

Revised 7/12/2019



July 22 – 28, 2019

Sacramento State - Hornet Stadium
Sacramento, CA

CHAMPIONSHIP INFORMATION



SACR★**MENTO**
SPORTS COMMISSION



Dear Athletes, Coaches, Officials and Attendees,

On behalf of the Sacramento Sports Commission, the Sacramento Convention & Visitors Bureau, the USATF Pacific Association, the City of Sacramento, Sacramento County and Sacramento State, it is my great pleasure to welcome you to the 2019 USATF Hershey National Junior Olympic Track & Field Championships.

We are proud and honored to have hosted many great Track & Field Championships in Sacramento, including the 2000 and 2004 Olympic Trials, the 2014 and 2017 USATF Outdoor Championships, and several Junior Olympic Championships to name a few. We hope to present the same championship environment that many champions have enjoyed at each of these events in Sacramento.

In addition to the competition, we hope you enjoy your time in our city and around campus. If there is anything we can do to make your stay more enjoyable, please ask one of our staff or visit the information desk inside Hornet Stadium.

Have a great Championship!

Sincerely,

A handwritten signature in black ink that reads "Mike W. Sophia". The signature is written in a cursive style with a horizontal line above the name.

Mike Sophia
Director
Sacramento Sports Commission

WELCOME TO SACRAMENTO

The 2019 USATF Hershey National Junior Olympic Track & Field Championships will be held at Hornet Stadium on the campus of Sacramento State, in Sacramento, California. The USATF Junior Olympic Track & Field Championships is one of the most visible youth athletic development programs in the world. Many of today's Olympic stars began their track and field careers competing in the USATF National Junior Olympic Track & Field Championships.

Over 7,000 athletes are expected to converge on Sacramento for the USATF National Junior Olympic Track & Field Championships. Entry for this championship is based on athlete performances at Preliminary, Association and Regional levels of the 2019 USATF Junior Olympic Program. Competition takes place in six (6) two-year age divisions, with athletes generally falling between the ages of 7 and 18.

With a seating capacity of 21,000 and a new state-of-the-art Mondo surface, Hornet Stadium is an ideal host facility and will prove to be a premier host for this year's Junior Olympic competition.

America's next generation of track and field stars will be competing throughout the summer and will take center stage at the national championships in Sacramento. USATF, the Sacramento Sports Commission, and USATF Pacific Association hope you will join in on the excitement!

TICKET INFORMATION

Forms of Payment: Cash, Visa and MasterCard.

Ticket Prices:

	Daily Admission	All-Week
Adults	\$15	\$45
Children Age 7-12	\$8	\$25
Children Age 6 & under	Free	--

Tickets will be provided in the form of wristbands, which will allow access in and out of the stadium. Everyone over the age of 6 will require a wristband or a credential to enter Hornet Stadium. Any passing or sharing of wristbands is prohibited, and the wristband will be forfeited.

There will be no refunds or replacement wristbands issued. If your wristband is lost or detached, you will need to purchase a new ticket/wristband.

In order to obtain a Coaches Credential for the USATF Hershey National Junior Olympic Championships you must meet the requirements below.

Coaches Credential Requirements:

- Listed on Club Profile as a Coach (Background Screening/SafeSport)
- Listed on Public Coaches Education Standard List
- There will be a maximum of three (3) credentials issued per USATF Club. For those clubs with 100 or more athletes entered into the event, the Coaches Credential allocation will be one (1) additional

credential per ten (10) athletes after the initial three (3). The maximum allocation of credentials will be ten (10).

THERE WILL BE NO EXCEPTIONS!

FACILITY INFORMATION

Stadium and Box Office Hours

Hornet Stadium and the Stadium Box Office will open to the public daily (July 22-28) at 6:30 a.m. The Box Office will close at the start of the last event each day, and the stadium will close at the conclusion of each day's practice session (90 minutes after the conclusion of the final event on the track).

The stadium will open on Sunday, July 21 for an open practice session from 9 – 6 p.m.

Prohibited Items

Prohibited items include glass bottles, alcohol, grills or portable cooking units, lawn chairs, pets/animals and weapons. Hornet Stadium and its surrounding campus is a non-smoking area. No amplified sound.

Coolers - Only personal-sized coolers are permitted within the facility. No coolers larger than 50 quarts will be allowed into the stadium but will be permitted in the Tent City area (see facility map).

