



## *Information for Athletes*

***2005 USA Outdoor Track & Field Championships, presented by Visa  
2005 USA Junior Outdoor Track & Field Championships  
The Home Depot Center · Carson, California  
Thursday, June 23-Sunday, June 26, 2005***

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Welcome to the 2005 USA Outdoor Track & Field Championships, presented by Visa and the 2005 USA Junior Outdoor Track & Field Championships! The Anschutz Entertainment Group (AEG) is the host organization for this year's nationals and is ready to welcome you to The Home Depot Center in Carson, California, just south of Los Angeles.

This document will help prepare you for training and competition at the 2005 USA Outdoor Track & Field Championships, presented by Visa and the 2005 USA Junior Outdoor Track & Field Championships.

### ***About The Home Depot Center:***

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The Home Depot Center in Carson, California is one of the most unique sports venues in the world. Opened in 2003, it includes a 27,000-seat soccer stadium, an 8,000-seat tennis stadium (expandable to 13,000), the track & field facility and North America's only indoor velodrome, the ADT Event Center.

The track & field facility opened on June 1, 2003 with The Home Depot Invitational. Since then, an invitational meet has been held each year, with the adidas Track Classic taking place on May 22, 2005.

The track itself is super-fast Mondo Super-X. All field event facilities are contained within the track oval, although the location of the discus/hammer circle, high jump, pole vault and shot put have been moved since the adidas Track Classic last month to take better advantage of the prevailing wind conditions.

### ***Airport Pick-up:***

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Scheduled shuttle service, noted below, is being provided from LAX (in order) to the Doubletree Carson (media hotel), the Westin Long Beach and the Long Beach Hilton. Pick-up will be under the ***green*** "courtesy shuttle" signs outside of each baggage claim area.

Airport guides (with large signs) will be present in baggage claim areas on Tuesday and Wednesday only to help direct you to the shuttles, provided by Bestway Tours. You may call Bestway Tours at (800) 403-4002 if you have trouble locating the Outdoor Championships shuttle bus more than 30 minutes after arrival.

**Pick-up service at Los Angeles International Airport is available at Terminals 1, 2, 3, 5 and 6 only. Arrivals at Terminal 4 (Bradley International) should go to Terminal 5 for pick-up. Arrivals at Terminal 7 or 8 (United) should go to Terminal 6 for the shuttle.**

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Shuttles will operate approximately every 20-30 minutes as follows:

<i>Tuesday, June 21:</i>	10:00 a.m. to 8:00 p.m.
<i>Wednesday, June 22:</i>	10:00 a.m. to 8:00 p.m.
<i>Thursday, June 23:</i>	10:00 a.m. to 6:00 p.m.
<i>Friday, June 24:</i>	10:00 a.m. to 6:00 p.m.

A variety of vehicles is being used, most of which can accommodate vaulting poles. However, some arriving vaulters may have to wait for a second vehicle to come which can accommodate poles. Call Bestway Tours at (800) 403-4002 to announce your arrival if you have poles.

**Athletes arriving before or after shuttle hours of service are responsible for their own transportation to the hotels.** The most economical solution is one of the LAX shuttle services such as PrimeTime Shuttle (800/RED-VANS) or SuperShuttle (800/BLUE-VAN).

Airport service from LAX on Saturday and Sunday, June 25-26 will be accommodated on an hourly basis as shuttles return from departure drop-offs. Arriving passengers should call (800) 403-4002 to alert Bestway Tours that you wish to be picked-up as an arrival on these days between the hours of 10:00 a.m. and 8:00 p.m.

A detailed departure schedule is listed at the end of this document.

***Credentials and Tickets:***

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Athletes and athlete support staff may obtain credentials at packet pick-up per the schedule below:

<i>Wednesday, June 22:</i>	<b>Open Athletes:</b> Credential pick-up at the Westin Long Beach – Salon C from 4:00 p.m. to 10:00 p.m.
	<b>Junior Athletes:</b> Credential pick-up at the Long Beach Hilton – Mediterranean Room from 4:00 p.m. to 10:00 p.m.

