



# 45<sup>TH</sup> ANNUAL AZTEC TRACK AND FIELD INVITATIONAL SAN DIEGO STATE UNIVERSITY March 21<sup>st</sup> – 23<sup>rd</sup> 2024

## Overview of the 2024 Aztec Invitational

### Invited Teams

Alaska Anchorage	Arizona State
Boise State	Brigham Young
Cal Poly Pomona	Colorado
Long Beach State	Nevada Reno
Northern Colorado	Oregon
Sacramento State	San Diego State
Southern Utah	UC Berkeley
UC Irvine	UC San Diego
University of San Diego	UNLV
Utah	Utah Valley

### RunnerSpace Live Feed

Starts Friday Evening March 22<sup>nd</sup>  
through March 23<sup>rd</sup>

### Professional and Unattached Competitors

Must meet Qualification Standards to compete in Hammer Throw and Main Invitational Meet

### Combined Events

Thursday-Friday, March 21<sup>st</sup>-22<sup>nd</sup> @ SDSU  
Open to all. No Qualification Standards

### Invitational Hammer Throw

Friday, March 22<sup>nd</sup> @ UC San Diego

### Invitational Meet Distance Events

Friday Evening, March 22<sup>nd</sup> @ SDSU

### Main Invitational Meet

Saturday, March 23<sup>rd</sup> @ SDSU

### Scored Competition

### World Athletics Global Calendar Listed

## Meet Information

### Entry Information

Combined Events Entry Link: <https://www.directathletics.com/meets/track/83604.html>

Invited Teams Entry Link: <https://www.directathletics.com/meets/track/83606.html>

Only Invited University and College Teams may enter directly into this Invitational Meet on DirectAthletics. Other interested University, College, Club or Professional Teams who have not received invitations that wish to enter athletes should email the Meet Director, Rick Reaser at [rick-reaser@msn.com](mailto:rick-reaser@msn.com).

Professional and Unattached athletes who meet the qualifying standards (2023 or 2024 season) should email the Meet Director, Rick Reaser, at [rick-reaser@msn.com](mailto:rick-reaser@msn.com) their marks and request for entry by **11:59 PM Wednesday, March 13<sup>th</sup>**. Upon verification and acceptance, the Meet Director will email the athlete an entry link.

Entries must be submitted no later than **11:59 PM Monday, March 18<sup>th</sup>**. All submitted entries in the system at the entry deadline listed above will be considered FINAL. **NO PROFESSIONAL or UNATTACHED late entries will be accepted past the entry deadline.** Late team entries will be charged a **\$100 late fee** that must be paid at the ticket office. **Be sure to print a copy of your team's entries and bring it to the meet as confirmation.**

### **Entry Marks**

Only use accurate times/marks achieved during the 2023 outdoor or 2024 indoor or outdoor season—not lifetime Personal Records (PRs). “Speculative marks” are not permitted if the athlete has a valid mark in the event during the 2023 outdoor or 2024 indoor or outdoor seasons. In the event a speculative mark is felt warranted, the rationale will be explained in the DA entry notes. Properly converted High School marks are permitted for Freshman if from the 2023 outdoor season. Meet management retains the option to reject speculative marks if they appear unreasonable. If no seed time/mark is provided, the athletes and/or relay team(s) will be placed at the bottom of their respective event performance list. Please use metric distances on DirectAthletics (DA).

### **Entry Fees**

There will be an entry fee of \$20 per individual entry per event, \$30 per combined event (decathlon and heptathlon) entrant, \$25 per relay team. Max of \$600 per gender per University, College, and Club team.

Professional/Unattached athletes must pay entry fees online in order to participate. All University, College, and Club Teams must make payment on-line by credit card prior to registration deadline or by check at the meet or by mail to:

Women's Track & Field  
Department of Athletics  
San Diego State University  
5500 Campanile Dr  
San Diego, CA, 92182-4313

Checks should be made out to: **San Diego State Track & Field**

**Important Notes:** Per University policy, we cannot accept cash. Credit cards cannot be accepted after on-line registration closes. Credit card refunds for on-line registration are at the discretion of the on-line registration company per their policies and not the responsibility of the University.