All bags, coolers, tents and other items brought into Hornet Stadium are subject to search.

Tents and Shade

Tents - To ensure the safety of spectators and athletes alike, tents and large umbrellas are ONLY allowed in the East Stands of the stadium. No tents will be allowed in the West Stands or anywhere else inside the stadium. The designated team/tent area is the first-floor, west side of Parking Structure III located adjacent to the stadium. This area is typically much cooler than any other open area around the stadium, and tents are not necessary to provide shade. NO TAPE OR MARKINGS OF ANY KIND SHOULD BE MADE ON THE GROUND INSIDE THE PARKING STRUCTURE. Tent frames may be left up, but all canopies must be removed at the end of competition. Tents with canopies left overnight will be removed. Tents may only be set-up or retrieved during hours that the stadium is open to the public...EVENT STAFF WILL NOT BE RESPONSIBLE TO RETRIEVE YOUR TENT AFTER HOURS.

Umbrellas – Personal size umbrellas will be allowed in the West Stands, as long as they do not block the view of other spectators. Please be respectful of requests to close your umbrella or move to the East Stands. Sportbrellas or other large umbrellas will only be allowed in the East Stands.

Parking

Athlete parking is available on the east side of Hornet Stadium Lot 8, Lot 7 and Parking Structure III. At the USATF Junior Olympic Track & Field Championships, parking for the attendees is free. If you park in any lot on campus, other than those designated above, you must follow posted parking rules and pay appropriate parking fees.

Bus and RV parking is available in Lot 9, located south of Hornet Stadium. Oversized vehicles parked in Lot 9 will be required to pay for parking at the pay station in the lot. Electrical and water connections for RV use are not available. NO OVERNIGHT PARKING ON CAMPUS. Bus and RV parking is available in Lot 9, located south of Hornet Stadium. However, electrical and water connections for RV use are not available. NO

OVERNIGHT PARKING ON CAMPUS.

Lost and Found

Please be aware of any and all loose items in the stand, including cell phones, wallets, bib numbers, etc., as it is very easy to lose items that may fall under the stands. In the event that you lose an item, please report it to the Lost and Found/Information tent located in the stadium at the North end of the track. Event staff will make periodic sweeps under the stands to recover lost items. You will have to wait until those periodic sweeps (generally each hour) to retrieve your item...so, please be careful with your important items in the stands.

We cannot guarantee that bibs lost underneath the bleachers will be retrieved in time for an athlete's competition. Athletes are encouraged to purchase a replacement bib rather than wait for a lost bib to be recovered.

Entry Gates

The primary entry to Hornet Stadium will be from the West, using Gates 3. Ticketed spectators accessing the throws area will be allowed to enter and exit Gate 7.

Fan Expo

The 2019 USATF Hershey Junior Olympic Track & Field Championships Expo will be located along Stadium Drive, just outside of Hornet Stadium Gate 3. The Expo will be near the Awards Stage, on the east side of the stadium.

Awards

The 2019 USATF Hershey Junior Olympic Track & Field Championships Awards Stage will be located in Lot 8, just east of the stadium.

There is only enough seating in the Awards area for the families of participants receiving awards. Please enjoy your time in the Awards area, but understand that space is limited.

Venue Layouts and Diagrams

Please see the Championship website or www.sacsports.com for a current venue layout and diagram of Hornet Stadium.

MEET INFORMATION

Sacramento Organizing Committee Chair

Mike Sophia, Director
Sacramento Sports Commission
msophia@visitsacramento.com

Meet Director

John Mansoor
pausatf@aol.com

Event Operations Director

Annie Mosley
amosley@visitsacramento.com

For all information regarding the 2019 USATF Hershey National Junior Olympic Championships please contact Robin Beamon (robin.beamon@usatf.org) or Chelsea Yeadon (chelsea.yeadon@usatf.org).

Athlete Entry Information

The Junior Olympic program is a progression series of meets consisting of Preliminary, Association, Regional and National meets. Athletes are required to enter online at the first level of competition, as advancement is based upon performance (i.e., an athlete cannot directly submit an entry form for the Regional competition; he/she must have competed and advanced at the Association meet). Athletes must meet certain eligibility requirements to compete. Qualification dates and locations for your local Association can be found by visiting <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/TF.asp>

Athlete Event	Entry Fee
Individual Event	\$10
Relays	\$40
Decathlon / Heptathlon	\$26
Triathlon / Pentathlon	\$22

Eligibility Requirements

Only U.S. citizens, aliens living in the United States, and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions, by visiting usatf.org/About/Competition-Rules.aspx.

