



2015 Track and Field Championships

Multi-Events

April 23-24

Hermiston High School

Hermiston, Oregon



# **Quick Facts**

## **Host Site**

Hermiston High School  
600 S. 1st Street  
Hermiston, OR 97838

## **Dates**

April 23-24, 2015

## **Host Schools**

Eastern Oregon University  
The College of Idaho

## **Meet Director**

Ben Welch

## **Head Official(s)**

TBD- USATF Certified

## **Starter**

Alan Periman

## **Timing**

Sean Williams  
Hermiston High School

## **Scoring/Statistics/Sports Information**

Sam Ghrist, EOU  
Travis Rae, EOU

## **Weights and Measures**

TBD- USATF Certified

## **Sports Medicine**

Eastern Oregon University

## **Appeals Committee**

Determined at Coaches meeting (will be same for SOU portion)

## **Entries**

See entry procedures later in manual

## **Conference Coaching Contacts**

<b>Institution</b>	<b>Name</b>	<b>Cell Phone</b>	<b>E-Mail</b>
College of Idaho	Pat McCurry	208-559-2031	<a href="mailto:pmccurry@collegeofidaho.edu">pmccurry@collegeofidaho.edu</a>
Concordia	Jerret Mantalas	503-680-9244	<a href="mailto:jmantalas@cu-portland.edu">jmantalas@cu-portland.edu</a>
Corban	Norm Berney	503-793-0325	<a href="mailto:nberney@corban.edu">nberney@corban.edu</a>
Eastern Oregon	Ben Welch	541-805-5875	<a href="mailto:ben.welch@eou.edu">ben.welch@eou.edu</a>
Evergreen	Chris Ertman	360-867-6520	<a href="mailto:ertmanc@evergreen.edu">ertmanc@evergreen.edu</a>
Northwest	Mark Mandi	425-319-5471	<a href="mailto:mark.mandi@northwestu.edu">mark.mandi@northwestu.edu</a>
Northwest Christian	George Walcott	541-517-4270	<a href="mailto:gwalcott@nwcw.edu">gwalcott@nwcw.edu</a>
Oregon Tech	Jack Kegg	541-786-3432	<a href="mailto:jack.kegg@oit.edu">jack.kegg@oit.edu</a>
Southern Oregon	Grier Gatlin	541-778-9463	<a href="mailto:grierg@sou.edu">grierg@sou.edu</a>
Warner Pacific	David Kilian	503-656-0001	<a href="mailto:dkilian@warnerpacific.edu">dkilian@warnerpacific.edu</a>

# **Event Schedule**

## **Wednesday**

2-5 p.m.      Track open for practice

## **Thursday**

8:45 a.m.      Implement Check In

8:45 a.m.      Coaches Meeting - Press Box, Hermiston High School Track

### **Decathlon**

10:00 a.m.      Dec 100

Dec Long Jump

Dec Shot Put

Dec High Jump

Dec 400m

### **Heptathlon**

10:30 a.m.      Hep 100m Hurdles

Hep High Jump

Hep Shot Put

Hep 200m

\*Succeeding events will start 30 min. after the conclusion of the previous event

## **Friday**

8:00 a.m.      Implement Check In

### **Decathlon**

9:00 a.m.      Dec 100m HH

Dec Discus

Dec Pole Vault

Dec Javelin

Dec 1500m

### **Heptathlon**

9:15 a.m.      Hep Long Jump

Hep Javelin

Hep 800m

\*Succeeding events will start 30 min. after the conclusion of the previous event

Awards presented at full meet in May



# Entry Procedures

## CCC Championship Entry Procedures

### ***Multi-Events***

1. Final entries for the CCC Multi-Event Championships are due at Direct Athletics by 11:00 A.M. on the Monday prior to the championships.
2. The final entry list will be made available for review by 5 p.m. Monday on the conference web site.
3. The final entry list (and Hy-Tek files) will be forwarded to the Meet Director of the host school before the seeding is done. The meet director will do the seeding.
4. Final heat/flight sheets will be posted to the web by noon on the Tuesday prior to the championship. They will also be distributed at the coaches' meeting Thursday prior to the start of the Championship.



### **Locker Rooms**

Locker rooms WILL be available at HHS (teams must provide their own towels).

### **Media Information/Results**

The host will provide media coverage and coordinate all press box operations, headed by EOUSID Travis Rae and CCC Head Statistician Sam Ghrist. Results will be posted on the Cascade Collegiate Conference web site and the EOU athletic web site following each day.

