



## **2025 Track & Field Championships**

**Hosted by Long Beach City College**

**Veterans Memorial Stadium, Long Beach, CA**

**Prelims: Tuesday, April 22, 2025**

- Hammer Contested at Cerritos College
- All other events are contested at Long Beach City College

**Finals: Saturday, April 26, 2025**

- All events contested at Long Beach City College

**Entries: Entries close Sunday, April 20, 2025, at 6:00 pm**

- **Entries are entered online at DirectAthletics.com.**
- Each college can enter a maximum of seven entries per event per SCC code.
- Following Tuesday's prelims, the finals scratch deadline is Wednesday, April 23, 2025, by 12:00 noon.
- You must email scratches to both Marcus Carroll at [mcarroll@lbcc.edu](mailto:mcarroll@lbcc.edu) and Bryan Ramos at [bramos@cerritos.edu](mailto:bramos@cerritos.edu).
- Contact Meet Director Marcus Carroll at (619) 309-8094 with any questions or concerns.

**Coaches Meeting(s):**

- Monday, April 21, 2025 at 6:00 pm via Zoom
  - <https://us02web.zoom.us/j/86092964684?pwd=uZJlC0KcpiIQY7xJuaOCEZ0sE8pCbr.1>
- Friday, April 25, 2025 at 6:00 pm via Zoom
  - <https://us02web.zoom.us/j/85968012255?pwd=zPQgqDjlmHD7JgXhrfzESZ0jlap61.1>

### **Coaches SoCal Seeding Meeting:**

- 30 minutes following Saturday's final event, coaches will meet upstairs in the KLAC, W-Building (W201), across the street from Veterans Memorial Stadium next to the Hall of Champions Building above the Aquatics Area.

### **Jury of Appeals (TBA):**

- Kal Stewart (LBCC Athletic Director), and/or any other Athletic Administrators in attendance.
- Protest Forms will be provided in Team Packets.

### **Meet Referee:**

- Faith Hogan: USATF Officials Coordinator

### **Championship Handbook Links:**

- [SCC Constitution](#)
- [3C2A T&F Championship Handbook](#)

### **Athletic Trainer(s):**

- Long Beach City College-certified athletic trainers will be set up on the southwest end of the stadium.

### **Parking:**

- Parking will be available in the lot outside Veterans Stadium. Buses and school Vans must drop off equipment and athletes at Vets Stadium's main entrance.

### **Team setup:**

- Only allowed in the upper stands (PLEASE SECURE TO BENCHES)

### **Implement Weigh-ins:**

- **Tuesday, April 22, 2025**
  - Weigh-Ins for Hammer at Cerritos College Athletic Fieldhouse: 8:45-10:15 am
  - Weigh-ins for Shot Put at the Northeast end of LBCC Vets Stadium: 1:45-3:15 pm
- **Saturday, April 22, 2025**
  - Weigh-ins for Discus and Javelin at the Northeast end of LBCC Vets Stadium: 10:00 am - 1:00 pm

### **College Work Assignments:**

- Please see your college's Tuesday and Saturday event work assignments per the SCC code.

- Each College should have up to five helpers per assignment.
- Assignments are based on team size, availability, and traditional representation at each event.
- You can switch assignments with another college if you agree.
- Any changes, please inform meet management before the prelims start.

### **Warm-Up Area:**

- The warm-up area will be at the Softball field outside the stadium. From the southwest end of the stadium, there will be a walkway to and from the field.  
*(\*Hurdles will be available for practice on the softball field).*
- No infield warm-ups are allowed *(\*Pole Vault and High Jump Athletes may use the endzone for warm-up)*
- No Electronics Allowed in competition areas.

### **Designated Coaching Boxes**

- Coaching Boxes will be provided for 1-2 coaches in field events.
- No extra coaches/athletes/spectators will be allowed on the infield or coaching boxes.