The competition will be conducted in six age divisions as follows:

8 & under born 2011 +*	13-14 born 2005 and 2006
9-10 born 2009 and 2010	15-16 born 2003 and 2004
11-12 born 2007 and 2008	17-18 born 2001 and 2002**

*Per USATF Competition Rule 300.1 (c), athletes must be at least seven (7) years of age on December 31 of the current year in order to compete in the Youth Athletics or Junior Olympic National Championships.

**Athletes born in 2000 are also eligible if they do not turn 19 on or before 7/28/19.

A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & under, 9-10 and 11-12 divisions may compete in a maximum of three events, including relays. Competitors in the 13-14, 15-16, and 17-18 divisions may compete in a maximum of four events, including relays. Combined events are not included in the event count.

All athletes must be 2019 members of USATF in good standing. USATF memberships may be purchased online by <http://www.usatf.org/Products---Services/Individual-Memberships.aspx> or through your local Association Office.

All clubs must be 2019 USATF member organizations.

All relay team members must be members of the same club, which must also be registered with the club's local USATF Association for 2019 and must wear tops and bottoms of the same color.

Qualifying from Association Championships to Regional Championships

Per USATF Rule 305.1(d): "An Association is allocated, by agreement with other Associations in its Region,

a certain number of athletes and relay teams from the Association level to the Regional level through the Association Championships."

Qualifying from Regional Championships to National Championships

Track and field shall advance five individuals and five relay teams from each Regional to National. These shall be the top five finishers in each event.

The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship.

The performance standard for all events is the average of the 8th place in the last three National Junior Olympic Championships. The host Association shall qualify a like number.

***All entry into the National Championships must be completed online at www.athletic.net/TrackAndField/meet/357721/register. Entries cannot be accepted by any other method. Onsite changes/additions must be completed by 3 p.m. PDT at least one day prior to the event.**

Athletes who compete in the Junior National Championships, United States Olympic Selection Competition, Youth Olympic Games Trials – Track and Field, compete in either the Heptathlon or Decathlon at the Youth Outdoor Championships, and meets the standard or any additional event authorized by the National Youth Executive Committee may be entered in the National Junior Olympic meet without having to compete in the Association or Regional meet provided that they meet the Youth Athletics age limits. Acquisition of the waiver and completion of the entry to the National meet must be made prior to the Regional meet via the Regional coordinator.

Combined Event Performance Standards

Age Group	Event	Standard		Age Group	Event	Standard
9-10 Boys	Triathlon	649		9-10 Girls	Triathlon	989
11-12 Boys	Pentathlon	2046		11-12 Girls	Pentathlon	2488
13-14 Boys	Pentathlon	2654		13-14 Girls	Pentathlon	2738
15-16 Boys	Decathlon	5206		15-16 Girls	Decathlon	3933
17-18 Men	Decathlon	5940		17-18 Women	Decathlon	4174

Packet Pick-up

Packet Pick-Up will be located in the Alumni Center located across the parking lot from the ticket booth at Gate 4 just east of Hornet Stadium on Sunday (7-21-19) through Thursday (7-25-19). On Friday (7-26-19) through Sunday (7-28-19) Packet Pick-Up will be in The Broad Fieldhouse located at the south end of the track.

NOTE: If your event is early in the morning, we strongly recommend that you pick up your competition number at least one day in advance of your competition. The meet management will not be held accountable for individuals missing an event due to late packet pick-up or any other reason. There will be a \$5.00 charge for replacement of all lost bib numbers (including any bibs that are dropped under the stands that cannot be immediately retrieved).

Packet Pick-up Hours

Sunday	July 21	12:00 pm-6:00 pm
Monday	July 22	7:00 am-7:00 pm
Tuesday	July 23	7:00 am-7:00 pm
Wednesday	July 24	7:00 am-7:00 pm
Thursday	July 25	7:00 am-7:00 pm
Friday	July 26	7:00 am-5:00 pm
Saturday	July 27	7:00 am-2:00 pm
Sunday	July 28	7:00 am-2:00 pm

Opening Ceremony

The Opening Ceremony will be Tuesday, July 23, at 7 p.m., at Hornet Stadium.

