



West Coast Last Chance Meet

Presented by the University of San Francisco

Saturday May 13, 2017

Cox Stadium - San Francisco State University
(all running events, jumps, javelin)

Friday, May 12, 2017

Warrior Stadium (Al Brenda Track) Cal State Stanislaus
(shot put, discus, hammer, pole vault)

Meet Directors – Benji Wetli/Travis Thompson
University of San Francisco
2130 Fulton Street
San Francisco, CA 94117-1080

Phone: Benji Wetli- (415) 422-2926, Travis Thompson- (415) 422-2922

Email: trackcoach@usfca.edu

Website: <http://www.usfdons.com/>



MEET INFORMATION

UNIVERSITY OF SAN FRANCISCO – MEET STAFF

Helen Lehman-Winters – Head Coach (415) 422-6026

Travis Thompson– Assistant Coach (415) 422-2922

Benji Wetli – Assistant Coach (415) 422-2926

Nicole Perez- Head Athletic Trainer (415) 422-6273

Troy Johnson- Cal State Stanislaus Head Coach- (209)-664-6839

(Specific questions related to shot, discus, hammer and pole vault should be directed to Troy Johnson.)

All general meet questions can be directed to us via e-mail at trackcoach@usfca.edu

GENERAL INFORMATION

The West Coast Last Chance Meet will be held at San Francisco State University's Cox Stadium and is hosted by the University of San Francisco. **All running events, jumps and javelin will be contested on Saturday, May 13 @San Francisco State University. The following events will be contested at Cal State Stanislaus on Friday, May 12: Hammer, Shot, Discus and Pole Vault.** This meet is open to ALL college, junior college, unattached, and club athletes registered with USATF.

ENTRY INFORMATION

We cannot guarantee that an entry will be accepted into the meet. Depending on the number of entries per event, some events may be subject to cancellation and refunds will be given for those cancellations.

TFFRS marks from Indoor and Outdoor seasons will be the primary method for seeding. Placement in heats/flights will be at the discretion of the meet management staff. If an athlete does not have a TFFRS time, they must enter a mark that can be verified online. If you have an athlete who is listed as a NT/ND, or you are concerned about them falling into the wrong flight/heat because of their current TFRRS PR, you'll need to submit a seeding mark to (trackcoach@usfca.edu) PRIOR TO THE CLOSE OF ENTRIES (the sooner the better)!

All entries must be done online via RunnerCard @ www.runnercard.com.

Entry Fees

Unattached/Individual Athletes

\$25/event, \$40/relay team.

Team Entries

\$25/event or \$450 per gender max.

ALL payments for entries will be required online at RunnerCard before entry deadline. Entries will not be final until paid. No entry fees will be collected on the day of the meet.

Important Dates

- Entries Open – April 1st
- Entries Close – May 9th at 5pm
- *NO entries/changes will be accepted after the entry deadline!
- Heat Sheets/Finalized Time Schedule – All schedules and entries will be tentative until the final heat sheets and schedule will be posted online at USFDons.com on Thursday May 11th.



SAN FRANCISCO WEST COAST LAST CHANCE MEET

WEIGHTS AND MEASURES

Weights and Measures time and location will be posted with final meet entry/schedule. Implements must be inspected 30' prior to competition.

CHECK-IN

- Event check in opens 90 minutes prior to start of event
- Athletes must check in no later than 30 minutes prior to the start of their event or will be scratched
- Hip numbers will be distributed and athletes should report to the starting line 10 minutes prior to the start time.
- For all field events, athletes should check in at event site.

TRAINERS/MEDICAL

Trainers will be available at the event in the training tent located near the entrance of the track (near restrooms and weights & measures).

RESULTS

Live meet results will be posted online by RunnerCard at <https://www.runnercard.com/>

ADMISSION

Spectator admission is free. Spectators are not allowed on the track or field.

DIRECTIONS AND PARKING INFORMATION

Cox Stadium is located at 1600 Holloway Ave, San Francisco, CA 94132.

The nearest parking garage is LOT 20.

General paid public, visitor/guest, student parking

- Open 24-hours a day, 7 days a week.
- **Parking Permit required. All day permit can be purchased at lot location.**

The track facility is located just east of the LOT 20 parking garage. Walk up the stairs from the garage or across the pedestrian bridge at the roof top level, then up the hill and left down the ramp entrance to the track.

Al Brenda Track at Cal State Stanislaus is located adjacent to the Student Recreation Complex. Parking is free in Lot #8.

RESTRICTIONS

- No headphones are allowed in the competition area
- Flats or track shoes with spikes no longer than ¼" will be allowed for ALL events excluding javelin and high jump.
- Finish line area is for officials and clerks only. Please stay clear of this area.



SAN FRANCISCO WEST COAST LAST CHANCE MEET

TENTATIVE TIME SCHEDULE

Heat sheets will be available on USFDONS.com

<u>FIELD EVENTS</u>	<u>TIME</u>
<i>*Tentative time schedule</i>	
<i>Friday, May 12 @Cal State Stanislaus University</i>	
Weigh- ins	12:00pm
Shot Put (Women followed by Men)	1:00pm
Hammer (Women followed by Men), Discus to follow hammer	3:00pm
Pole Vault (Women followed by Men)	3:00pm
<i>Saturday, May 13 @San Francisco State University</i>	
Javelin (Men and Women combined)	9:00am
High Jump (Women first, Men to follow)	11:00am
Long Jump (Men first, Women to follow)	12:00pm
Triple Jump (Women first, Men to follow)	1:30pm

<u>RUNNING EVENTS</u>	<u>TIME</u>
<i>*Tentative time schedule</i>	
<i>Saturday, May 13, 2017 @San Francisco State University</i>	
Men and Women Combined 10,000m (event pending # of entries)	10:00am
Men's 3,000m Steeplechase	10:45am
Women's 3,000m Steeplechase	11:00am
Men's 4x100m Relay	11:25am
Women's 4x100m Relay	11:30am
Men's 1500m	11:35am
Women's 1500m	11:50am
Men's 110 HH	12:10pm
Women's 100 HH	12:20pm
Men's 400m	12:30pm
Women's 400m	12:35pm
Men's 100m	12:45pm
Women's 100m	12:50pm
Men's 800m	1:00pm
Women's 800m	1:10pm
Men's 400m IH	1:25pm
Women's 400 LH	1:35pm
Men's 200m	1:45pm
Women's 200m	1:50pm
Men's 5000m	1:55pm
Women's 5000m	2:15pm
Men's 4x400m Relay	2:40pm
Women's 4x400m Relay	2:45pm



SAN FRANCISCO WEST COAST LAST CHANCE MEET



The easiest way to access the LOT 20 parking garage is to turn on State Drive from Lake Merced Blvd. LOT 20 will be on your left at the end of State Drive. It is a public parking lot but permits are required.



SAN FRANCISCO WEST COAST LAST CHANCE MEET

