



Location: The Stile Athletics Field House (Click [here](#) for a campus map)
289 S. Union Street, Akron, OH 44325

Meet Director: Dave Fritz dfritz@uakron.edu

Facility: 300m Mondo Track
Six 42" lanes on oval, Eight 42" lanes on sprint straightaway
Dual Long/Triple Jump runways, High Jump/Pole Vault pits, Throws circles
1/4" pyramid spikes only
Locker rooms and showers are available

Entry Procedure: Online entries will be made at oh.milesplit.com
Please submit reasonable marks for the 2023 Indoor and Outdoor
season Entry instructions can be found on gozips.com
All MileSplit inquiries can be made to registration@milesplit.com
Entries will open one month prior to competition date.
Note: all entry marks will be published on accepted entry list

Entry Deadline: 5:00 pm, Wednesday, January 31st. Accepted entries will be posted by
5:00 pm, Thursday, February 15th.

Scratch Deadline: Friday, February 2nd . Email scratches to mike@finishtiming.com

Entry Limitations: Schools will be limited to 3 entries per event and 2 relays. There will be
no additions or changes done on the day of the meet.

Entry Fee: \$20 per individual athlete/ \$25 per relay, \$400 per team (boys and girls
are separate teams, limit 3 athletes in running events)

Note: This is a non-refundable entry fee. The entrant is responsible for
full payment regardless of the number of events actually competed in.
**All individuals and groups must pay online via oh.milesplit.com with a
credit card. Any entries not paid by deadline will be removed from
meet, and not allowed to compete.**

- Packet Pickup:** 8:30AM – 12:30PM Packet pickup will be just inside the door of the field house. All athletes and coaches must have a wrist band before entering into the track area.
- Waiver Form:** All waivers will be done online via MileSplit and must be accepted prior to beginning the entry process.
- Check-In:** All Runners MUST check in at the clerking table on the infield. Check in details will be available at registration. **Failure to declare will result in the athlete being scratched from the event.**
- Facility Policies:** Only $\frac{1}{4}$ " pyramid spikes will be allowed. Spikes will be checked at the clerking table and at the starting line or event site.
- Only athletic tape can be used for marking purposes. No chalk or any other types of adhesive (duct tape, masking tape) is permitted.
- No Food or Drink on field house track or turf.
- Parking:** **Parking is under new management, and parents and fans should expect to pay parking fees, or they will be ticketed.**
- Team Camps:** **will no longer be in the side gym, but will be on the infield turf. Only coaches and athletes with wristbands will be allowed on the track and turf.**
- Warmups:** **will take place in the designated warm-up area on the infield. No team camps are permitted in this space. Only athletes actively warm-up will be allowed. Cell phone use will not be allowed in the warmup area.**
- Other Notes:** The events will be run efficiently. It is the athlete's responsibility to be ready for the start of his/her race.
- Only blocks provided by the University of Akron can be used. Blocks will be set for the 60 and 60H, and 200 (to adjust block settings re-position pads only).
- Blocks for the 400m dash will be allowed in the first 2 heats. All remaining heats must use a standing start.
- Runners will be called to their marks as soon as the times of the previous heat are recorded. Runners should have their sweats off before that heat

is started and should position block pads immediately after the start of that race.

Field events will not be held for an athlete to compete in another event

The first two exchanges of the 4x200m relay will use international exchange zones. The final exchange will be a California (4x4) exchange

Order of Events * Tentative *

Running Events (10am Start, rolling schedule)

Girls followed by Boys (except 60m Hurdle Finals)

60m Hurdle Prelims

60m Dash Prelims

Girls 4x800m Relay

Boys 4x800m Relay

Boys 60m Hurdle Final

Girls 60m Hurdle Final

Girls 60m Dash Final

Boys 60m Dash Final

Girls 4x200m Relay

Boys 4x200m Relay

Girls 1600m (2 sections)

Boys 1600m (2 sections)

Girls 400m

Boys 400m

Girls 800m (2 sections)

Boys 800m (2 sections)

Girls 200m

Boys 200m

Girls 3200m

Boys 3200m

Girls 4x400m Relay

Boys 4x400m Relay

Field Events (10:00am start)

- 8:30 am** **Shot Put and Weight Throw weigh-ins over by the Children's Hospital Entrance**
- 10:00 am** Shot Put (Boys followed by Girls, 4 throws per athlete, no finals)
- 10:00 am** Weight Throw (Girls followed by Boys, 4 throws per athlete, no finals)
- 10:00 am** Pole Vault (Boys followed by Girls)
- 10:00 am** High Jump (Girls followed by Boys)
- 10:00 am** Long Jump Boys (east pit) and Girls (west pit) (4 jumps per athlete, no finals)
- Following:** Triple Jump (4 jumps per athlete, no finals)