



MEET SCHEDULE AND COMPETITION INFORMATION APRIL 5TH AND 6TH, 2019

MEET SCHEDULE/TIMETABLE

Updated: April 3, 2019

DECATHLON SCHEDULE

FRIDAY APRIL 5TH

12:00 PM - 100 METERS
1:00 PM - LONG JUMP
2:20 PM - SHOT PUT
4:00 PM - HIGH JUMP
6:00 PM - 400 METERS

SATURDAY APRIL 6TH

12:00 PM - 110 HURDLES
1:00 PM - DISCUS
2:45 PM - POLE VAULT
5:00 PM - JAVELIN
6:15 PM - 1500 METERS

HEPTATHLON SCHEDULE

FRIDAY APRIL 5TH

1:00 PM - 100 HURDLES
2:00 PM - HIGH JUMP
3:45 PM - SHOT PUT
5:00 PM - 200 METERS

SATURDAY APRIL 6TH

1:30 PM - LONG JUMP
3:00 PM - JAVELIN
4:30 PM - 800 METERS

**** ALL TIMES AFTER LISTED START TIMES ARE ESTIMATED****

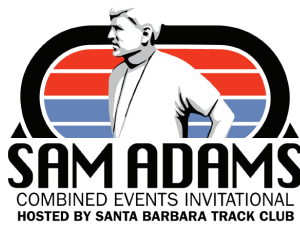
If entries exceed field limit size, B sections will be added

Athletes will be seeded into lanes based on personal best performances listed on All-Athletics.com or TFRRS. Two long jump runways, two shot put rings and two high jump pits will be utilized depending on the total number of entries in each section. Each subsequent event will begin a minimum of 30 minutes after both flights have concluded competition.

One discus ring, one pole vault pit and one javelin runway will be utilized on day two of the decathlon and one javelin runway will be utilized for the heptathlon. If necessary, the heptathlon will throw javelin in two flights with the top competitors throwing first, followed by the second half of the field. Multiple sections of the 800 meters will be run in the heptathlon.



WESTMONT



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GENERAL INFORMATION

COMPETITION REGISTRATION

Registration will take place on DirectAthletics.com and will be open by March 1st, 2019. Deadline for registration will be by **end of day** on April 1st, 2019.

COMPETITION ENTRY FEES

Entry fees are \$75/athlete and will be due prior to the start of the competition. Payments can be made on site at Westmont (not through Direct Athletics). Please make entry fee checks out to Santa Barbara Track Club. All athletes will receive a Sam Adams Combined Events meet t-shirt.

SELECT EVENT ATHLETES

A limited number of elite athletes will be allowed to participate in "Select Events" throughout the meet. These competitors will be very limited to maintain the quality of the competition. The number of athletes allowed to compete in such events will be at the discretion of meet management. Please contact Josh Priester ahead of time for more information.

FACILITIES

The Westmont Track and Thorrington Field will be open for practice the following times during the week leading up to the meet:

- Monday - Wednesday from 9am to 2pm
- Thursday 9am to 7pm

WESTMONT CAMPUS AND DINING COMMONS

Coaches and athletes are welcome to utilize the campus dining commons for breakfast, lunch or dinner during the competition week. A discounted meal rate is available for you on campus.

For information regarding athlete access to the pool, weight room or other facilities, please contact Josh Priester.





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ATHLETE CHECK IN

Athletes will check in and pick up bibs at the check in tent upon arrival on April 5th.

COMPETITION IMPLEMENTS AND CERTIFICATION

A limited number of throwing implements will be provided. Athletes are welcome to use implements on site, but are encouraged to bring their own. Decathletes not traveling with pole vault poles are also encouraged to make arrangements ahead of time. Implement certification will take place **on day one for both days** of competition. Coaches and athletes can drop implements off beginning Thursday, April 4th. Please clearly mark your implements. Implement certification will be between 9:30am - 12:30 pm on Friday, April 5th.

ATHLETIC TRAINING

Athletic trainers can check in the day of the meet. Water, biohazard kits, first aid supplies, emergency equipment and treatment ice with bags will be available. Athletes and teams are advised to travel with your own tape and any other special supplies needed.