Beginning on **Thursday**, both Open and Junior athletes will pick-up credentials at the **ADT Event Center (velodrome)** located at the Home Depot Center per the schedule below:

<i>Thursday, June 23:</i>	7:00 a.m. to 7:00 p.m.
<i>Friday, June 24:</i>	7:00 a.m. to 7:00 p.m.
<i>Saturday, June 25:</i>	7:00 a.m. to 3:00 p.m.
<i>Sunday, June 26:</i>	8:00 a.m. to 4:00 p.m.

***Open Athletes:***

Open athletes are entitled to one (1) credential for themselves and one (1) Athlete Support credential for a coach, trainer or other support person. Athlete Support credentials are only available to individuals 18 years or older. The complimentary Athlete Support credential **must be picked up by the Athlete** and may not be picked up by an agent, manager, parent or other person.

Additional Athlete Support credentials can be purchased for \$30 for a one-day pass or \$60 for an all-days credential. Credentials are only available at the packet pick-up locations. Cash and checks (made out to “The Home Depot Center”) will be accepted; no credit cards, sorry.

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**Junior Athletes:**

Junior athletes are entitled to one (1) credential for themselves and may purchase one (1) Athlete Support credential for a coach, trainer or other support person. Credentials are only available at the packet pick-up locations. Cash and checks (made out to "The Home Depot Center") will be accepted; no credit cards, sorry.

There are no complimentary tickets for the 2005 USA Outdoor Track & Field Championships, presented by VISA or the 2005 USA Junior Outdoor Track & Field Championships. Tickets are available for sale for \$10-19.50 for the Thursday and Friday sessions and from \$21.50-31.50 for the Saturday and Sunday sessions. Discounts are available for groups of 10 or more by calling (866) LA-GROUP on or before the Championships start.

**Medical Support:**

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An extensive program of medical and training support will be provided at two locations on specific dates

**Westin Long Beach Hotel** – San Pedro Room – Massage therapist only – Sign-up sheets available. First come, first served.

*Tuesday, June 21:*                      3:00 p.m. to 9:00 p.m.  
*Wednesday, June 22:*                12:00 p.m. to 9:00 p.m.

**Home Depot ADT Event Center (Velodrome):**

A full-service team of athletic trainers, chiropractors and massage therapists will be available during the following hours:

*Tuesday, June 21:*                      12:00 p.m. to 6:00 p.m.  
*Wednesday, June 22:*                12:00 p.m. to 9:00 p.m.  
*Thursday, June 23:*                    7:30 a.m. to 10:00 p.m.  
*Friday, June 24:*                        7:30 a.m. to 10:00 p.m.  
*Saturday, June 25:*                    8:00 a.m. to 6:00 p.m.  
*Sunday, June 26:*                      8:00 a.m. to 4:00 p.m.

During the Championships, a team of physicians from the West Coast Sports Medicine Foundation, led by Keith Feder, M.D., will supervise the delivery of medical services, and certified athletic trainers will be stationed on the field and in the post-event area to assure athlete safety.

Medical emergency or after-hours treatment requests can be directed to:

*Thursday, June 23:*                    Dr. Belinda Ko, pager: (310) 501-0859  
*Friday, June 24:*                        Dr. James Zamora, pager: (310) 501-3814  
*Saturday, June 25:*                    Dr. Belinda Ko, pager: (310) 501-0859  
*Sunday, June 26:*                        Dr. James Zamora, pager: (310) 501-3814

Bottled water will be available at multiple locations on the field, including the on-field Clerk's Holding Tent and in the post-event area.

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***Pre-competition Training:***

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The Home Depot Center track & field facility will be available for training on Tuesday, June 21 and Wednesday, June 22 from 12:00 p.m. to 6:00 p.m. only. Starting blocks and hurdles will be available for use and all field event facilities will be open.