### **NCAA “Counter”**

Per 2022-2023 NCAA Bylaws 20.10.7.1, 20.10.7.2, 20.10.7.3.2.1 San Diego State will ensure that the meet qualifies as a counter meet for Division I sports sponsorship.

### **World Athletics**

The Aztec Invitational is on the World Athletics Global Calendar. World Athletics will process the results of this meet for all its statistical purposes including World Rankings.

### **Performance List**

A performance list will be posted on <http://finishedresults.com/> no later than 8:00 PM Tuesday, March 19<sup>th</sup>. This performance list will also include professional and unattached athletes have been accepted into the Invitational Meet.

### **Final Schedule**

The final meet schedule will be posted on Wednesday morning, March 20<sup>th</sup>.

## Heat Sheets

Heat sheets will be posted on <http://finishedresults.com/> no later than 8:00 PM Wednesday, March 20<sup>th</sup>. Please check one last time to make sure athletes have been entered in the correct event(s) with the correct seed times/marks. Heat sheets & results will be posted on the bulletin board located in the northwest corner of the stadium, directly above the clerk of the course / check-in area.

No entry changes will be allowed once the first event of the Meet has commenced.

## Results

Live results will be available at: <http://finishedresults.com/> via their app. Final results will be available at: [www.goaztecs.com](http://www.goaztecs.com). Coaches, team managers and unattached athletes are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.

## Throwing Implements

All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. Invitational Hammer will be weighed at UCSD in the Spanos Facility across the street from the Hammer Ring. No implements will be processed less than one hour before the start of the event.

## 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 where hip numbers will be given to the competitors and must be placed on the hip prior to entering the track for competition. The clerk of the course will be located at the bottom of the stairs below the track entrance.

After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course.

Field athletes may check-in at their respective event area no later than **30 minutes** prior to the start of the event.

Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.

## Starting Heights

Invitational starting heights and height progressions will be posted on <http://finishedresults.com/> no later than 8:00 PM Wednesday, March 20<sup>th</sup>.

## Facilities

Track: Nine (9) lane Mondo.

**1/4 in (6mm) pyramid spikes. No needle or Christmas tree spikes. A limited amount of spikes will be available for purchase. Spikes will be checked at check in.**

**Parking** Parking is available in Parking Structure (PS) 7, located directly underneath the track. There are various parking options available at SDSU. 1) Purchase a permit on-line ahead of time at the rate of \$9/day. If you don't have an account, you can create one at this link <https://aztecs.t2hosted.com/cmn/newuser.aspx>. To purchase a permit, you can use this link <https://aztecs.t2hosted.com/cmn/auth.aspx> and follow the instructions. Keep in mind all permits are virtual, which means that your license plate is your permit, so be certain to have your license plate information entered correctly. 2) Pay at the kiosk pay station located in Parking Structure 7, on level 2. Should you come in to the parking structure from 55th Street, you will be entering on the 2nd level. If you enter the structure from Montezuma, you will be entering on the south entrance which is on level 1. You will need to enter your license plate, as your plate will serve as your permit. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours. If you pay by credit card instead of cash (no change given), the kiosk can send you a reminder text to extend your time for an additional \$0.25 and at the rate of \$3/hr. You can choose to print a receipt. The receipt does not need to be displayed. 3) PayByPhone. Instructions are at this link: <https://bfa.sdsu.edu/campus/parkingtrans/pbp.aspx> You will need to enter your license plate. Cost is \$3/hr per hr for 1-4 hours or \$15 for 5-10 hours plus \$0.35 per transaction fee. Additional information on parking can be found on this website: <http://bfa.sdsu.edu/campus/parkingtrans/> or by contacting SDSU Parking and Transportation Services at (619) 594-6671 or [parking@sdsu.edu](mailto:parking@sdsu.edu).

**Seating** Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when not competing.

**Athletic Training Tent** All athletic trainers will be located on the northeast side of the stadium. Athletic trainers will be available one hour prior to the start of competition.