### **Parking**

Free parking is available in the main parking lot

### **Hotels**

#### **Oxford Suites**

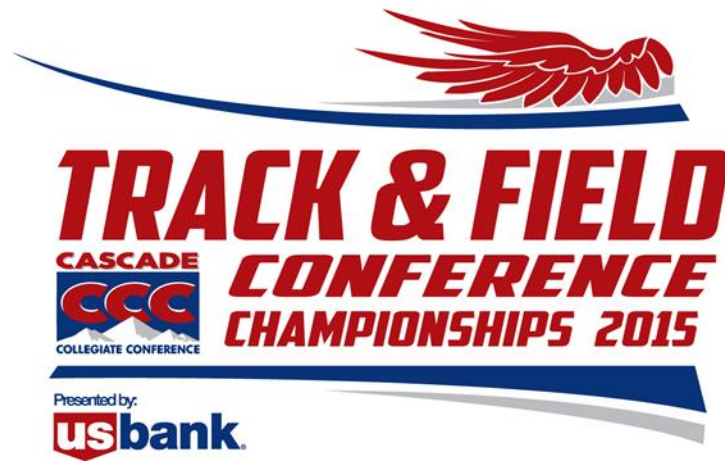
1050 N 1st  
541-564-8000

#### **Best Western Hermiston Inn**

2255 Hwy 395 S  
541-564-0202

#### **Oak Tree Inn**

1110 SE Fourth St.  
541-567-2330



## **Driving Directions**

### **From west on I-84**

Merge onto I-84 E toward The Dalles.

Take the OR-207 exit, EXIT 182, toward Hermiston/LEXINGTON.

Turn right onto W Highland Ave.

Turn left onto S 1st St.

600 S 1ST ST.

### **from south on I-84**

Merge onto I-84 W toward Ontario/Portland (Crossing into Oregon).

US-395 N via EXIT 188 toward Stanfield/Hermiston/Umatilla.

Turn left onto E Highland Ave.

Take the 1st right onto S 1st St.

600 S 1ST ST.

### **from north on I-90**

Merge onto I-90 E toward Bellevue/Spokane.

Merge onto I-82 E via EXIT 110 toward Yakima (Crossing into Oregon).

Take the US-730/US-395 exit, EXIT 1, toward Umatilla/Irrigon.

Keep left to take the US-730 E/US-395 E ramp toward McNary Dam/Hermiston.

Turn left onto US-395 S/US-730 E/Columbia River Highway No 2.

Turn right onto N Highway 395/US-395 S. Continue to follow US-395 S.

US-395 S is just past Lind Rd

Turn right onto W Orchard Ave.

Take the 1st left onto S 1st St.

600 S 1ST ST.



## CHAMPIONSHIP HISTORY

### Decathlon

1995 Ross Kennedy, SOU- 6,368  
1996 Ross Kennedy, SOU -6,702  
**1997 Ross Kennedy, SOU- 7,355 \***  
1998 Jim Chroninger, WOU- 6,382  
1999 Jim Chroninger, WOU- 6,299  
2000 Jason Follett, EOU- 6,293  
2001 Matt Ehrenstrom, OIT- 6,121  
2002 Brian Quinn, EOU -5,683  
2003 Josh Allen, EOU- 5,580  
2004 Damien Johnson, EOU -5,914  
2005 Eric Griffiths, EOU- 5,882  
2006 Nick Best, OIT -6,058  
2007 Roy Adams, WP -5,876  
2008 Bryant Sentman, OIT- 5,744  
2009 Chris Hoppie, EOU -6,324  
2010 Taylor Schmidt, CU- 6,306  
2011 Patrick Fennimore, CU- 6,287  
2012 Robbie Haynie, EOU- 7,112  
2013 Austin Basterrechea, COI- 6,933  
2014 Austin Basterrechea, COI- 6,601

### Heptathlon

**1995 Jill Carrier, SOU- 4,818 \***  
1996 Chris Hermes, WOU- 4,298  
1997 Chris Hermes, WOU- 4,274  
1998 Tanya Belliard, NU- 3,790  
1999 Tanya Belliard, NU- 3,790  
2000 Kena Page, SOU- 3,967  
2001 Laura Lincoln, SOU- 4,071  
2002 Kasey Jones, OIT- 4,038  
2003 Kasey Jones, OIT- 4,001  
2004 Kasey Jones, OIT- 4,039  
2005 Michelle Klaja, OIT- 4,371  
2006 Michelle Klaja, OIT- 4,285  
2007 Katie Campbell, NW -3,404  
2008 Michelle Klaja, OIT- 4,053  
2009 Emily McCutchan, C of I- 4,014  
2010 Emily McCutchan, C of I- 4,474  
2011 Danielle Ricco, WPC- 3,776  
2012 Kimmy Moore, EOU- 4,481  
2013 Jasmine Sibert, COI- 4,473  
2014 Jasmine Sibert, COI- 4,482

**\*Meet Record**



# CCC Code of Behavior

*In upholding and acting upon the principles, traditions and responsibilities enunciated in the Cascade Collegiate Conference Statement of Philosophy, the Conference expects, and will insist upon, maintenance of commendably respectable standards of decorum and personal deportment of all players, coaches, officials and spectators at Conference contests.*