RESULTS

Live and Final results will be available at: www.santabarbaratc.com. Coaches, team managers and athletes are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.

CONTACT

Josh Priester
Executive Director, Santa Barbara Track Club
(509)-301-1764
josh@santabarbaratc.com



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DIRECTIONS

The Sam Adams Combined Events meet will take place at the Westmont College Track in Santa Barbara, CA.
• Maps Address: Westmont College / 955 La Paz Way, Santa Barbara, CA 93108

Driving from Los Angeles (south of Santa Barbara)

Take the Olive Mill Road exit from Highway 101 (note the Westmont sign on the freeway). Turn right on Olive Mill Road. Turn left at Hot Springs Road. Turn right on Sycamore Canyon Road and follow it through one four-way stop and on to Cold Spring Road (note the school and fire station at the intersection). Turn right on Cold Spring Road and follow to the Cold Springs Entrance. Turn left into campus.

Driving from San Francisco (north of Santa Barbara)

Take the Hot Springs Road exit from Highway 101 (note that this is a left lane exit). Turn left under the freeway and drive to the roundabout at Coast Village Road and Hot Springs Road. Take the second exit out of the roundabout which is Hot Springs Road. Turn left at the next stop sign, Sycamore Canyon Road. Follow Sycamore Canyon Road through one four-way stop and on to Cold Spring Road (note the school and fire station at the intersection). Turn right on Cold Spring Road and follow to the Cold Springs Road Entrance. Turn left into campus.

PARKING

Free parking is available within just a short walk to the track. There is a small lot adjacent to the track (Parking Lot 10), otherwise it is recommended to park in lots 13-19 and walk down the hill to the track.

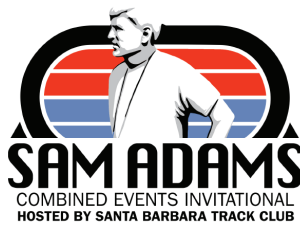
SPECTATOR ENTRY/SEATING

Fans can enjoy the unique tiered spectator seating with wide grassy areas or can find a more lofty perspective from the deck of the Westmont Observatory. Admission is free; donation suggested.

CONCESSIONS

We will have limited concessions with snacks and drinks.





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LOCAL AREA FOOD

There are many food options in downtown Montecito within a short drive of the track. A few of our favorite casual lunch options include:

Jeannine's American Bakery Restaurant
1253 Coast Village Rd, Montecito, CA 93108
(805) 969-0088

PANINO Montecito
1014 Coast Village Rd, Santa Barbara, CA 93108
(805) 565-0137

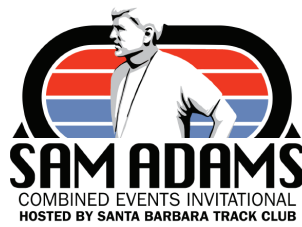
Los Arroyos Montecito
1280 Coast Village Rd, Santa Barbara, CA 93108
(805) 969-9059

Khao Kaeng by Empty Bowl Gourmet Noodle Bar
1187 Coast Village Rd Suite 9, Montecito, CA 93108
(805) 770-7170

For additional options in Montecito as well as surrounding areas such as in downtown Santa Barbara or in Carpinteria we suggest using Yelp. Meet staff are also happy to help with recommendations for those with any special dietary needs.



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HOTEL INFORMATION

The official Sam Adams Combined Events meet hotel is the Best Western Plus in Carpinteria, California. The hotel is approximately 10 miles south of Westmont's campus and conveniently located just off the highway and a mile from the beach.

This three-story Spanish-style hotel features 145 non-smoking rooms. Amenities include free Wi-Fi, cable TV with pay-per-view movies and Nintendo, a mini-fridge, coffeemaker and voicemail. Guests can order room service or dine at the full-service steakhouse, open for breakfast and dinner, or take a short walk or drive to the many dining options nearby in downtown Carpinteria.

When calling to reserve rooms, please indicated you are competing at the Sam Adams Combined Events at Westmont College to receive a discounted rate.

Best Western Plus, Carpinteria
4558 Carpinteria Ave
Carpinteria, CA 93013
(805) 684-0473