Athletes, coaches and officials are invited to participate in the ceremony. Athletes, teams and regional coordinators will assemble on the East side of Hornet Stadium along Stadium Drive beginning at 6 p.m. Athletes will assemble by region, so please locate your region's sign. The parade of athletes will begin to move toward the track at approximately 6:40 p.m.

Spectators will be seated in the upper level of the West Stands (general admission), and the lower level of the West Stands will be reserved for athletes.

The daily or weekly ticket used for competition will be valid for the Opening Ceremony, and all attendees will need a ticket for entry into the stadium for the Opening Ceremony.

Photographer

The official meet photographer will be available to take competition and awards ceremony photographs. Information on ordering and purchasing photos will be available in the Expo Area.

Merchandise

Fine Designs will have unique, specially designed apparel for the JOTF Championships. The merchandise will be available onsite throughout the entire event. Memorabilia will include sweatshirts; long and short sleeve shirts and pants.

Event Check-In

Athletes must check in at the clerk area 45 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after check-in. Refer to the venue map to locate this area.

The check-in and clerking area for the running events will be located inside the fenced area just west of The Well, just north of the West Stands.

The check-in and clerking area for the field events will be located in the lawn behind The Well near the warm-up track.

Warm-up Area

The warm-up track, adjacent to Hornet Stadium, will be available for athlete use during competition hours. There will be no warm-up facilities for field events. **Parents/Coaches will not be allowed to access the warm-up/check-in location.** Credentialed coaches may watch the warm-up from a designated coaches box located on the west side of the warm-up track and may enter that area **ONLY** from the athlete entrance.

Athlete/Parent Re-unification

Athletes under the age of 11 will be held by officials following their events to be re-unified with their parent or guardian. Parent/guardians should meet their athletes immediately following their events. Athletes in running events on the track and jumping events in the main stadium should be met in the recovery area near the finish line. Athletes in throwing events can be met in the Athlete tent adjacent to the spectator area near the throwing events just west of the warm-up track.

Re-unification is done by recognition and confirmation from the athlete to the event official. Any concerns or special circumstances related to re-unification should be addressed to Meet Management prior to the athlete checking-in for their event.

Athletes age 11 and older will be allowed to leave the competition area and find their parent/guardian.

Implements

Meet management will provide starting blocks, batons for the relays and implements for the throwing events (shot, hammer, discus, javelin). Participants must use the implements provided for competition. Personal implements in the throwing events will not be allowed.

Javelin

The javelin throw will be conducted at the javelin area on the warm-up track adjacent to Hornet Stadium.

Spikes

A maximum of 7mm spike length may be used for all events with the exception of the high jump and javelin. Participants in the high jump and javelin may use spikes up to 9mm in length (pyramid spikes only; no needles or Christmas trees).

The maximum spike length allowed for running events and field events is listed below.

- 1/4" pyramid
- Christmas tree spikes are not allowed.

*spikes will be available for purchase



Practice Times

The competition facilities will be available for evening practice for up to 90 minutes after the last contested event, between the dates of Monday, July 22 to Saturday, July 27. Start times for evening practice are contingent upon the last scheduled event of the daily competition. If the daily schedule runs longer than scheduled, coaches and parents understand that they CANNOT use the facility while competition is being held. Meet Management reserves the right to revoke practice facility privileges as they see fit. Coaches and parents are responsible for ensuring that all trash is cleaned up.

Additionally, an open practice in the stadium will be available on Sunday, July 21, from 9-6 p.m.

Starting Heights

The starting heights for the high jump and the pole vault are listed in the chart below. Incremental increases shall be 5 cm in the high jump and 15 cm in the pole vault.

High Jump					
Age Division	Metric	Imperial	Age Division	Metric	Imperial
9 – 10 Girls	1.00m	3' 3"	9 – 10 Boys	1.00m	3' 3"
11 – 12 Girls	1.20m	3' 11"	11 – 12 Boys	1.20m	3' 11"
13 – 14 Girls	1.30m	4' 3"	13 – 14 Boys	1.45m	4' 9"
15 – 16 Girls	1.40m	4' 7"	15 – 16 Boys	1.60m	5' 3"
17 – 18 Women	1.45m	4' 9"	17 – 18 Men	1.70m	5' 7"
Pole Vault					
Age Division	Metric	Imperial	Age Division	Metric	Imperial
13 – 14 Girls	2.05m	6' 8"	13 – 14 Boys	2.45m	8' 0"
15 – 16 Girls	2.25m	7' 1"	15 – 16 Boys	3.20m	10' 6"
17 – 18 Women	2.65m	8' 8"	17 – 18 Men	3.80m	12' 6"

Pole Vault

Refer to USATF Rule 302.5(n). All competitors must provide their own vaulting poles. Participants in the Pole Vault competition will be weighed; all poles will be inspected for manufacturers' pole ratings and the maximum top hand hold position as determined by the manufacturer. **The competitors' weights must be at or below the manufacturers' pole ratings. NO EXCEPTIONS.** Poles will be impounded at the time of inspection. Meet management will not be responsible for any pole that is shipped to or impounded at the meet without a hard protective case.

