



## **McNab Sprint Series**

**Thursday, May 22, 2025**

### **Entries/Deadline:**

- Entries are due by 11:59 PM (PDT) on Tuesday, May 20, at Direct Athletics.
- Send Scratches to Meet Director: [kevinw@grandseries.org](mailto:kevinw@grandseries.org)
- If needed, a revised schedule will be made available Thursday, May 21, reflecting all entries.

### **Entry Fee:**

- \$39 per athlete
- Register for the meet through [directathletics.com](http://directathletics.com)

### **Facility:**

- NDHS Athletic Facility: 13645 Riverside Dr, Sherman Oaks, CA 91423
- Eight lane track (400m) - **Fast Beynon Surface**
- Restrooms are available behind the concession stand. There will be no shower facilities available

### **Events:**

- Schedule of events below:
- 200m & 400m
  - Nobody will be assigned/run in lane 1 (for the 200m and 400m) unless you request the lane.
- 100m and hurdles races (110m and 100m hurdles)
  - Two rounds (Prelims and Finals)
  - Each participant is guaranteed two rounds (finals will be seeded by athletes preliminary times).



## **Time Schedule:**

**Thursday, May 22**

### Running events

2:50 PM	Womens	1500m
3:00 PM	Mens	1500m
3:10 PM	Womens	100m Hurdles Prelims
3:20 PM	Mens	110m Hurdles Prelims
3:35 PM	Womens	100m Prelims
3:45 PM	Mens	100m Prelims
4:10 PM	Womens	400m
4:20 PM	Mens	400m
4:30 PM	Mens	110m Hurdles Finals
4:40 PM	Womens	100m Hurdles Finals
4:50 PM	Womens	100m Finals
5:00 PM	Mens	100m Finals
5:20 PM	Womens	800m
5:30 PM	Mens	800m
5:40 PM	Womens	200m
5:50 PM	Mens	200m

### Field events

3:00 PM	Womens	Long Jump (6 attempts)
3:00 PM	Mens	Long Jump (6 attempts)



### **Check-In:**

- Check-in, Shoe Check (¼" pyramid only), and hip numbering will be done at the same time in the middle of football field endzone (near the finish line).
- Check-in: 45 minutes or more prior to your race start time at the clerking tent.
- 10 minutes prior to your race, return to the start of your event area.
- Field event athletes will check in at the event site.

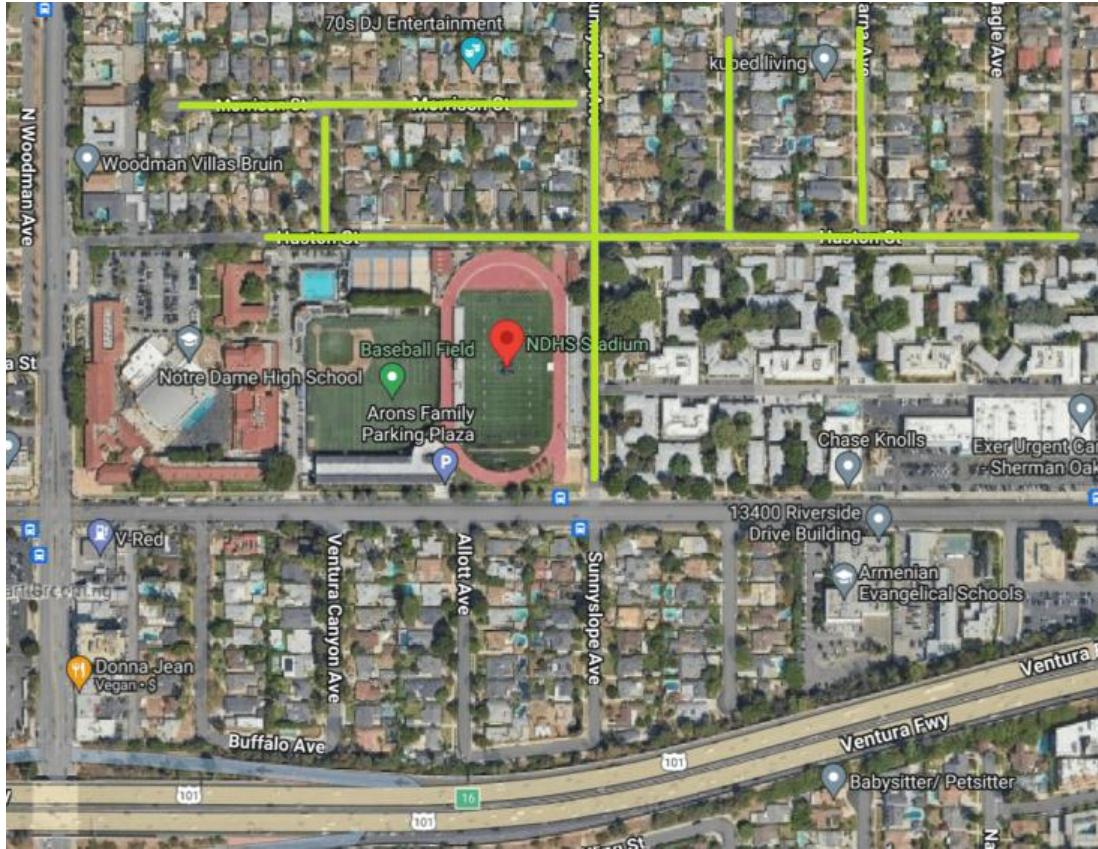
### **World Athletic & USATF Championships Qualifying:**

- New World Athletics and USA Track & Field policies require that for marks to qualify for their championships, they must come from competitions sanctioned through World Athletics / USATF and must abide by their rulebook.
- Results will be reported to World Athletics / USATF, with notations of any rule violations from the World Athletics rulebook.
- Footwear: World Athletics / USATF requires that all shoes be in compliance with their approved shoe list [ <https://www.worldathletics.org/about-iaaf/documents/technical-information> ]. Shoes will be randomly checked for compliance at clerking and field event check-in.