**Running events and field events not listed below** may practice at anytime between 12:00 p.m. and 6:00 p.m. on Tuesday, June 21 and Wednesday, June 22.

**Long throws** practice will be held on the following schedule:

*Tuesday, June 21 & Wednesday, June 22:*

*Discus:*                    12:00 p.m. to 1:00 p.m.  
                                  3:00 p.m. to 4:00 p.m.

*Hammer:*                 1:00 p.m. to 2:00 p.m.  
                                  4:00 p.m. to 5:00 p.m.

*Javelin:*                 2:00 p.m. to 3:00 p.m.  
                                  5:00 p.m. to 6:00 p.m.

**Long Jump/Triple Jump** practice will be held on the following schedule:

*Tuesday, June 21 & Wednesday, June 22:*

*Long Jump:*             12:00 p.m. to 1:30 p.m.  
                                  3:00 p.m. to 4:30 p.m.

*Triple Jump:*            1:30 p.m. to 3:00 p.m.  
                                  4:30 p.m. to 6:00 p.m.

Training will not be available on the track during any of the competition days.

***Venue Transportation:***

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*Shuttle bus service:*

Two different shuttle bus routes will operate between the three official hotels and The Home Depot Center. A transportation guide will be available at the loading zone at each hotel and will be able to answer questions about transportation.

**Athletes should allow for traffic congestion in the Los Angeles area when planning their travel time.**

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**From Long Beach hotels:**

A shuttle service from the Westin Long Beach and Long Beach Hilton to the ADT Event Center (velodrome) will operate:

*Tuesday, June 21 &  
Wednesday, June 22:*

**Hourly** starting at the Westin from 11:00 a.m. to 5:00 p.m., with the last bus returning from the ADT Event Center (velodrome) to the hotels at 6:00 p.m.

*Thursday, June 23 &  
Friday, June 24:*

**Every 30 minutes** starting at the Westin from 6:30 a.m. to 10:30 p.m., with the last bus returning from the ADT Event Center (velodrome) to the hotels at 11:00 p.m.

*Saturday, June 25:*

**Every 30 minutes** starting at the Westin from 5:00 a.m. to 5:00 p.m., with the last bus returning from the ADT Event Center (velodrome) to the hotels at 6:00 p.m.

*Sunday, June 26:*

**Every 30 minutes** starting at the Westin from 5:00 a.m. to 4:00 p.m., with the last bus returning from the ADT Event Center (velodrome) to the hotels at 5:00 p.m.

**From the Doubletree Carson:**

A direct shuttle service from the hotel to the ADT Event Center (velodrome) will operate on the following schedule:

*Tuesday, June 21:*

**Hourly** from 11:00 a.m. to 6:00 p.m. with the last bus returning from the ADT Event Center at 6:30 p.m.

*Wednesday, June 22:*

**Hourly** from 11:00 a.m. to 8:00 p.m., with the last bus returning from the ADT Event Center at 9:00 p.m.

*Thursday, June 23:*

**Hourly** from 6:30 a.m. to 10:30 p.m., with the last bus returning from the ADT Event Center at 11:00 p.m.

*Friday, June 24:*

**Hourly** from 6:30 a.m. to 10:30 p.m., with the last bus returning from the ADT Event Center at 11:00 p.m.

*Saturday, June 25:*

**Hourly** from 5:00 a.m. to 5:00 p.m., with the last bus returning from the ADT Event Center at 6 p.m.

*Sunday, June 26:*

**Hourly** from 5:00 a.m. to 5:00 p.m., with the last bus returning from the ADT Event Center at 6 p.m.

**Driving to The Home Depot Center:**

Athletes (holding "A" credentials) or Athlete Support ("B") credential holders who will drive to The Home Depot Center will park in a special lot near the ADT Event Center (velodrome) identified as "Lot 4." This lot is accessed by a special entrance. Directions from the Long Beach area:

Access the Long Beach (710) Freeway by driving west on Ocean Boulevard; the freeway entrance is adjacent to the Long Beach Hilton. Take the 710 north, then transfer to the San Diego (405) Freeway, also going north. Get off at Avalon Boulevard and turn right off the freeway, passing the South Bay Shopping Center.

