**Important!**

**Final Information**

"Your athlete has been scratched and replaced!"

We don’t want you to be the one hearing this at the Clerk of the Course!

Please read this packet carefully and first!

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**Information**

**Practice Times**
- The El Camino College Track Facility will be available for practice from 10:00 am to 3:00 pm on Thursday. Closed for practice on all other days of the Relays.
- There is an all-weather running trail that encircles the Soccer Facility just east of Murdock Stadium.

**Team Drop-Off Zone**
- Marked school vans (sorry no private vans) and buses will be allowed to drop-off athletes and equipment in Parking Lot J, South East of Murdock Stadium (see maps).
- In order to access the one-way drop-off zone, school vans and buses must enter from Crenshaw Blvd., just north of Redondo Beach Blvd. (see maps).
- Please unload as fast as possible and then park where directed to.
- Vans may choose to bypass the drop-off zone by simply parking in either Lot F or H and then walking to the stadium.

**Parking**
- Parking is available for private vehicles in Lots F or H for $5.00.
- Please DO NOT park in Lot L. Vehicles parked here without a special permit will be immediately towed and impounded.
- Buses CANNOT park in Lot F or H.

**Admission**
- Admission will be charged each day at the Mt. SAC Relays. For admission information please visit our website at www.mtsacrelays.com

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**At the Stadium**

**Packet Pick Up**
Located at the South East corner of the Stadium (see map).

**Policies**
- ENTRY FEE MUST BE PAID in order to pick up team and individual packets
- Once packet has been picked up, packet cannot be left for coaches/athletes arriving later.

**Payment**
- School checks, credit cards and cash are accepted forms of payment.
- If paying by credit card, you must pay at the stadium ticket booth and then bring the receipt to packet pick-up.
IMPLEMENT CERTIFICATION
- Implement certification will be available in the Throws Area (#12 on map) which is located east of the stadium (see maps).
- Implement certification will be available before and during all competitions.
- Implement certification for the Hammer Throw Competitions (at Mt. SAC) will be held at Mt. SAC.

SPIKE CERTIFICATION
- Only 1/4 Omni Lite Pyramid Spikes are allowed to be used on the El Camino College Beynon Track.
- Spikes will be checked prior to check-in and randomly on the track.

DEVELOPMENT OF INTENT TO COMPETE—A.K.A CHECK-IN

RUNNING EVENT CHECK-IN PROCEDURE
- All running event athletes must check-in/declare at the Clerk of the Course (North East outside corner of stadium, see maps).
- Athletes or their Coaches/Managers may check-in up to 1.5 HOURS PRIOR BUT NO LATER than 30 MINUTES PRIOR TO THEIR EVENT START TIME (see last page flyer).
- All scratches (running events) should be reported to the clerk of the course.
- 25 minutes prior to race time, those who have checked in will be SEEDED into lanes based on verified times/marks. All other entries WILL BE SCRATCHED from that race.
- 15 minutes prior to race time, athletes who have checked in/declared must report to the “Hipping Area,” just south of the Clerk of the Course to receive their heat, lane assignment and hip number.
- Athletes will then be escorted to the start line.

FIELD EVENT CHECK-IN
All field event must check-in at the Field Event Check-In located outside the North East Corner of the stadium, 60 minutes prior to their event start. Entry and exit into and out of the stadium for field events will be via the North East corner of the track (see maps).

FIELD EVENT PROCEDURE FOR HORIZONTAL JUMPS & THROWS
Invitational Divisions These events will conduct a three attempt trial, with the top 9 competitors advancing to receive three more throws.
University/Open/High Schools Flights will be contested worst to best, with flights similarly seeded. These events will conduct a three attempt trial, with the top 9 competitors (out of flights) advancing to receive three more throws.

QR CODES

We appreciate your support of the Mt. SAC Relays.
CHECK-IN EARLY!
YOU WILL BE SCRATCHED

30 MINUTES PRIOR TO YOUR RACE

CHECK-IN UP TO 90 MINUTES PRIOR TO THE START OF YOUR RACE

PRE-RACE TIMELINE

2:00 WARM UP

1:30 CHECK IN BEGINS

0:30 CHECK IN

0:25 SCRATCHES RESEEDING

0:15 GO TO HIPPING AREA FOR HEAT, LANE & HIP #

0:00 RACE
See other side for enlarged area map of Murdock Stadium.

NOTICE! Parking in LOT L without a permit will result in immediate towing and impounding of vehicle.

FAN/SPECTATOR/COMPETITOR PARKING IN PARKING LOTS F & H

DIRECTIONS TO EL CAMINO COLLEGE
http://www.elcamino.edu/about/directions.asp