2017 San Francisco State Distance Carnival
Updated 01/10/17

HOST
San Francisco State University

VENUE
Cox Stadium

DATES
Friday, March 31st, 2017 (Jumps, Distance)
Saturday, April 1st, 2017 (Throws, Sprints, Hurdles, Relays, 800m/1mi/2mi)

MEET DIRECTOR
Tom Lyons, Head Men’s Cross Country Coach
Contact: tomlions@sfsu.edu

MEET NOTES
In its 10th year, the San Francisco State Distance Carnival has evolved into a great option for distance runners to set fast times at a fantastic venue with ideal weather conditions and loaded fields. We have athletes and teams from around the country who have become part of this growing meet since it began in 2008. We expanded the meet to two days and a full slate of events in 2014. We expect large fields this year, but please keep in mind that we intend to have the meet end by 6 p.m. each day. We plan to start no earlier than 8 a.m.; therefore we’ll work to fit as much great competition in that window as possible. Event times will be posted when entries and the number of heats are finalized.

Our meet is held on the same two days as the highly competitive Stanford Invitational. For coaches who have distance runners in both meets on Friday, we will keep our daytime hours while Stanford runs their fast heats at night just down Interstate 280.

Our meet is spread over two days. Friday will consist of the jumps and distance races. Saturday will have the throws, sprints, hurdles, relays, the 800m, and two additional non-standard distance races (1mi, 2mi).

*** A few changes for this year:
We will have trials and finals for the 100m and 100m/110m Hurdles on Saturday.
We moved the 800m to Saturday.
We will have a 4x400m on Friday to allow the sprinters to run this relay fresh.
We will also keep the Saturday 4x400m for those that would like to run it then.
We will keep the Distance Medley Relay that we added last year (on Saturday).
We have added an elite mile for Friday – One heat for men and one for women.
We will have entry standards and minimum measurement lines in the Throws.

ENTRY NOTES
For Friday distance events, we have set time standards to insure that we will complete all events in the planned timeframe. If an athlete does not make a time standard, consider the 1mi or 2mi on Saturday. It is critical that coaches/athletes pay close attention to the time standards, especially in the 10K where lap counting is important.
Many field events interfere with each other based on the stadium layout. For all field events, we have limited the number of entries to be able to complete the events in our planned timeframe. Priority will go to NCAA DII Teams.

The Saturday track events will not have entry standards but we may limit entries in events based on our planned timeframe.

Entries submitted are not guaranteed acceptance into the meet.

The Masters Mile Race is open to men and women who are 40 years old or older on the day of the race. Entries for this event only should be sent directly to tomlyons@sfsu.edu with name, age, and club affiliation. There is no entry fee for the Masters Mile, but as in past years, we will accept donations to the Mike Fanelli Scholarship Fund which supports the Track/XC programs at SF State.

CHECK-IN AREA
- Coaches for 2-year and 4-year college teams as well as unattached athletes pay the entry fee at the registration table next to the clerk check-in area on the west end of the facility.
- Teams and unattached athletes will receive a personalized participant bib for this meet after payment is received. This bib is required when checking in at the event (field) and checking in at the clerk for hip numbers (track). All athletes must have the bib with their name on it to check in and compete. Track athletes must wear their bibs and hip numbers in the track events. Field event athletes only wear bibs, no hip numbers.

IMPLEMENT WEIGHTS AND MEASUREMENTS
Throwing implements will be inspected for weights and measures in the building near the check-in area beginning Saturday morning. All implements must be approved at least 30 minutes before the competition begins for that event.

ATHLETE AREA
There is plenty of space for team tents, but we’d prefer that they be set up at the top of the stands so that they do not block the view of spectators. No team tents in front of the press box or near the finish line. Please stay clear of grass at the finish line area at all times. On Friday, the grass field will be open but be aware of the field events on the east and west sides of the field (jumps). However on Saturday, we would like to keep the field clear while the throwing events are taking place.

TRAINER
We will have trainers on site near the check-in area.

MERCHANDISE
Once again, we plan to have merchandise for sale that was created by former SF State XC runner, Tyler Deniston.

SCHEDULE OF EVENTS
- In the throws and horizontal jumps all competitors will be given four attempts. There will be no finals.
- Field event athletes must check in at the event. Please check in 30 minutes prior to the start time listed or immediately upon completion of the previous event in the rolling schedule.
Track events will be timed finals with heats seeded by entry marks submitted. Fastest heats will run first. Exception: the 100m and 100m/110m Hurdles will have trials with the 8 fastest times from the trials qualifying for a finals race later in the meet.