Day	Time
Monday	10:00 a.m. - 4:00 p.m.
Tuesday	7:00 a.m. - 4:00 p.m.
Wednesday	7:00 a.m. - 4:00 p.m.
Thursday	7:00 a.m. - 4:00 p.m.
Friday	7:00 a.m. - 4:00 p.m.
Saturday	7:00 a.m. - 12:00 p.m.

Athletes may ship vaulting poles directly to Hornet Stadium:

Hornet Stadium
6000 J Street
Sacramento, CA 95819-6099
Attn: Athletic Facilities

****Shipping Note: In order to ensure that the poles can be located for the competition, the container must be clearly labeled with the athlete's name, age, gender and event day.***

Shipments should be scheduled to arrive no earlier than Monday, July 15.

There will NOT be poles available to rent on-site.

Protests

Protests relating to matters that develop during the conduct of the competition must be made to the Protest Referee at once and not later than 30 minutes after a result has been announced. This time period will be strictly enforced. There will be a \$100 cash submission fee required to file a protest. This fee will be refunded only if the protest is upheld. Only violations of the 2019 USATF Rules of Competition may be protested.

Judgment calls made by meet officials cannot be protested. Protests that do not meet the above criteria will not be accepted. Please note USATF Rule 119.4 when considering the use of video/photo footage for protests.

Coaches Boxes

Coaches Boxes (where applicable for the Pole Vault, High Jump, Shot Put, Discus, and Javelin) are accessible with Coaches credentials. Only coaches with approved background checks that have been issued coaches credentials will be allowed in the designated coaches box.

The coaches box for the Pole Vault will be located on the infield. All other coaches boxes will be outside of the field of play. Athletes will not be allowed to cross the track to talk to coaches or enter the coaches box on the infield.

Electronic equipment including cell phones, cameras, video, and tables are prohibited in the coaches box. Video recording must be done outside of these designated areas.

Awards

National Championship Medals and caps will be awarded for first through eighth place in each event.

Awards Presentations

Earning a national medal is an amazing accomplishment! As such, USATF and the organizing committee will recognize all award recipients in a formal ceremony (up to 90 minutes after the conclusion of each event). We encourage athletes, parents and coaches to schedule their return flights to accommodate the ceremonies.

Medals will not be distributed in advance of an event ceremony. Instructions for requesting a medal to be mailed will be provided onsite.

Medical Services

Athlete medical services will be provided. Medical personnel will be located in the Recovery Tent located at the southwest corner of the track and on the warm-up track to address injuries and other emergency medical issues.

Weather

Sacramento is typically dry and hot during the summer months. Temperatures can reach the 100's at times, so athletes, coaches, officials and attendees are encouraged to stay hydrated and take the appropriate measures to reduce exposure to the sun and heat.

While it can be warm during the day, night time temperatures can still dip into the 50's so please be prepared for cooler temperatures in the early mornings.

The chance of rain or thunderstorms is very small during the summer months. However, in the event of inclement weather or a disaster of any kind, as it is determined by the USATF, Sacramento State, the Sacramento State Police Department and/or the Sacramento LOC, the following plan has been established should it be necessary to evacuate Hornet Stadium Track & Field Complex:

All athletes that have checked in for competition will be escorted into the Broad Fieldhouse by competition officials. All meet and championship officials will be directed to the Meet Management complex in the Broad Fieldhouse. All fans, patrons, and non-competing athletes will be directed to return to their vehicles.

Sacramento State will adhere to the university's lightning policy, and all inclement weather possibilities will be closely monitored by Meet Management. Meet Management will update all participants and spectators by loudspeaker, internet and Twitter updates.