**Warm-Up Area** All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track). **Visiting teams may set-up tables in this area or warm-up area on lower field.**

**Directions** The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55<sup>th</sup> St.

SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, make a Right on Montezuma if coming from the EAST).

From the Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit EAST towards El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.

**Vaulting Pole Shipment** Vaulting poles may be shipped to the following address:

San Diego State University  
Department of Athletics, Women's Track & Field  
Attn: Coach Richard Fox  
5500 Campanile Dr  
San Diego, CA, 92182-4313

Coach Fox, [richardfox5050@gmail.com](mailto:richardfox5050@gmail.com), +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.

**Facility Schedule**

Monday, March 18: 1:30 p.m. – 6:30 p.m.  
Tuesday, March 19: 6:00 a.m. – 8:00 a.m.  
3:30 p.m. – 6:30 p.m.  
Wednesday, March 20 6:00 a.m. – 6:30 p.m.  
Thursday, March 21: Track opens at 8:00 a.m.  
Friday, March 22: Track opens at 7:30 a.m.  
Saturday, March 23: Track opens at 7:30 a.m.

Hammer cage at UC San Diego will be available. Please contact Coach Nick Scarvelis, [nscarvelis@ucsd.edu](mailto:nscarvelis@ucsd.edu), +1 (805) 401-3564 (mobile) or if he's not available, Coach Kim Graham-Miller, [kgrahammiller@ucsd.edu](mailto:kgrahammiller@ucsd.edu), +1 (916) 710-5064 (mobile), to schedule and for further info.

**Concessions**

We will have complete concession stands with multiple food vendors at the meet.

**RunnerSpace Coverage**

Live webcast and on-demand video of all track events will be available on the RunnerSpace +Plus subscription service at this link:

<http://san-diego-state-aztec-invitational.runnerspace.com/>

RunnerSpace +Plus Subscription Fees:

- Monthly Pass - \$12.99 billed monthly, cancel anytime
- 1 Year Pass - \$119.88 billed annually (\$9.99/mo)
- 2 Year Pass - \$199.92 billed every 2 years (\$8.33/mo)

Go to: <https://plus.runnerspace.com/>

**Spectator Entry**

Free admission Thursday and Friday  
Tickets are sold on Saturday only at the Ticket Office near the track entrance.  
Ticket booth opens at 8 a.m.  
\$5.00 Cash/Credit Card accepted  
12 & Under are Free  
San Diego State Students with Red ID are Free

**Contact Information**

Meet Director: Rick Reaser E-Mail: [rick-reaser@msn.com](mailto:rick-reaser@msn.com)  
Mobile: +1 (310) 962 – 3289

Head Coach: Shelia Burrell E-Mail: [sburrell@mail.sdsu.edu](mailto:sburrell@mail.sdsu.edu)  
Office: +1 (619) 594 – 5514

# PROFESSIONAL AND UNATTACHED QUALIFICATION STANDARDS

Event	Men	Women
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
10000m	No Standard	No Standard
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
Long Jump	7.15m (23-05.50)	5.85m (19-02.50)
High Jump	2.10m (6-10.75)	1.70m (5-07.00)
Triple Jump	15.00m (49-02.50)	12.35m (40-06.25)
Pole Vault	5.00m (16-04.75)	3.80m (12-05.50)
Shot Put	16.75m (54-11.50)	13.70 (44-11.50)
Discus Throw	51.80m (169-11)	48.80m (160-01)
Javelin Throw	57.90m (189-11)	44.20m (145-00)
Hammer Throw	45.00m (147-08)	48.00m (157-06)

Qualification standards must be achieved using NCAA implement weights, hurdle heights and hurdle spacing at an official competition with publicly available results during the 2023 outdoor or 2024 indoor or outdoor seasons.

# SAN DIEGO STATE



## ATHLETIC TRAINING

Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University (SDSU) Athletic Training Staff, we would like to welcome you to SDSU and to the Choc Sportsman Oval at the SDSU Sports Deck.