Track event athletes will need to get hip numbers from the clerk 30 minutes before their event.

We plan to have chip timing in the 10K. Please arrive at the start line with time to put the chips on your shoes and remember to return them after your race. These will be distributed/collected at the start/finish line.

FRIDAY TRACK ORDER OF EVENTS (with Qualifying Standards):
Event start times will be determined and posted once entries close and the meet program is published.
Fast heats run first in all events.

In the 10K, 1500, Steeple: All women’s heats will be run in each event followed by all men’s heats.
In the 5K: Women and Men alternate – Women H1 followed by Men H1; Women H2; Men H2; etc...

- W 10000m (39:00, or 18:45 for 5K)
- M 10000m (33:00 or 15:45 for 5K)
- W 1500m (5:25)
- M 1500m (4:10)
- M Elite Mile (4:10 or 3:52 for 1500m) – 1 heat
- W Elite Mile (4:55, or 4:33 for 1500m) – 1 heat
- W 3000m Steeplechase (12:15)
- M 3000m Steeplechase (10:15)
- W 5000m (19:00)
- M 5000m (16:00)

FRIDAY FIELD EVENTS:
Event start times will be determined and posted once entries close and the meet program is published.

We will follow a rolling schedule as noted below:

TBD
- Women’s Pole Vault
- Men’s Pole Vault

TBD
- Men’s High Jump
- Women’s High Jump
- Women’s Long Jump & Men’s Long Jump
- Women’s Triple Jump & Men’s Triple Jump

Notes:
- Both Long Jump events will go at the same time after the conclusion of the Women’s High Jump.
- Men’s Triple Jump will follow Men’s Long Jump.
- Women’s Triple Jump will follow Women’s Long Jump.

SATURDAY TRACK:
Event start times will be determined and posted once entries close and the meet program is published.

- W 100mH Trials
- M 110mH Trials
- W 100m Trials
- M 100m Trials
Coed Master’s 40+ 1mi
W 4x100m
M 4x100m
W 1mi
M 1mi
W 100mH Finals
M 110mH Finals
W 100m Finals
M 100m Finals
W 400m
M 400m
W 800m
M 800m
W 400mH
M 400mH
W Distance Medley Relay (1200m-400m-800m-1600m)
M Distance Medley Relay (1200m-400m-800m-1600m)
W 200m
M 200m
W 2mi
M 2mi
W 4x400m
M 4x400m

**SATURDAY FIELD (Entry Standards):**

*Event start times will be determined and posted once entries close and the meet program is published. We will only measure throws that surpass the minimum distances listed below. We will follow a rolling schedule as noted below:*

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<thead>
<tr>
<th>Schedule</th>
<th>Events</th>
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<tbody>
<tr>
<td>TBD</td>
<td>Women’s Shot Put (10m)</td>
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<td>Men’s Shot Put (10m)</td>
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<tr>
<td>TBD</td>
<td>Women’s Javelin (30m)</td>
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<td>Men’s Javelin (30m)</td>
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<td></td>
<td>Women’s Discus (30m)</td>
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<td>Men’s Discus (30m)</td>
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**Notes:**

- Women’s Javelin and Women Shot Put will start at approximately the same time.
- Both Discus events will begin after both Javelin events have concluded – their sectors overlap.
- Women’s Discus will begin after Women’s Shot Put has completed.
- Men’s Discus will begin after Men’s Shot Put has completed.

**LIVE STATS**

[http://redcaptiming.com](http://redcaptiming.com)
All entries must be submitted through the DirectAthletics web site at https://www.directathletics.com/meets/track/47888.html

Note – Masters Mile entries should be sent directly to tomyons@sfsu.edu with name, age, and club affiliation.

ENTRY FEES
$10/entrant competing unattached.
$30/entrant competing for a collegiate team (2-yr and 4-yr).
For teams, the entry fee is capped at $350 per gender (12 or more entries).
Entry fees are determined based on the number of entries at the deadline (regardless of subsequent scratches).
Entry fees must be paid on the day of the meet.
Please make checks payable to “SF State.”

Note - There is no entry fee for the Masters Mile, but as in past years, we will accept donations to the Mike Fanelli Scholarship Fund which supports the Track/XC programs at SF State.

DEADLINE
Entries must be received by 8:00 p.m. on Monday, March 27th. Late entries will not be accepted. Please finalize entry status by the deadline on DirectAthletics. Entries will be listed on SF State’s official athletics web site (www.sfstategators.com) by Tuesday, March 28th.