SACRAMENTO AREA INFORMATION

Things to do in Sacramento

The Sacramento Sports Commission, a Division of the Sacramento Convention & Visitors Bureau will staff an information table in the Expo Area inside The Well. Please visit the information booth for information on restaurants, shopping and attractions around campus and the city. Additionally, feel free to visit www.visitsacramento.com for more information.

Housing

A current list of hotels and rates are available on the Championships website or at www.sacsports.com.

Sacramento International Airport

Sacramento International Airport is 10 miles northwest of downtown Sacramento, in Sacramento County, California. For more information on the airport, including airport maps, please visit www.sacramento.aero/smf/.

Airport Shuttles

SuperShuttle

SuperShuttle provides on-demand van service at Sacramento International Airport. They provide service to Sacramento, Yolo, El Dorado, Placer, San Joaquin, Yuba, Butte, Solano, Sutter, and Nevada counties. Pickup areas for passengers are located in the ground transportation areas. SuperShuttle also offers lift-equipped van service to passengers with disabilities with at least 24 hours' notice.

SuperShuttle provides on-demand sedan service at Sacramento International Airport. Uniformed ExecuCar chauffeurs will take up to four passengers per vehicle. They provide service to Sacramento, Yolo, El Dorado, Placer, San Joaquin, Yuba, Butte, Solano, Sutter, and Nevada counties. Pickup areas for passengers are located in the ground transportation areas.

Phone: (800) 258.3826

Web: <http://supershuttle.com>

Paratransit

Paratransit offers airport transportation to registered disabled customers. To make a reservation, call (916) 429.2744 at least two business days in advance. Out-of-town visitors may use Paratransit if they are registered with a similar service in their home town.

Phone: (916) 429.2744

Web: <http://paratransit.org>

Hotel Shuttles

Some hotels do provide shuttle services, please check with your hotel for details.

Rental Cars

Rental car agencies located at the Sacramento International Airport include:

Enterprise
(800) 736.8227
www.enterprise.com

Advantage
(916) 924-5918
www.advantage.com

Alamo
(800) 327.9633
www.alamo.com

Avis
(916) 922.5601
www.avis.com

Budget
(800) 763.2999
www.budget.com

Hertz
(800) 654.3131
www.hertz.com

National
(800) 227.7366
www.nationalcar.com

Rental Car Agencies located off the airport property include:

Advance Rent a Car
(916) 442.1362
www.advancerents.com

Dollar Rent a Car
(866) 434.2226
<http://www.dollar.com>

Payless Car Rental
(916) 441-4488
www.paylesscar.com

Thrifty
(916) 285.0648
www.thrifty.com

Regional Transit

For information on Sacramento Regional Transit services, including bus service and light rail, please visit www.sacrt.com.

Driving Directions to Hornet Stadium

We encourage you to use your GPS devices to map your way around Sacramento. However, we are pleased to provide the following written directions to the competition venue:

From Sacramento International Airport

- Head South on I-5 to Sacramento
- Take exit 518 for US-50 E/CA-99 S
- Continue onto US-50 East
- Take exit 9 for State Route 16/Howe Ave. toward Power Inn Rd.
- Keep right for Cal State University Sacramento and merge onto Hornet Dr.
- Turn left onto College Town Dr.
- Turn right onto State University Dr.

From the South via CA 99

- Head North to Sacramento
- Take exit 298A for CA-99 W toward San Francisco/S Lake Tahoe/US-50 E/I-80 W/I-5
- Merge onto US-50E
- Take exit 9 for State Route 16/Howe Ave. toward Power Inn Rd.
- Keep right for Cal State University Sacramento and merge onto Hornet Dr.
- Turn left onto College Town Dr.
- Turn right onto State University Dr.

From the South via I-5

- Head North to Sacramento
- Take exit 518 to merge onto I-305 E/I-80BL E/US-50 E toward S Lake Tahoe
- Continue onto US-50E
- Take exit 9 for State Route 16/Howe Ave. toward Power Inn Rd.
- Keep right for Cal State University Sacramento and merge onto Hornet Dr.
- Turn left onto College Town Dr.
- Turn right onto State University Dr.

From the North via CA 99

- Head South to Sacramento
- Merge onto US-50E
- Take exit 518 for US-50 E/CA-99 S
- Continue onto US-50 East
- Take exit 9 for State Route 16/Howe Ave. toward Power Inn Rd.
- Keep right for Cal State University Sacramento and merge onto Hornet Dr.
- Turn left onto College Town Dr.
- Turn right onto State University Dr.