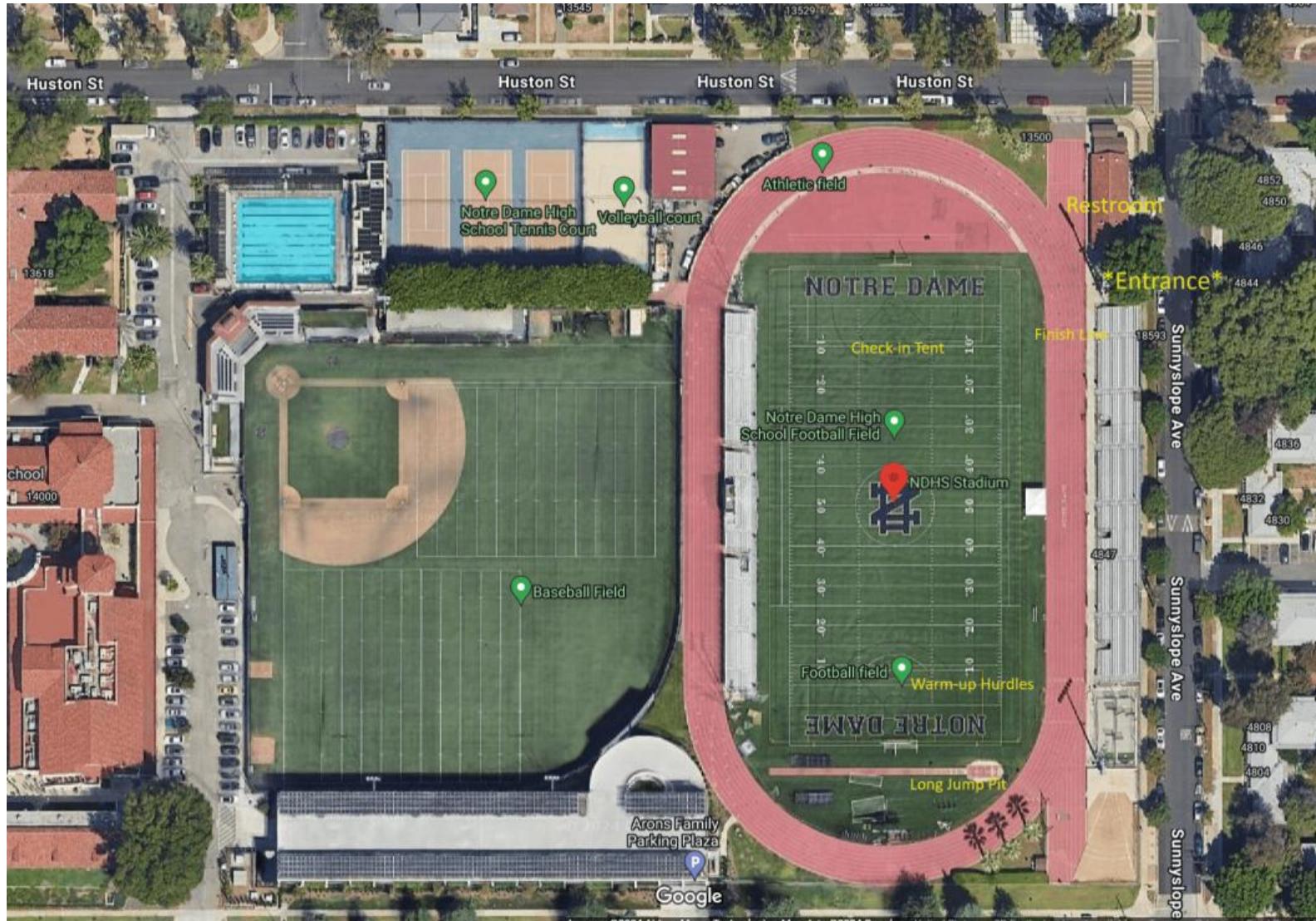
### **Drop Off & Parking:**

- Parking will be available along the street and in the residential area adjacent to the track, with a side gate open for convenient access to the track.
- We kindly request that visitors refrain from utilizing the NDHS parking lots, reserving these spaces for the faculty members and other on-site events.
- Please ensure you read and adhere to all street signs and parking regulations where you park. We are not responsible for any parking violations, including tickets or blocking driveways.
- Green lines indicate areas we recommend for parking. Please refer to the provided photo for more details. Park at your own risk



## Track Layout

A photo of the track is provided below, with labels indicating the entrance, restrooms, check-in tent, and warm-up areas.



Questions: email [kevinw@grandseries.org](mailto:kevinw@grandseries.org)