Continue north on Avalon for about a half-mile, then turn right on University Avenue, heading east. As you pass the ADT

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Event Center (velodrome) on the left, turn at the next street, Toro Center Drive. A parking attendant will be present and the split-level lot to the right is Lot 4 (4a and 4b).

Detailed directions from other locations in Southern California can be viewed at [www.homedepotcenter.com](http://www.homedepotcenter.com)

***Parking at The Home Depot Center:***

A special lot close to the ADT Event Center (velodrome) has been identified for athlete use. The Home Depot Center lot no. 4 can be accessed from Avalon Boulevard by turning east on University Drive and then north on Toro Center Drive. There will be attendants to help direct you at that point.

A special-discounted parking opportunity is available to Athlete and Athlete Support credential holders. A four (4)-day pass will be available for \$10 to athletes and athlete support personnel who wish to drive their own vehicles to The Home Depot Center. Individuals wishing to purchase the four (4)-day pass have two options:

- (1) Purchase a pass during the Packet Pick-up session at the Westin Long Beach or Long Beach Hilton on Wednesday, June 22. Cash or checks (made out to "The Home Depot Center") will be accepted; sorry, no credit cards.
- (2) Park and pay the \$10 daily fee to the parking attendant on the first day you attend the competition. Individuals then may take their parking ticket to the ADT Event Center (velodrome) Help Desk, located in the Packet Pick-up area and trade it in for a four (4)-day pass. The four (4)-day pass will allow you to park in Lot 4 as long as space is available.

***Warm-up and Check-in:***

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***Competition Bibs:***

Competition Bibs will be available at the Clerk's table located in the ADT Events Center (velodrome) upon check-in for your event. Two bibs must be worn during competition (vaulters and high jumpers may choose to wear a single bib on either the front or the back). Bibs printed with the numbers are to be worn on the back of the uniform. Bibs printed with the competitors name must be worn on the front. Bibs may not be folded or altered in any manner.

***Warm-up:***

Warm-up will take place in the ADT Event Center (velodrome) and on Field no. 7 (FieldTurf) directly opposite the ADT Event Center.

On the floor of the ADT Event Center, a 50-60 m Mondo straightaway will be provided, with starting blocks and hurdles available. Athletes may also warm up around the velodrome concourse, but be warned that this area will be crowded.

Outside, the FieldTurf field will be available for jogging, stretching and running, but no blocks will be available. Hurdles will be placed for your use on this field.

There will be no warm-up on the competition field until just prior to the start of each event.

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***Check-in with Clerk of Course:***

Check-in will be at the Clerk of the Course station in the lobby of the ADT Event Center (velodrome) per the following schedule:

***Running Events:*** Not less than 30 minutes prior to start of the event – Athletes will be assembled in the Clerk’s area at the ADT Events Center (velodrome) lobby 15 minutes prior to the start of each event and escorted to the on-field Clerk’s Holding Tent.

***Throws:*** 60 minutes prior to start of event – Warm-up will be approximately 45 minutes, but could be 30 minutes if preceding events run longer than expected. Athletes will be walked from the ADT Event Center (velodrome) to their competition site for warm-up. Athletes not in the first flight will be escorted away from the event approximately 25 minutes prior to the start of competition, and the final 15 minutes will be reserved for the first flight. Warm-ups will cease approximately 10 minutes prior to the start of competition for site preparations and introductions. Subsequent flights will be called from the on-field Clerk’s Holding Tent, escorted to the competition site and receive 15 minutes of warm-up time prior to introductions.

***Long/Triple Jump:*** 60 minutes prior to start of event – Athletes will be walked from the ADT Event Center (velodrome) to their competition site for warm-up. Athletes not in the first flight will be escorted away from the event approximately 25 minutes prior to the start of competition, and the final 15 minutes will be reserved for the first flight. Warm-ups will cease approximately 10 minutes prior to the start of competition for site preparations and introductions. Subsequent flights will be called from the on-field Clerk’s Holding Tent, escorted to the competition site and receive 15 minutes of warm-up time prior to introductions.

