

2024 CCCAA Northern California Track & Field Regional Championships Trials (May 3, 2024) and Finals (May 4, 2024) American River College, Beaver Stadium

- Meet Directors: Melanie Cleland & Garrett Seawell
- Meet Referee: Phil Leake
- Games Committee: Nick Mattis– Coast
CJ Albertson – Central Valley
Mark Chavez – Golden Valley
Shelly Pierson – Big 8
- Jury of Appeals: Rick Anderson, Joe Mangan, and TBA
- Timing and Results: Advanced Timing (Friday) and
Mansoor Timing Company (Saturday)
- Starters: Aaron Weidcamp, Mike Brown, Chuck Buettner
- Entry Fees: \$325 per gender. Men and Women teams are separate. (\$650 for both teams). This entry fee will be paid by all colleges that field a men's and women's team, regardless of the number of athletes competing in the CCCAA Track and Field Northern California Regional Championships. (*adopted 3-29-18 effective 7-1-2018*) All entry fees must be paid prior to or at the time of picking up your packet. School and personal checks will be accepted. If paying by cash, please have exact change.
- Checks payable to: **American River College Track and Field**
Checks Can be Mailed to
American River College Athletics C/O Track and Field
4700 College Oaks Drive
Sacramento, CA 95841
- Entry Deadline: Enter athlete(s) and relay(s), including relay alternates at www.directathletics.com by **10:00 am on Sunday, April 28, 2024**. Please refer to the 2024 CCCAA Northern California Regional Standards for qualifying marks for each event. A list of entries will be open for public viewing by 11 am, Sunday, April 28, 2024, on www.directathletics.com
- Head Coaches are responsible for ensuring that their athletes and relay teams have been entered properly for this championship meet. All policies and procedures can be found at www.cccaasports.org.
- Credentials: Packets will be available for pick-up by the ticket booth located at the southwest entrance to the stadium. Head or assistant coach may pick up the entire packet. We will not hold packets for multiple pick-ups. Wrist bands will be provided for each athlete and four coaches. If you need additional wristbands for coaches or athletic trainers, please email Melanie Cleland, clelanm@arc.losrios.edu by Monday, April 29, 2024 at midnight.
- Spectator: Hometown ticketing online sales will be used. Adult ticket prices are \$12 per day. A ticket price of \$8 will be charged to all properly identified students, faculty, staff, senior citizens (age 60 & over), and children (less than 12 years of age)

Parking: All Cal Exempt vehicles and buses are free. Other cars/vans must buy a parking permit. Daily \$2 parking permits are available at the parking lot kiosks. Buses will be directed where to go from the main parking entrance on College Oak Drive.

Technical Competitive Information

Rules of Competition: NCAA and CCCAA rules and policies will be followed.

Protests: Protest forms will be in the team packets. Forms need to be filled out and handed to the meet referee (Phil Leake) along with a \$25.00 fee. The fee will be returned if the ruling is reversed. All protests must be made in writing within 30 minutes of the results of the event being posting online.

Awards/Scoring: 1st – 8th place will receive medals in each event and the top three teams receive trophies. All events shall be scored for eight (8) places using the 10-8-6-5-4-3-2-1 system.

Coaches Meeting: There will be a coaches' meeting at 2:30 pm (Trials) and 2:45 pm (Finals) before the running events at the finish line.

Warm-up area: Access to a warm-up area is behind the track shed by the baseball and soccer fields east of the stadium.

Coaches Box: NO COACHES ALLOWED ON THE INFIELD or in the area of competition. Coaches will be allowed in the designated coaches boxes for field events if available.

Athlete check-in: Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event. The Clerk of the Course will be located at the northwest side of the stadium. Athletes will have bib numbers checked, be assigned lanes, given hip numbers, and will be taken to the starting area. **Bib numbers: The athletes will use the same bib numbers and wristbands both days. Do not lose them.** All athletes must be wearing bib numbers to check into event and to compete. Field events athletes check in at their respective event area with the head official 30 minutes prior to their event. Athletes competing in more than one event simultaneously must check in/out with each official to avoid getting scratched/disqualified. The officials will try to accommodate athletes; however, an event will not be held up for an athlete.

