

University of Central Oklahoma
INDOOR OPEN
FEBRUARY 10, 2018
MOSIER INDOOR FACILITY ----- UNIVERSITY OF OKLAHOMA

- STARTING TIME: Field Events 11:00 a.m.
Running Events 9:30 a.m.
- ADMISSION: \$5.00 per person, \$3.00 K-12 and Seniors over 65
- INDOOR TRACK: The doors will open at 9:30 a.m. Please do not enter before that time.
- ENTRY FEE: \$250 per gender/\$500 per school. Teams with less than 15 athletes will pay \$200.00/gender. INDIVIDUAL OR UNATTACHED ENTRIES. \$20.00.
- ENTRIES: Entries will be through Direct Athletics beginning January 31st and ending **Wednesday, February 7th** at 7:00pm.
- DECLERATIONS: Final Declarations will be on Thursday February 8th by 7:00pm
NO ADDITIONS WILL BE ALLOWED AFTER FINAL DECARATIONS
- SPIKES: IMPORTANT SPIKE INFORMATION: ONLY PYRAMID OR NEEDLE SPIKES ARE ALLOWED OF ¼ INCH OR LESS. NO OTHER SPIKES WILL BE ALLOWED ON THE TRACK. NO CHRISTMASS TREE OR CORKSCREW SPIKES. SHOULD BE CHECKED UP ON ARRIVAL AND BEFORE THE START OF RACES. FAILURE TO ADHEAR TO THESE RULES WILL RESULT IN THE ATHLETE NOT BEING ALLOWED TO COMPETE.**
- CLERKS: CHECK – IN BEFORE EACH RACE WILL BE AT THE SOUTHESAST CORNER OF THE BUILDING **BY THE SPRINTS STARTING LINE. HIP NUMBERS WILL BE AT THIS LOCATION ALSO.**
- MEET INFO: ALL RACES WILL BE RUN AS HEATS AGAINST TIME EXCEPT FOR THE 60 HURDLES AND 60 DASH. THEY WILL BE RUN AS PRELIMS AND QUALIFY 12 TO THE FINALS FOR A TWO HEAT FINAL
- WEIGH IN: ALL IMPLIMENTS WILL BE WEIGHED AT THEIR COMPETITION SITE
- TIME SCHEDULE: THE TIME SCHEDULE IS TINTATIVE AND MAY BE CHANGED AFTER FINAL DECLERATIONS. **(EVENT LIMITS MAY BE SET DEPENDING ON ENTRIES)**
- MINIMUM MARKS: MINIMUM MARKS IN THE THROWING AND HORIZONTAL JUMPING EVENTS WILL BE IMPLEMENTED. ALL ATHLETES WILL GET THEIR FIRST ATTEMPT MEASURED AND THEN THE MINIMUM MARK MUST BE MET. THEY WILL BE BASED OFF OF ENTRIES, AND TEAMS WILL BE EMAILED THE MINIMUM MARKS PRIOR TO ARRIVAL. **THESE EVENTS WILL HAVE FOUR ATTEMPTS AND NO FINALS.**

OVAL RACES: THE FOLLOWING ENTRY GUIDELINES WILL ALSO BE IMPLEMENTED: 400M, 600Y, 800M – AN ATHLETE MAY BE ENTERED IN ONLY ONE OF THESE EVENTS. IF AN ATHLETE IS ENTERED IN MORE THAN ONE OF THESE EVENTS, THEY WILL BE SCRATCHED FROM THE EVENT(S) IN WHICH THEY RANK THE LOWEST AMONG ALL FINAL ENTRIES.

ATHLETIC TRAINER: Due to the fact that UCO is using the Mosier Indoor Facility at OU the modality options are limited. Athletic trainers will be available during the meet to administer first aid and ice. Tape or other modalities will not be available. If no athletic trainer travels with the team please bring your own athletic tape and any other necessary supplies needed for taping. Our athletic training staff can assist with necessary taping. The athletic trainers will have a table in the southeast corner of the Mosier Indoor Facility. Please contact our track specific athletic trainer Landre Oglesby at loglesby@uco.edu for more specific meet day athletic training information.

RESULTS/LIVE: RESULTS WILL BE AVAILABLE AT THE SITE OR AT www.bronchosports.com
LIVE RESULTS WILL BE AVAILABLE AT ucoliveresults.com

INFORMATION: Martha Brennan 715 307 2566 or Rylee Bellmon 806 202 1305.

REVISED

University of Central Oklahoma Open
Norman, Oklahoma

February 10, 2018

Do NOT enter the OU Track building until 7:00 AM

Pentathlon (Approximate):

| | |
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| 8:00 | 60 Hurdles |
| 8:45 | High Jump |
| 10:15 | Shot |
| 11:30 | Long Jump |
| 12:30 | 800 Meters |

Field Events:

| | |
|-------|---|
| 11:00 | Weight Throw (Men then Women) Shot (Men then Women) follows Women's Weight Throw |
| 11:00 | Pole Vault (Women then Men) |
| 12:00 | Long Jump (Women and Men) Triple Jump (Women then Men) follows Men's Long Jump |
| 12:30 | High Jump (Men then Women) |

Running Events:

Rolling time schedule in heats against time. Know the sequence of events.

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|-------|----------------------------------|
| 11:30 | 3000 (Slow Heat if needed) Women |
| | 3000 (Slow Heat if needed) Men |
| 12:00 | 1 Mile Women |
| | 1 Mile Men |
| | 60 Hurdles Trials Women |
| | 60 Hurdles Trials Men |
| | 60 Dash Trials Women |
| | 60 Dash Trials Men |
| | 600 Yards Women |
| | 600 Yards Men |
| | 60 Hurdles Final = 2 heats Women |
| | 60 Hurdles Final = 2 heats Men |
| | 60 Dash Final = 2 heats Women |
| | 60 Dash Final = 2 heats Men |
| | 400 Meters Women |
| | 400 Meters Men |
| | 800 Meters Women |
| | 800 Meters Men |
| | 200 Meters Women |
| | 200 Meters Men |
| | 3,000 Meters Women |
| | 3,000 Meters Men |
| | One Mile Relay Women |
| | One Mile Relay Men |