



# GRAND SERIES



## **Grand Sprint Series**

**Friday, July 11, 2025**

### **Entries/Deadline:**

- Entries are due by 11:59 PM (PDT) on Wednesday, July 9, at Direct Athletics.
- Entry times must have been run on or after January 1, 2024. If using a "speculative" mark, Please provide link performance in the notes to be considered.
- Send Scratches to Meet Director: kevin@grandathletics.org
- If needed, a revised schedule will be made available Thursday, July 10, reflecting all entries.

### **Entry Fee:**

- \$39 per athlete (unlimited events)
- Register for the meet through [directathletics.com](https://directathletics.com)
- Late Entry fee: \$60 per athlete

### **Facility:**

- Cerritos College: 11110 Alondra Blvd. Norwalk, CA 90650
- Nine lane Mondo track (400m)
- There will be no shower facilities available

### **Events:**

- Schedule of events below:
- 200m & 400m
  - Nobody will be assigned/run in lane 1 (for the 200m and 400m) unless you request that lane
- 100m and hurdles races (110m and 100m hurdles)
  - Two rounds (Prelims and Finals)
  - Each participant is guaranteed two rounds (finals will be seeded by athletes preliminary times).



## Time Schedule:

### **FRIDAY, July 11**

#### Running events

3:10 PM	Womens	100m Hurdles Prelims
3:20 PM	Mens	110m Hurdles Prelims
3:35 PM	Womens	100m Prelims
3:45 PM	Mens	100m Prelims
4:10 PM	Womens	400m
4:20 PM	Mens	400m
4:30 PM	Mens	110m Hurdles Finals
4:40 PM	Womens	100m Hurdles Finals
4:50 PM	Womens	100m Finals
5:00 PM	Mens	100m Finals
5:25 PM	Womens	800m
5:35 PM	Mens	800m
5:45 PM	Womens	200m
5:55 PM	Mens	200m
7:00 PM	Womens	1500m
7:05 PM	Mens	1500m

#### Field events

3:00 PM	Womens	Long Jump (6 attempts)
3:00 PM	Mens	Long Jump (6 attempts)

Questions: email [kevin@grandathletics.org](mailto:kevin@grandathletics.org)



### **Check-In:**

- Check-in, Shoe Check ( $\frac{1}{4}$ " pyramid or smaller), and hip numbering will be done at the same time by the 200m start.
- Check-in: 45 minutes or more prior to your race start time at the clerking tent.
- 10 minutes prior to your race, return to the start of your event area.
- Field event athletes will check in at the event site.

### **World Athletic & USATF Championships Qualifying:**

- New World Athletics and USA Track & Field policies require that for marks to qualify for their championships, they must come from competitions sanctioned through World Athletics / USATF and must abide by their rulebook.
- Results will be reported to World Athletics / USATF, with notations of any rule violations from the World Athletics rulebook.
- Footwear: World Athletics / USATF requires that all shoes be in compliance with their approved shoe list [ <https://www.worldathletics.org/about-iaaf/documents/technical-information> ]. Shoes will be randomly checked for compliance at clerking and field event check-in.

## Track Layout