Athletic Trainers will be stationed in a medical tent at the north end of the track. The medical tent will be equipped with the following:

- Water
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment (AED, splints, and crutches)
- Treatment tables
- Injury ice with bags and flexi-wrap

There will be additional water stations set up around the track and at team camp areas.

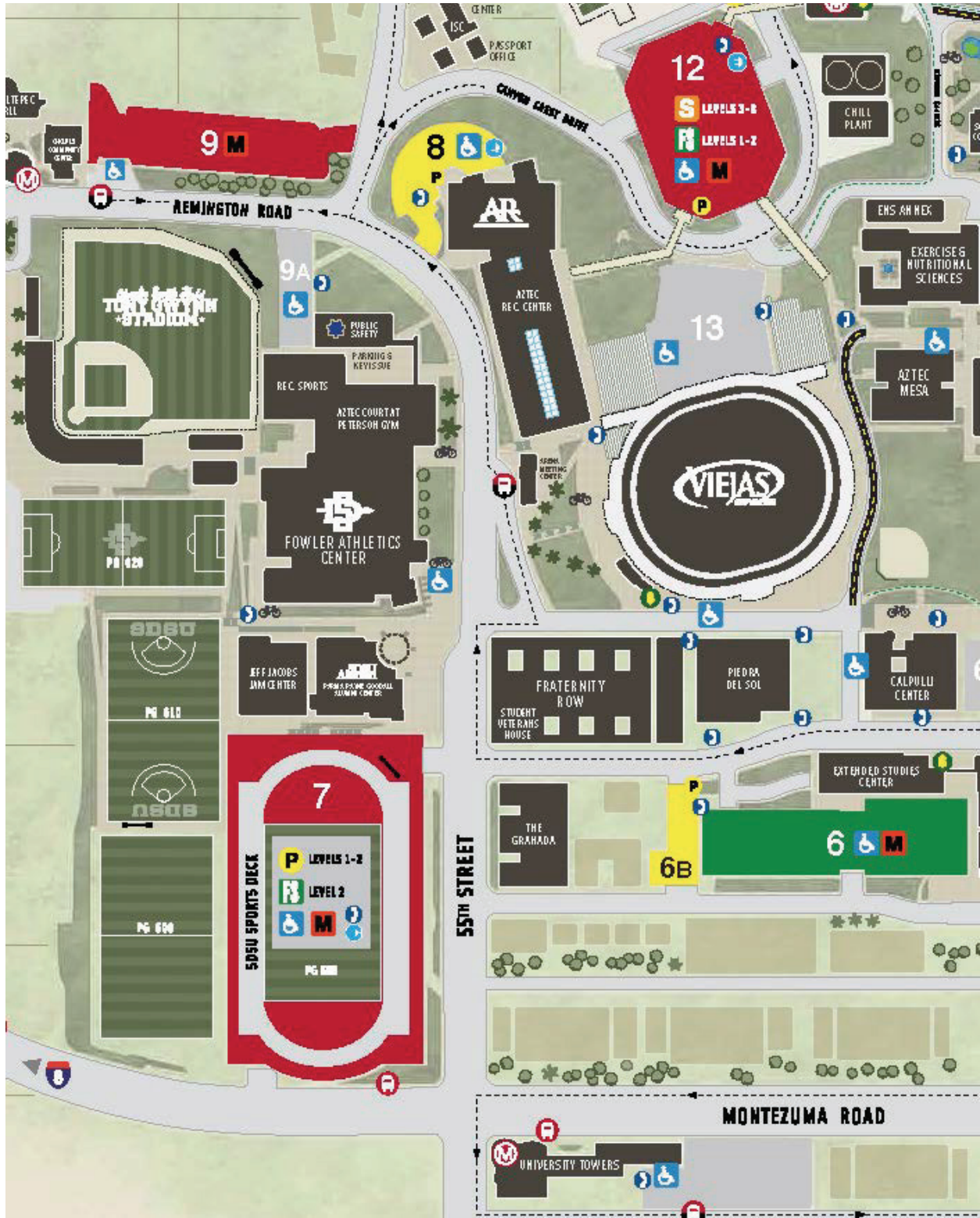
A physician will be on-call Thursday and Friday, and present at the meet on Saturday. If you need any services prior, please do not hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer, please let us know of any specific accommodation which may be needed by your student-athletes in advance and send your team with a medical kit so we can provide proper care for your athletes.

