

## **Final Instructions for Arcadia Distance Challenge**

**Arrival:** Entrance to the stadium will be through the Northwest Stadium Entrance (On Campus Drive nearer to the center of school. There will be one gate for teams and another for spectators.

**Parking:** Parking will be on the streets surrounding campus. DO NOT PARK IN THE LOT NEXT TO THE PERFORMING ARTS CENTER AS THERE ARE TWO PERFORMANCES OF OUR SPRING MUSICAL ON SATURDAY.

**Team Check-In:** Team Check-In will be at the rolling gate entrance to the stadium parking lot on the northwest corner of the stadium. Upon payment of entry fees, coaches will receive their packets that will contain athlete bibs and competitor number lists. Please make sure that athletes receive the bib that is assigned to them. Make sure they have them on before they check in for their event. Safety pins will be provided.

**Admission:** Spectator admission is \$5 per person. Children under 10 are free. Make sure to relay this to your parents and others. Exact change is appreciated and we can only accept cash.

**Spikes:** Our track requires 3/16" pyramid spikes only. Have your athletes have them in your shoes before arriving to the meet. We will have them on sale at the gate for \$4 for 14 spikes.

**Team tents:** If you are bringing a team tent, please set them up on the visitor side stands at the top or on the grass field near the tennis courts. Please put them on the perimeter as the middle of the grass will be used for warm-up.

**Warm-up Area:** There will be two warm-up areas. One that includes the grass area to the west of our tennis courts as well as the basketball and volleyball courts (paved concrete). The other will be the outfield of the softball field. PLEASE INSTRUCT YOUR ATHLETES TO STAY OFF THE INFIELD. THERE WILL BE FLAGGING, BUT SOMETIMES PEOPLE THINK THAT THIS DOESN'T APPLY TO THEM. If athletes want to run around the block, make sure they have their competitor numbers on their shirts to be used for readmission. The infield will be used for last minute warm-up before heading to the starting line (see athlete check-in procedures below) so we don't want people on the infield until it is time for their race.

**Athlete Check-In Procedures:** Athletes will check-in 10 minutes before the posted time for their event. The clerk of the course will be located on the D Ring on the west end of the field. Athletes will get two hip numbers. One will be worn on the left hip and the other on the upper left chest area. Once an athlete has checked in, they should remain on the field (using the infield for strides, shakeouts, etc. They will be called to rally point on the back side of the timing tent three minutes before their race for final instructions. For relays, only the anchor leg will need to check in at the clerk of the course, but all team members will report together at the three minute check-in. Make sure they have batons.

**Awards:** All athletes will leave the track at the northwest corner of the track (leading to the softball field). The awards table will be next to the weight room. Medals will be available five minutes after the completion of a race. Medals are awarded to the top six finishers in all non-invitational sections and to the top eight in all invitational sections. Results will be posted on the weight room wall facing the stadium and available later on PrepCalTrack.com. We will also have instant results on our video scoreboard.

**Spectators** are allowed on the track (not the infield) for this meet. They are allowed to be along both straightaways in the outside lanes (lanes 8 and 9). There will be flags limiting movement to the west (so they do not interfere with the starts, our timing of the meet, or breaks from alleys on the backstretch). There will be gates open through which spectators can enter the flagged area on each side from the stands.

**Trainer:** There will be no trainer for this meet (our trainers are at a competition for our sports med students). Ice will be available if necessary. Please plan accordingly.

**Boys Rising Stars Mile:** The top sophomore boy finisher in the **meet** (based on times) will qualify for the Rising Stars Mile at the Arcadia Invitational as well as the top freshman boy.