Spikes: Spikes must be ¼" pyramid or less. There will be a spike check at the clerk's check-in area during the 1st call and prior to the start of applicable field events. **All athletes must have their spikes checked and tagged before entering the competition area.**

Uniforms:	NCAA uniform guidelines regarding identical uniforms for all relays and school issued uniforms for all other events will be in effect. Athletes and coaches are also reminded that removing any portion of the official team uniform while in the area of competition is subject to disqualification. Bib numbers: All athletes must have a bib number to compete and check into event.
Scratches:	A coach may scratch, from one or more events, an athlete who had either qualified during the 3C2A Track and Field Northern California Regional Championship Trials, or who had previously qualified in a final only event for the 3C2A Track and Field Northern California Regional Championship Finals. The deadline to submit a scratch(s) is fifteen (15) minutes after the completion of the 3C2A Track and Field Northern California Regional Championship Trials.
Field of Competition:	Once the meet begins, absolutely no one is allowed on the track, infield, or any other field of competition unless they are actively competing in an event or working at an event. This rule applies to coaches, teammates who are not actively competing in an event, family, spectators, etc. Athletic trainers from other colleges must check in with American River College athletic trainers before they can go into any area of competition. Athletes who have completed their competitive event should immediately exit the field of competition, after receiving their awards, and not linger to cheer on or socialize with their competing teammates. Failure to comply with these conditions may result in the disqualification of the competing athlete from that college.
Weigh-in:	All implements will be weighed at “Weights and Measures” area at the southeast corner of the stadium in the track and field shed. Times for weigh-ins will be posted during the week of the meet.
Athletic Trainers:	Will be located on the grass at the south end of the stadium next to the track shed. Please provide your own pre-wrap/tape.
Team Area:	Team areas for participating athletes using shade (e.g. EZ UPS) will be limited to top stadium rows only. No teams may setup on the grass near the scoreboard.
Starting Heights:	Will be determined by the CCCAA Northern California seeding committee.
Timing and Results:	Live results will be available at milesplit.live and available later on directathletics.net .
Hospitality:	Coaches’ hospitality will be located in the grass area by the southwest entrance to the stadium. Coaches will need their wristbands to access hospitality area.

Concessions: Will be available with food and drinks.

Questions: Melanie Cleland, 916-671-4238, clelanm@arc.losrios.edu
Garrett Seawell, 916-759-2465, seawelg@arc.losrios.edu

2024 NORCAL TRIALS/FINALS SCHEDULE 5/3/24 - 5/4/24
AMERICAN RIVER COLLEGE

Friday Field Events

1:30PM Women's High Jump
2:15PM Women's Hammer
2:15PM Men's Discus
2:30PM Women's Long Jump
4:00PM Men's High Jump
5:00PM Men's Hammer
5:00PM Women's Discus
5:00PM Men's Long Jump
*12 Athletes Per Flight (2 Flights)

Friday Track Events

4:00PM Women's 100m Hurdles (3 Heats/27 Total)
4:15PM Men's 110m Hurdles (3 Heats/27 Total)
4:30PM Women's 400m (3 Heats/27 Total)
4:45PM Men's 400m (3 Heats/27 Total)
5:00PM Women's 100m (3 Heats/27 Total)
5:15PM Men's 100m (3 Heats/27 Total)
5:30PM Women's 800m (3 Heats/27 Total)
5:45PM Men's 800m (3 Heats/27 Total)
6:00PM Women's 400m Hurdles (3 Heats/27 Total)
6:15PM Men's 400m Hurdles (3 Heats/27 Total)
6:30PM Women's 200m (3 Heats/27 Total)
6:45PM Men's 200m (3 Heats/27 Total)
7:00PM Women's 10,000m
7:50PM Men's 10,000m

2024 NORCAL TRIALS/FINALS SCHEDULE 5/3/24 - 5/4/24
AMERICAN RIVER COLLEGE

Saturday Field Events

2:30PM Men's Javelin
2:30PM Women's Shot Put
2:30PM Women's Pole Vault
2:30PM Men's Triple Jump
5:00PM Men's Shot Put
5:15PM Women's Javelin
5:15PM Women's Pole Vault
5:15PM Women's Triple Jump

Saturday Track Events

2:40PM Men's 3000m Steeplechase (2 Heats)
3:10PM Women's 3000m Steeplechase
3:30PM Women's 4x100m Relay
3:45PM Men's 4x100m Relay
4:00PM Women's 1500m
4:15PM Men's 1500m
4:30PM Women's 100m Hurdles
4:45PM Men's 110m Hurdles
5:00PM Women's 400m
5:15PM Men's 400m
5:30PM Women's 100m
5:45PM Men's 100m
6:00PM Women's 800m
6:15PM Men's 800m
6:30PM Women's 400m Hurdles
6:45PM Men's 400m Hurdles
7:00PM Women's 200m
7:10PM Men's 200m
7:30PM Women's 5000m
7:45PM Men's 5000m
8:05PM Women's 4x400m
8:15PM Men's 4x400m
8:30PM Team Awards