

Cornell University Track & Field



## **SOUTHERN TIER INVITE SATURDAY, JANUARY 13, 2024**

Please read through the following material carefully. For additional questions, please contact Kayla Evans at [kayla.evans@cornell.edu](mailto:kayla.evans@cornell.edu)

### **COLLEGIATE TEAM ENTRY INFORMATION**

**Eligibility:** This meet is open to all athletes that are currently eligible at your institution. See below for unattached/open entry information.

**Fee:** The team entry fee is \$400 per gender. Schools entering both men's and women's teams will pay \$800 total. The individual entry fee is \$30 per person.

**Payment:** All payments must be submitted online via credit card through DirectAthletics at the time you submit your entries.

### **UNATTACHED ATHLETES:**

1. Your entry fee (\$30) must be paid online through DirectAthletics, or your entry will not be processed into the meet.
2. Cornell meet management assumes no responsibility for how your participation as an unattached athlete in our meet may impact your eligibility as a high school or college athlete. It is your responsibility to know the rules and regulations of your state federation as well as how competing unattached may impact your eligibility.

### **ENTRY PROCEDURES:**

Meet entries will be managed through DirectAthletics. We will utilize Leone Timing for processing entries, timing, and posting of results.

**Entries will be due at NOON on Thursday, January 11, 2024.** No late additions are permitted after the entry deadline.

### **RELAY SEED TIMES:**

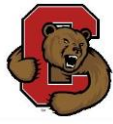
Please be as accurate as possible concerning your relay seed times. List times expected to be run with the athletes on each individual relay. Additional B and C relay teams will be accepted.

### **FIELD EVENTS:**

- Eight athletes will advance to finals.
- Opening heights and increments will be set after entries close.

### **DASH AND HURDLE EVENTS:**

Cornell will provide starting blocks. No other starting blocks may be used. Blocks are permitted for the first 3 heats of the 200m, 400m, and 500m events only. In the 60m dash and hurdle events, heat winners and next best times will advance to an 8-athlete final.



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### **SPIKES:**

**Spike length may not exceed 1/4 inch.**

### **RESULTS:**

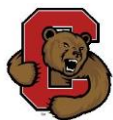
Live results will be posted following each race and field event. Full results will be published after the conclusion of the meet at the below websites:

<https://www.cornellbigred.com>

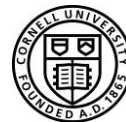
<http://www.leonetiming.com>

### **MEET SCHEDULE:**

A tentative meet schedule is listed below. Adjustments will be made and the final schedule emailed after entries have closed.



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## 2024 Southern Tier Invite Tentative Schedule

### **FIELD EVENTS**

11:00 AM	Men's Weight Throw Women's Weight Throw Men's Shot Put Women's Shot Put	followed by followed by followed by
12:00 PM	Men's Pole Vault Women's Pole Vault	followed by
12:00 PM	Men's Long Jump Triple Jump to follow	East Pit
12:00 PM	Women's Long Jump Triple Jump to follow	West Pit
1:00 PM	Women's High Jump Men's High Jump	followed by

### **TRACK EVENTS- Fastest Heats First**

12:30 PM	60m Hurdles– Men (Trials)
12:55 PM	60m Hurdles – Women (Trials)
1:15 PM	60m Dash– Men (Trials)
1:30 PM	60m Dash – Women (Trials)
1:45 PM	Mile Final - Men
1:55 PM	Mile Final – Women
2:05 PM	60m Hurdles Final – Women
2:10 PM	60m Hurdles Final – Men
2:15 PM	60m Dash Final – Men
2:20 PM	60m Dash Final – Women
2:25 PM	500 Meter Final - Men
2:40 PM	500 Meter Final – Women
2:55 PM	400 Meter Final – Men
3:10 PM	400 Meter Final – Women
3:25 PM	1000 Meter Final – Men
3:35 PM	1000 Meter Final – Women
3:45 PM	200 Meter Final – Men
4:05 PM	200 Meter Final – Women
4:25 PM	3000 Meters- Men
4:40 PM	3000 Meters-Women
4:55 PM	4x400 Final – Men
5:10 PM	4x400 Final – Women

**WE WILL RUN UP TO 10 MINUTES AHEAD WHEN POSSIBLE!!**