Please reach out with any questions you may have.

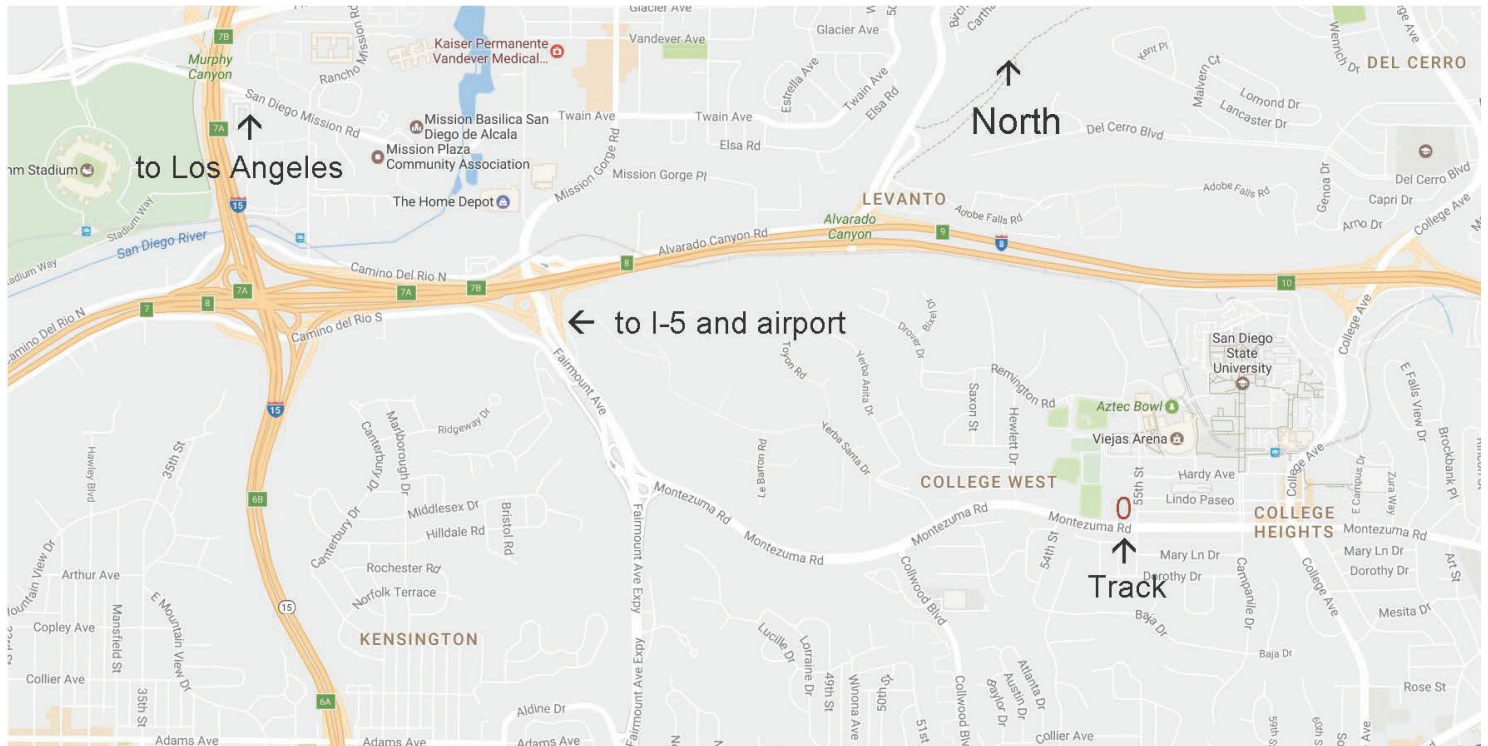
Sincerely,  
Addison Mienert, MAEd, LAT, ATC  
Assistant Athletic Trainer (Track/XC, M/W Golf)  
amienert@sdsu.edu  
Cell: +1 (770) 878-7660

