



Co-Conference Championships



May 21st, 2016

Important Facts and Information about the Event

Start Time: The events begin at 9:00 A.M.

Location: Click here for map of [Santa Barbara City College](#) which is located at 721 Cliff Drive, Santa Barbara, 93109.

Parking: Lots 2C and 3 will be available which is located next to the stadium. Parking cost approximately \$5.00 for the day. You must purchase a ticket at the event through the onsite machine or you will be towed. No overnight parking is allowed, which includes RV's. RV parking is \$20.00

Seating & Pop-ups: Each conference will be allowed 2 pop ups in the top row of the bleachers for each member club.

Infield Access: All warm ups will take place at an area near the scoreboard (North side of the stadium). No warm up activities may occur on the stadium infield. Wrist bands will be given to only those working on the infield.

“Gremlin management”: Two Gremlin coaches per Club will be allowed on the infield at all times to assist in staging, getting marks, and provide assistance to the Gremlins. This will allow a single Gremlin coach for each gender to have access to the infield. Access wrist bands will be issued at the coaches meeting.

Spikes: The track spike requirement is 3/16” needle.

Seeding: This is seeded meet “ No competitor tags issued “. Athletes must check in at staging by the third call to receive a hip number.

Awards: All athletes will receive medals

Onsite Vending: By SBCC or contracted service. Meet Programs on line. CC Meet Championship T-Shirts available for purchase online.

Hotels in the area through Mapquest: Click here for [Hotels](#)

Campgrounds in the area through Mapquest: Click here for [Campgrounds](#)

Post Season Competition Opportunity: Following the CCC Meet, for athletes looking to participate post season competition, we will have representatives to speak with you about team affiliations (Polymetrics Fusion) and or running as an un-attached athlete.

Order of events

Running Events

3200m Run: MG, MB, YG IG, YB, IB, YM

Hurdles: YM, IB, YB, IG, YG, MB, MG

4x100m Relay: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

1600m Run: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

400m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

Coaches Relay Happens Here: 100m + 100 + 200m + 400m + 800m

100m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

800m Run: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

200m Dash: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB, YM

4x400m Relay: GG, GB, BG, BB, MG, MB, YG, YB, IG, IB

Field Events

High Jump: BG, BB, MG, MB, YG, YB, IG, IB, YM

Long Jump Girls: MG, GG, BG, YG, IG, YM

Long Jump Boys: MB, GB, BB, YB, IB, YM

Shot Put: IG, IB, YM, YG, YB, MB, MG, BB, BG