*In this regard, Referees are recognized as fully in charge of such events, with full and undeniable authority to sustain such standards and take whatever enforcement or disciplinary actions, including declaration of game forfeiture, as are necessary and appropriate. Specifically; threatening, disruptive, unsportsmanlike, disrespectful, violent, harassing, and/or seriously distracting behavior will not be tolerated. In implementing this policy, the senior game official should, at the beginning of each event, clearly outline with the team captains and coaches the standards of behavior and decorum that will be upheld and enforced.*

*As a matter of Conference policy, all Referees have the full support of the Conference Commissioner's authority, as authorized by the COP and Council of Athletic Directors.*

*The Cascade Collegiate Conference wishes to exemplify behavior of a kind that will deserve and command the respect and support of the public and campus communities which they represent and with which they relate, as well as the NAIA at large.*





# **Lightning/Severe Weather**

## **Chain of Command**

The decision to delay or terminate the Cascade Collegiate Conference Track & Field Championships in the event of lightning, severe weather, and/or storms will be made by the CCC Commissioner and the meet officials, in consultation with host sports medicine department personnel.

## **Criteria For Evacuation of the Practice / Competition Area**

- a) The Cascade Collegiate Conference Commissioner and/or his/her designee, the meet director, and a member of the host sports medicine staff will monitor one or more of the following for lightning, severe weather, and/or storms:
  - National Weather Service and/or National Oceanic & Atmospheric Administration (NOAA) local weather radar ([www.noaa.gov](http://www.noaa.gov) or [www.weather.com](http://www.weather.com));
  - Commercial lightning detector; and/or
  - “flash / bang” count.
- b) When an appropriate warning is received, the “flash/bang” count reaches 50 seconds, and/or a severe weather watch has been issued for the immediate area, the host sports medicine director will notify the CCC Commissioner, Meet Referee, Meet Director, and other applicable personnel.
- c) When an appropriate warning is received, the “flash/bang” count reaches 30 seconds or less, and/or a severe weather watch has been issued for the immediate area, the championship sports medicine director and/or a member of the host staff will notify the CCC Commissioner, Meet Referee, Meet Director, and other applicable personnel.

At this point, all championship activities should immediately cease, and ALL personnel are to evacuate to one of the following locations-

- Personal vehicles with a metal roof and/or Team Bus
- MHCC gymnasium

Golf carts, John Deere Gator vehicles, convertible / “soft-top” vehicles, outside storage sheds, canopies, tents, awnings, etc. are not considered safe locations and should be avoided.

- d) Persons should avoid taking showers and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis, and hot tubs) and land-line telephones during a thunderstorm.
- e) If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees or a dry ditch. Everyone should assume the “lightning-safe” position -- a crouched position on the ground with the

feet together, weight on the balls of the feet, head lowered, and ears covered. **DO NOT LIE FLAT!** Minimize the body's surface area and minimize contact with the ground.

- f) If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e., light poles, flag poles, etc.), metal objects (i.e., fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in an open field.
- g) In situations where thunder and/or lightning may or may not be present, yet someone feels his/her hair stand on end and skin tingle, **LIGHTNING IS IMMINENT!** Therefore, all persons should assume the "lightning-safe" position as described above.
- h) A cellular and/or portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.

### **Criteria For Safe Return to the Practice/Game Area**

The decision to return to a Cascade Collegiate Conference Championship activity after a period of evacuation will be made by the CCC Commissioner and the Meet Referee, in consultation with the Meet Director and championship host staff and sports medicine personnel.

Personnel should not return to the practice/competition area until:

- Thirty (30) minutes have passed since the "flash/bang" count was 30 seconds; and/or
- The last lightning flash or the last sound of thunder.
  - Each time the "flash/bang" count goes below 30 seconds, lightning is observed and/or thunder is heard, the "30-minute clock" is to be reset.



# **Medical/Athletic Training**

The following information related to sports medicine/athletic training will assist you and your teams during your stay:

If your team will not be traveling with an athletic trainer and your team requires special needs, please contact Megan Yanda of Eastern Oregon via e-mail at [myanda@eou.edu](mailto:myanda@eou.edu) with any written instructions in advance so that host sports medicine personnel may work to accommodate your request.

A Certified Athletic Trainer will be available on site the following hours:

Thursday, April 23: 8 a.m.--2:30 p.m.

Friday, April 24: 8 a.m.-2:30 p.m.

Trainers will be available and set-up at the track.

Teams are requested to bring their own supplies (tape, etc.) other than those that are listed below (which will be available at the competition):

Water and cups

Automated External Defibrillator

Heat rub/massage cream

Ice bags

Crutches

Emergency/first aid supplies

Good Shepard Hospital will be used in case of emergency (see driving directions and telephone numbers below).

**Good Shepard Hospital  
435 NW 11th St  
Hermiston, OR  
(541) 567-0376**

## **Directions from HHS:**

- Start out going north on S 1st St toward W Orchard Ave.
- Take the 3rd left onto W Hermiston Ave.
- Turn right onto NW 11th St/OR-207.
- 435 NW 11TH ST.