***Pole Vault:*** 90 minutes prior to start of event – Athletes will be walked from the ADT Event Center (velodrome) to their competition site for warm-up assuming preceding events are completed on schedule.

***High Jump:*** 90 minutes prior to start of event – Athletes will be walked from the ADT Event Center (velodrome) to their competition site for warm-up assuming preceding events are completed on schedule.

***Spikes:***

Athletes should use 1/4-inch spikes on the Mondo Super-X surface. Javelin throwers only may use 3/8-inch spikes.

***Implement Inspection:***

Throwing-event implements must be inspected at the Implement Weigh-in Station inside the ADT Event Center (velodrome), opposite the Help Desk prior to competition. Implements must be presented for inspection no later than 2 hours prior to the start of the scheduled event. The Implement Inspection area will be open at the following times:

<i>Wednesday, June 22:</i>	12:00 p.m. to 6:00 p.m.
<i>Thursday, June 23:</i>	6:30 a.m. to 9:00 p.m.
<i>Friday, June 24:</i>	6:30 a.m. to 9:00 p.m.
<i>Saturday, June 25:</i>	6:30 a.m. to 5:30 p.m.
<i>Sunday, June 26:</i>	8:00 a.m. to 1:00 p.m.

All implements will be impounded and delivered to the event site for competition. **Note:** Implements placed in competition remain impounded until the competition is completed. At the conclusion of the final round athletes are asked to take their implements with them.

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**Athletes are encouraged to submit their implements on the day prior to their event.**

***Vaulting Poles:***

Vaulters are responsible for transport of their own poles and should load them onto the hotel shuttle at the end of their competition. Poles will not be delivered to hotels or shipped back to competitors who leave them at the venue.

***Post-event Procedures:***

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Following all events, athletes must exit the field at the northeast corner, just past the photographer's stand at the end of the main straightaway. There, athletes will file through the Doping Corral, Mixed Zone, Formal Interview Area (if requested) and have access to the Athlete's Lounge.

The U.S. Anti-Doping Agency (USADA) will notify athletes selected for doping in the Doping Corral. Running-event athletes can retrieve their clothes in the Mixed Zone. Athletes of interest to the news media will be asked to meet the press in the Formal Interview Tent.

The Athlete's Lounge is a place to relax, watch the meet for a few minutes and pick-up a cold bottle of water or PowerAde. This is also the location for the filing of Protests/Appeals, for picking up medals for places 2-6 and for interfacing with the National Team Staff for the national teams being selected at the Championships. **Winners will be presented with their medals in an on-field ceremony, which will be staged out of the Athlete's Lounge.**

The athlete/athlete support seating area is located in the southwest end of the back straightaway. Credentialed athletes and athlete support personnel will have access to this area. Entry to the athlete/athlete support seating is through the gate marked "Athlete Seating" at the southwest corner of the track just north of the Velodrome along the access road toward the main gate.

***Doping Control:***

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The U.S. Anti-Doping Agency (USADA) will conduct drug testing at the 2005 USA Outdoor Track & Field Championships, presented by Visa and the 2005 USA Junior Outdoor Track & Field Championships.

All athletes are subject to doping control and must bring government-issued identification with photograph to the Championships. Athletes will be asked to present the photo identification at packet pick-up so that a copy can be made for USADA.

Doping control procedures will be implemented at The Home Depot Center in the tennis locker rooms and lounge under the Tennis Stadium. Access to this area will be strictly limited to those being tested and one accompanying person.

***Protests and Appeals:***

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Protests relating to matters that develop during the conduct of the competition must be made in writing only by an athlete or an athlete's representative on behalf of the athlete. The protest must be signed and accompanied by a \$75 cash protest fee, and submitted to the protest table no later than 30 minutes after the official announcement of the results.