### **Clerk Area/Event Check-in Procedure:**

- The clerk of the Course will be located between the softball field warm-up area and the southwest entrance of the stadium.
- There will be a staging area for athletes to be escorted to the start of their event.
- Athletes in a contested field event are not required to be in the staging area. However, athletes not participating in a contested field event must be in the staging area 10 minutes before the event starts.
- Track event athletes need to check in 30 minutes before their event starts.
- Field event athletes must check in at the site 30 minutes before their event starts.
- NCAA Track and Field Rules will be enforced, and the 3C2A Track and Field Championship Handbook will govern the competition.

### **Award Procedures:**

- **An awards presentation will occur** immediately after each track and field event at the center of the infield.
- The top 4 individuals will be recognized with medals
- We will have volunteers escort the top 4 finishers to the awards stand immediately after each event.
- **TEAM CHAMPIONS** will be awarded a plaque after the meet.

**Tuesday, April 22, 2025**  
**Prelims Schedule**

**Running Events:**

**College Work Assignment(s)**

2:55 National Anthem

LBCC Blocks

3:00 1500m M 2 heats

3:20 110HH M 2 heats

LBCC/Compton

3:35 400m W 2 heats

3:45 400m M 4 heats

4:05 100m W 3 heats

4:15 100m M 4 heats

4:35 800m W 2 heats

4:45 800m M 4 heats

5:10 400IH M 2 heats

LBCC/El Camino

5:25 200m W 4 heats

5:40 200m M 5 heats

6:05 10,000m W **FINAL**

Each School Counting Laps

7:00 10,000m M **FINAL**

Each School Counting Laps

**Field Events:**

11:00 Hammer W

**PRELIM/FINAL**

Cerritos

1:00 Hammer M

**PRELIM/FINAL**

Mt. SAC

2:00 Pole Vault W

**FINAL**

Compton

2:30 Long Jump M

**PRELIM/FINAL**

Pasadena

3:30 Shot Put W

**PRELIM/FINAL**

LBCC

4:00 Pole Vault M

**FINAL**

Mt. SAC

5:00 Long Jump W

**PRELIM/FINAL**

El Camino

6:00 Shot Put M

**PRELIM/FINAL**

ELAC

## **Saturday, April 26, 2025**

### **Finals schedule**

#### **Field Events:**

#### **College work assignment(s)**

11:30 am	W	Javelin	<b>PRELIM/FINAL</b>	LBCC
1:00 pm	W	High Jump	<b>FINAL</b>	Mt. SAC
1:30 pm	M	Triple Jump	<b>PRELIM/FINAL</b>	Cerritos
1:30 pm	W	Discus	<b>PRELIM/FINAL</b>	El Camino
2:00 pm	M	Javelin	<b>PRELIM/FINAL</b>	ELAC
3:30 pm	M	High Jump	<b>FINAL</b>	Compton
4:00 pm	W	Triple Jump	<b>PRELIM/FINAL</b>	Pasadena
4:00 pm	M	Discus	<b>PRELIM/FINAL</b>	Cerritos

#### **Running Events:**

#### **College work assignment(s)**

Blocks: LBCC

12:55 pm		<u>National Anthem</u>	
1:00 pm	W	3,000m Steeplechase	Barriers: LBCC/Pasadena
1:25 pm	M	3,000m Steeplechase	Barriers: LBCC/Pasadena
1:45 pm	W	400m Relay	
1:55 pm	M	400m Relay	
2:05 pm	W	1500m	
2:20 pm	M	1500m	
2:35 pm	W	100 Hurdles	LBCC/El Camino
2:45 pm	M	110 High Hurdles	LBCC/El Camino
2:55 pm	W	400m	
3:05 pm	M	400m	
3:15 pm	W	100m	
3:25 pm	M	100m	
3:35 pm	W	800m	
3:45 pm	M	800m	
3:55 pm	W	400 Hurdles	LBCC/ELAC
4:05 pm	M	400 Intermediate Hurdles	LBCC/ELAC
4:15 pm	W	200m	
4:25 pm	M	200m	
4:35 pm	W	5,000 Meters	All schools counting their laps
5:05 pm	M	5,000 Meters	All schools counting their laps
5:30 pm	W	1600m Relay	
5:45 pm	M	1600m Relay	