

HOSTED BY BOWLING GREEN

FALCON EARLY BIRD OPEN

INDOOR TRACK & FIELD

SATURDAY, JANUARY 14TH



- Date/Time:** Saturday, January 14, 2023
12pm Field Events | 1pm Running Events
- Location:** Perry Fieldhouse, Bowling Green State University
801 N. Mercer Rd., Bowling Green, OH 43403
[BGSU Campus Map](#) | [Campus Information](#)
- Facility:** Mondo Super X (13.5mm) track with 6 lanes on the oval and 8 lanes in the straightaway. High jump area on the same Mondo Super X surface. Throwing rings are wood. Shower facilities are available but limited. No linens will be provided. BGSU is not responsible for lost or stolen items.
- Entry Fee:** \$300 per gender. Unattached athletes will be permitted at the discretion of meet management, but not charged. Please email inquiries to Coach Gildon at igildon@bgsu.edu.
- Entries:** All entries are made at [Direct Athletics](#).
- Deadline:** Entries will close Wednesday, January 11th at 9:00pm. No additions will be allowed after that point or on the day of competition.
- Scratches:** Scratches may be made until noon on Thursday by emailing Mike Chatfield at mike@finishtiming.com
- Warm-Up Area:** The turf building at Perry Fieldhouse will be available as a warm-up area for the meet. Hurdles will be provided in the warm-up area.
- Visiting Team Entry:** The visiting team will enter and exit the facility through the northeast corner of the turf room. The main entrance at the circle drive is not available. Buses and team vehicles should drop off and park by the northeast corner of the turf room in Lot 18.
- Restrictions:** This meet will be scored. Both men and women programs are welcome.
- Heat Sheets/Results:** You can view heat sheets &/or results at [Finish Timing](#) or on site at Perry Field House.

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Training Room: Bowling Green Sports Medicine will have a certified athletic trainer on site one hour prior to the start of the meet until all events are completed. Water will be provided in each team camp area. There will be emergency equipment in the athletic training room near the finish line. Each team is encouraged to bring their own training table to use within their team camp space. If there are any specific requests or questions please reach out to the Bowling Green track and field athletic trainer, Mackenzi Wellman at 757-376-3226 or wmacken@bgsu.edu. If your team is NOT traveling an athletic trainer to Bowling Green, please let Mackenzie know as soon as possible.

Team Camp: Team camps will be designated in the turf room.

Spikes: ONLY 1/4" or shorter spikes will be allowed. All spikes will be checked prior to running and field events. No pin or needle spikes, spike elements, or any other type of spike will be allowed



Implements: Implements will be certified in room 111 located in the turf room in Perry Fieldhouse from 10:00-11:45am.

Admission: Spectator admission will be \$5.00 for adults. BGSU Students and children younger than 10 are admitted free.

Questions: James Gildon, jgildon@bgsu.edu

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Tentative MEET SCHEDULE

Field Events

12:00pm Shot Put (M/W)
Weight Throw (W/M)

12:00pm High Jump (M/W)
Pole Vault (W/M)
Long Jump (W/M)

2:30pm Triple Jump (W/M)

Running Events (Women, followed by Men unless noted)

1:00pm 60m Hurdle (P)
1:25 60m (P)
1:45 Mile
2:05 400m
2:25 60m Hurdle (M/W) (F)
2:45 60m Dash (M/W) (F)
3:00 800m
3:20 200m
3:35 3,000m
4:00 4x400m Relay

*Subject to change based on entries

Updated on December 29, 2022