
5. Due to the large number of women 3000m runners we have added a section II. Section II will run at 4:30 pm following the men's 1600m relay.