

**Westmont College Sunshine Open  
(collegiate and unattached)  
February 8, 2025**

**Men's Heptathlon February 7-8 /// Women's Pentathlon Friday February 8**

**All Entries: Due on Direct Athletics by 5:00 pm PST on Tuesday February 4**  
**Entry adjustments may be sent to [lindseyconnolly@gmail.com](mailto:lindseyconnolly@gmail.com) by 2:00 PM PST Thursday**  
**Meet program will be available online Thursday evening February 6**

**Entry Fees: pay online at Direct Athletics or bring checks made out to Westmont College**  
\$500 per team/ \$1,000 combined men's and women's team (unlimited entry).  
\$25 entry fee per event for unattached entry  
\$25 per individual for men's or women's teams of 10 individuals or less

**MEET DAY INFORMATION**

**Coaches check in upon arrival at the entry gate to make late scratches.**

**Field athletes** check in at the athlete entry gate no later than 30 minutes before the event begins.

**Runners check in** at the athlete entry gate 30 minutes prior to event for spike check and get hip number.

**Implement Weigh-ins** at track shed from 8:30 am to 11:00 am

**Running warm-ups** off the track at Lovik Field

**Field event** warm-ups 40 minutes prior to event start. **Pole vault** warm-ups begin 60 minutes prior.

**Facility:** 8 lane Tartan with double throw venues and LJ (10' boards) /TJ M 36'-41' W 25'-34'

**Spikes:** 1/8" to 1/4" pyramids **ONLY** for track and runways. Spikes will be checked.

**No tape** on the running surface. Chalk and markers are provided for use on runways.

**Indoor equivalents count for NAIA indoor national qualifier (wind gauge will be used)**

**Pole vaulters access PV area** on the rock path south of the track below the start/finish line.

**Coaches and Athletic Trainers may move about the field freely. Be aware of throws and runners.**

***The area in front of the track shed office to the finish line is closed for the timing system view.***

**Athletic Trainers** contact Head Trainer Melissa Katherman ([mkatherman@westmont.edu](mailto:mkatherman@westmont.edu)) for coordinating your access and set-up.

**Results** available online at <http://athletics.westmont.edu/> and on TFRRS after the meet.

**Live Results:** <http://athletics.westmont.edu/>

**Car and Van Parking:** Lots above the tennis courts and across from the track.

**Buses** enter at upper campus on La Paz Road (left at the Y on Cold Spring). Park in the rock lot along the road behind the track or at the turnouts before and after the track.

***REMINDER: BUS IDLING LIMITED TO ONE MINUTE by Santa Barbara Country ordinance.***

**Housing:** <https://www.westmont.edu/hotel-recommendations>

**Carpinteria Best Western** (ask for Westmont rate) 4558 Carpinteria Avenue **Phone:** (805) 684-0473 Managers: Jeff Abraham and Daisy Velasco Breakfast & Dinner available on site  
**Carpinteria Avenue Motel 6** (800-466-8356) Food within walking distance