Eligibility: **College Teams, Club Teams, Unattached Athletes:** The Firebird Finale is an NCAA approved Final Qualifying meet open to college teams, club teams and unattached athletes.

*Unattached or club athletes competing in an event with a qualification round may only compete in the preliminary round in order to maximize opportunities for collegiate athletes.*

Entry Deadline: **Wednesday, February 28th at 7:00PM.**

Entry Procedure: All meet entries will be done online via Direct Athletics.  
**Seed marks must be verifiable from the 2023-24 Indoor Track & Field Season.**  
If no seed is entered, the athlete will be entered as NT or NM.

Entry Limit: None. You may run more than one relay team.

Entry Fee: $300.00 Per Team ($600.00 Men & Women combined)  
Unattached Entries - $30.00  
**NEW – ALL CARTHAGE MEET ENTRY FEES WILL BE PAID ONLINE VIA DIRECT ATHLETICS!**

Scratches: Please email scratches to Josh Henry prior to meet day. Please, no additions after the entry deadline!

Info Packets: All meet information will be distributed electronically.

Track: 6-Lane, 200-meter Mondo surface. HJ / LJ/ TJ surface is same as track. Chalk only for field event marks - chalk will be provided at the event site.  
**NO FOOD OR DRINK ON TRACK LEVEL**

Spikes: ¼” length maximum. Pyramid spikes only.

Timing: Finish Lynx and NCAA rules will govern the meet.

Weigh-In: Throwing implements must be weighed in (at venue) between 2:15PM and 3:00PM. Any and all illegal implements will be impounded until completion of the event(s).

Live Results: A live results link will be shared with head coaches via email as well as posted on all official Carthage Track & Field social media accounts. Official results will be posted on our website, TFRRS, and Direct Athletics at the conclusion of meet.

Dressing Rooms: Available on the lower level of the TARC. Please provide your own towels and locks.

Trainers: Certified athletic training staff will be available throughout the meet.

Spectators: Are permitted. Entry fees will be charged as follows...  
**Adults: $5, Students/Seniors: $3, Carthage Parents & Students: Free**

Meet Director: Josh Henry, Men’s Track & Field Coach  
Cell: (262) 945-5735  
E-mail: jhenry2@carthage.edu
- FRIDAY, MARCH 1 -

SENIOR RECOGNITION – BEGINNING AT 2:00 PM

FIELD EVENTS - BEGINNING AT 3:15 PM

SHOT PUT (Men - North Ring, Women - South Ring)
LONG JUMP (Men – South Pit, Women – North Pit)
POLE VAULT (Men Followed by Women)
HIGH JUMP (Women Followed by Men)
TRIPLE JUMP (To Follow the Completion of the Long Jump)
WEIGHT THROW (To Follow the Completion of the Shot Put)

*Weight throw gender order TBD based on field sizes after entries close*
*9 Advance to Finals - Collegiate Athletes ONLY

RUNNING EVENTS - BEGINNING AT 3:30 PM

DISTANCE MEDLEY RELAY
55 METER HURDLE TRIAL (8 Fastest Collegiate Athletes Advance)
55 METER DASH TRIAL (8 Fastest Collegiate Athletes Advance)
5000 METER RUN
MILE RUN
55 METER HURDLE FINAL (Men Followed by Women – 2 Sections Each)
55 METER DASH FINAL (2 Sections Each)
400 METER DASH
800 METER RUN
200 METER DASH
3000 METER RUN
4 x 400 METER RELAY

*Fast Sections Will Run First.
*Women First, Followed by Men - Unless Stated Otherwise.
*The 55M/55H Finals Will be Run as 2 Heats of 4 Athletes Due to Pole Vault Interference.
*If there are 8 or less entries in the 55m or 55h, there will not be a preliminary round.
*The meet schedule is subject to change based on the meet entry numbers and will be communicated with registered participants after the entry deadline closes.
**Indoor Final Qualifying Meet Advancement Procedures**

**55 Meters and 55 Hurdles:**
8 fastest collegiate times will advance to the final round by time only (NCAA Rule 5-11.3b).

**Other races/relays (200m and up):**
Run as timed finals in sections

**Seeding/Lane Preference:**
All finals heats will be ordered fast to slow.
55m & 55H prelims will be random seeding unless a preliminary round is not deemed necessary due to field size. 55m/55h Finals:
2 Heats of 4: 5,6,4,7... (Seeding as per NCAA Rule 5-11.3b).
200m, 400m, 1600m Relay: 5,6,4,3,2,1 (Fastest heats to have 4 athletes).
800m and up: Hip numbers at random within each heat
Field flights will be ordered worst to best.

**Long Jump, Triple Jump, Shot Put, Weight Throw:**
Preliminary rounds will be contested in flights - 3 attempts will be allowed; top 9 collegiate marks will advance to the final round for 3 additional attempts

**Vertical Height Progressions:**

<table>
<thead>
<tr>
<th>Women’s PV</th>
<th>Men’s PV</th>
<th>Men’s HJ</th>
<th>Women’s HJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.93 (6th)</td>
<td>5.01 (5th)</td>
<td>2.11 (1st)</td>
<td>1.75 (t-1st)</td>
</tr>
<tr>
<td>3.88 (6th)</td>
<td>4.96 (8th)</td>
<td>2.08 (t-3rd)</td>
<td>1.72 (t-2nd)</td>
</tr>
<tr>
<td>3.83 (t-8th)</td>
<td>4.91 (t-11th)</td>
<td>2.05 (t-11th)</td>
<td>1.69 (t-9th)</td>
</tr>
<tr>
<td>3.78 (15th)</td>
<td>4.86 (t-18th)</td>
<td>2.02 (t-24th)</td>
<td>1.66 (t-23rd)</td>
</tr>
<tr>
<td>3.53 (42nd)</td>
<td>4.71 (t-27th)</td>
<td>1.97 (t-49th)</td>
<td>1.61</td>
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<tr>
<td>3.38</td>
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<tr>
<td>2.63</td>
<td>3.81</td>
<td>3.66</td>
<td></td>
</tr>
</tbody>
</table>

*NCAA Division III rankings are listed as of Monday, February 26th.*

*Men’s High Jump to increase by 3cm increments after 2.02m, or until one competitor remains.*

*Women’s High Jump to increase by 3cm increments after 1.66m, or until one competitor remains.*

*Men’s Pole Vault to increase by 5cm increments after 4.86m, or until one competitor remains.*

*Women’s Pole Vault to increase by 5cm increments after 3.78m, or until one competitor remains.*