# SAN DIEGO STATE WEST CAMPUS MAP

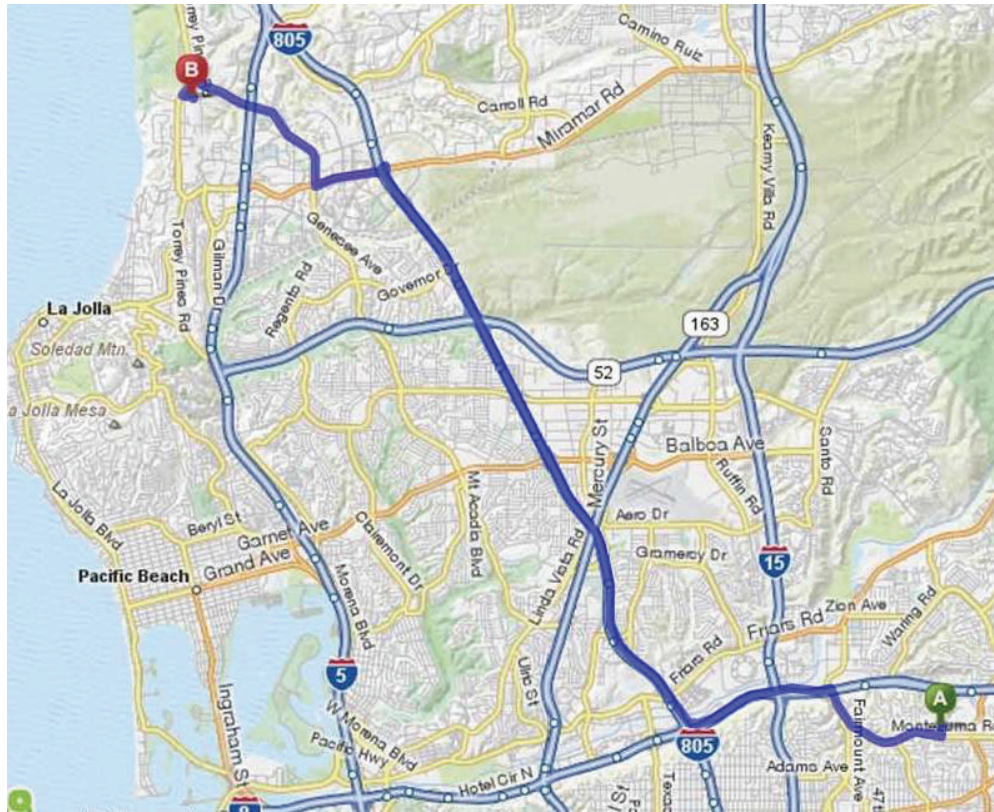




# MAP TO SAN DIEGO STATE



# DIRECTIONS TO UC SAN DIEGO



UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.

**A**

1	<b>South on 55th St</b>	0.1 mi
2	Turn <b>right</b> onto <b>Montezuma Rd.</b>	1.1 mi
3	Stay <b>straight</b> to go onto <b>ramp.</b>	0.2 mi
4	Merge onto <b>Fairmount Ave.</b>	0.2 mi
5	Merge onto <b>I-8 W.</b>	1.8 mi
6	Merge onto <b>I-805 N</b> via <b>EXIT 6B</b> toward <b>Los Angeles.</b>	8.2 mi
7	Take the <b>La Jolla Village Dr/Miramar Road</b> exit.	0.1 mi
8	Turn <b>slight left</b> to take the <b>La Jolla Village Dr</b> ramp.	0.2 mi
9	Merge onto <b>La Jolla Village Dr.</b>	1.1 mi
10	Turn <b>right</b> onto <b>Genesee Ave.</b>	2.3 mi
11	Turn <b>left</b> onto <b>N Torrey Pines Rd.</b>	0.2 mi
12	Turn <b>left</b> onto <b>Northpoint Dr.</b>	0.1 mi
<b>B</b>	<b>Hammer Cage</b> is on NW corner of <b>Northpoint Dr.</b> and <b>Northpoint Ln.</b>	0.05 mi

# PARKING AT UC SAN DIEGO

Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track.