Appeals of the referee's decision must be made in writing, signed, and submitted to the protest table within 30 minutes after the action by the referee has been posted. Appeal must be accompanied by a \$100 appeals fee.

The Protest Table is located in the Athlete's Lounge in the post-event area at the north end of the track.

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***National Team Processing:***

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The 2005 USA Outdoor Track & Field Championships, presented by Visa and the 2005 USA Junior Outdoor Track & Field Championships serve as the selection meet for the following international events:

2005 IAAF World Championships in Athletics: Helsinki, Finland – August 6-14

2005 Pan American Junior Athletics Championships: Windsor, Ontario, Canada – July 28-31

USA vs. Germany Decathlon: Bernhausen, Germany – July 23-24

USA vs. Netherlands Heptathlon at the Dutch Open Combined Events meet: Mid August

National Team staff members will be in the Athlete's Lounge in the post-event area identifying those individuals eligible for each team. Athletes qualifying for a team must visit the National Team Processing Center located in the ADT Event Center (velodrome) to complete entry information.

National Team Processing will operate on the following schedule:

<i>Junior Team Processing:</i>	Thursday, June 23:	12:00 p.m. to 9:30 p.m.
	Friday, June 24:	12:00 p.m. to 9:30 p.m.
	Saturday, June 25:	11:00 a.m. to 5:00 p.m.
	Sunday, June 26:	11:00 a.m. to 5:00 p.m.

<i>Senior Team Processing:</i>	Thursday, June 23:	7:30 p.m. to 11:00 p.m.
	Friday, June 24:	7:30 p.m. to 11:00 p.m.
	Saturday, June 25:	2:00 p.m. to 8:00 p.m.
	Sunday, June 26:	2:30 p.m. to 7:00 p.m.

***Coaches Areas:***

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No specific seating areas have been designated for coaches. Working coaches may stand along the barricade line just outside the track to communicate with their athletes during competition.

***High Performance Center:***

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The High Performance Center is located at the Westin Long Beach Hotel in the Marina, Lorrita and Regondo Rooms. See the High Performance Flyer in Packet for hours of operation.

***Airport Departures:***

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A hotels-to-LAX only service will be provided on Saturday, June 25 through Monday, June 27 on the following schedule:

<i>Saturday, June 25 &amp; Sunday, June 26:</i>	Pick-up service from the Westin Long Beach and Long Beach Hilton, going to Los Angeles International Airport approximately every 60 minutes from 10:00 a.m. to 8:00 p.m. only.
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Departures from the Doubletree Carson are by request only to Bestway Tours at (800) 403-4002.

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*Monday, June 27:* Pick-up service from the Westin Long Beach and Long Beach Hilton, going to Los Angeles International Airport approximately every 20-30 minutes from 5:00 a.m. to 5:00 p.m. only.

Departures from the Doubletree Carson to LAX only every hour from 5:00 a.m. to 5:00 p.m.

***Questions:***

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During the Championships, a Help Desk will be maintained during operating hours in the ADT Event Center to assist athletes and staff. The telephone number is (310) 630-2160.

The local meet director for the 2005 USA Outdoor Track & Field Championships, presented by Visa and the 2005 USA Junior Outdoor Track & Field Championships is Rich Perelman, with assistance from:

<i>Doping Chaperones:</i>	Adeline Meyer
<i>Field Operations:</i>	Hal Harkness and Bob McGuire
<i>Help Desk:</i>	Pat Harris
<i>Medical Operations:</i>	West Coast Sports Medicine Foundation (Jill Sleight, director)
<i>Medical Director:</i>	Dr. Keith Feder
<i>Medical/Chiro &amp; Massage:</i>	Dr. Joel Bienenfeld
<i>Medical/Athletic Trainers:</i>	Ethan Kreiswirth, Cal State Dominguez Hills
<i>On-field Awards:</i>	Bruce Tenen
<i>Press Operations:</i>	Jan Fambro

We look forward to a great Championships and having you with us at The Home Depot Center.