# DIRECT ATHLETICS



## How to Submit Online Entries

### STEP 1—ACCESSING YOUR DIRECT ATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
<ol style="list-style-type: none"><li>1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a></li><li>2) In the login box, enter your username and password and click Login.</li></ol> <p>(Remember that your password is case-sensitive)</p>	<ol style="list-style-type: none"><li>1) Go to <a href="http://www.directathletics.com">www.directathletics.com</a></li><li>2) Click "Sign Up".</li><li>3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.</li></ol>

**\*\*NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field

Team: Ridgewood (Men)

This indicates that you are controlling the MEN'S team. To switch to your Women's team, you would select "Ridgewood (Women)".

### STEP 2—SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

### STEP 3—SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the "Finish" link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

# 45<sup>TH</sup> ANNUAL AZTEC TRACK & FIELD INVITATIONAL

## FINAL SCHEDULE

### Thursday, March 21, 2024

#### Combined Events at SDSU

9:30	Weigh-In Opens	SDSU Aztec Team Room
10:30	100 Meters	Decathlon
11:15	Long Jump	Decathlon
12:00	Weigh-In Closes	
12:30	100 Hurdles	Heptathlon
1:15	High Jump	Heptathlon
1:15	Shot Put	Decathlon
3:15	Shot Put	Heptathlon
3:15	High Jump	Decathlon
4:45	200 Meters	Heptathlon
5:15	400 Meters	Decathlon

*Approximate times, events may start earlier or later if needed.*

### Friday, March 22, 2024

#### Combined Events at SDSU

8:30	Claim Implements	SDSU Aztec Team Room
9:00	110m Hurdles	Decathlon
9:30	Long Jump	Heptathlon
9:45	Discus	Decathlon
11:30	Pole Vault	Decathlon
12:30	Javelin	Heptathlon
2:15	Javelin	Decathlon
2:30	800 Meters	Heptathlon
3:30	1500 Meters	Decathlon

*Approximate times, events may start earlier or later if needed.*

#### Hammer Throw at UC San Diego

12:45	Weigh-In Opens	UCSD Spanos Facility
2:00	Hammer	Women
3:30	Weigh-In Closes	
4:30	Hammer	Men

#### Distance Events at SDSU

5:30	3000 Steeple	Women
5:50	3000 Steeple	Men
6:10	5000 Meters	Women
6:40	5000 Meters	Men
7:10	1500 Meters	Women
7:35	1500 Meters	Men
7:50	3000 Meters	Women

### Saturday, March 23, 2024

#### Field Events

7:30	Weigh-In Opens	SDSU Aztec Team Room
9:00	Javelin	Women
10:30	Long Jump	Men and Women (2 pits)
11:00	Javelin	Men
11:00	High Jump	Women
11:00	Pole Vault	Women (2 pits)
12:00	Weigh-In Closes	
1:00	Shot Put	Men
1:00	Discus	Women
1:00	Pole Vault	Men (2 pits)
1:30	Triple Jump	Men and Women (2 pits)
1:30	High Jump	Men
3:30	Shot Put	Women
3:30	Discus	Men

#### Track Events

12:00	4 x 100 Relay	Women
12:05	4 x 100 Relay	Men
12:15	100 Hurdles	Women
12:35	110 Hurdles	Men
12:50	400 Meters	Women
1:05	400 Meters	Men
1:20	100 Meters	Women
1:50	100 Meters	Men
2:10	<b>Break</b>	
2:30	800 Meters	Women
2:55	800 Meters	Men
3:15	400 Hurdles	Women
3:30	400 Hurdles	Men
3:45	200 Meters	Women
4:05	200 Meters	Men
4:30	<b>Break</b>	
5:00	4 x 400 Relay	Women
5:15	4 x 400 Relay	Men

**Athletes must check in 30 minutes prior to their event  
1/4 in (6 mm) pyramid spikes only**

March 20, 2024, 12:30 PM, version 5