



3.22-23.19

FIELD EVENTS: 10:00 AM, RUNNING EVENTS: 11:00 AM



GENERAL MEET INFORMATION

FACILITY:

Jack Christiansen Track at Colorado State University in Fort Collins, Colorado (Elevation 5051 - altitude conversions for qualifying standards) which is a brand new NCAA and IAAF Certified Beynon 2000 Track! Located at the corner of Pitkin and College. If there is inclement weather, Glenn Morris Indoor Track, located directly north of the track, will be available for team camps and warm-ups. ¼" or shorter spikes are required.

ENTRY PROCEDURE:

Entries are open to collegiate teams. Unattached athletes affiliated with team may enter to compete. All entries will be taken through www.DirectAthletics.com. No entries will be accepted by email or phone. Entries will close on Wednesday, March 20, 2019 at 5:00 PM MST. Please email **scratches only** to John.Riese@colostate.edu by 12:00 Noon on Thursday, March 21, 2019. **No** additions or changes may be made at meet.

ENTRY FEE:

\$200/Gender

RULES:

NCAA rules will be used in all cases. Fully automatic timing system will be used.

SCORING:

This is a scored meet. There are no awards. Unattached athletes will be removed from results to determine scoring.

SCHEDULE:

The time schedule is tentative and could change based on entries. The meet may be run on a rolling schedule but will run no more than 15 minutes ahead of the final schedule, to be posted Thursday, March 21, 2019 on www.csurams.com.

WEIGH-INS:

Implement weigh-ins will take place under the press box only during the following times:

FRIDAY:

SATURDAY: 12:00PM – 2:00PM

CHECK-IN:

All competitors in track events should check-in with the clerk of course at table near the finish line 10 minutes prior to the start of the event. All field event athletes should check-in with the field event judge 30 minutes prior to the scheduled start of the event.

ADMISSION:

Admission is free to the public.

STARTING HEIGHTS:

Triple jump boards are at W-34' and M-40'. There will not be any other takeoff boards available. Bar progressions in the high jump and pole vault will be adjusted to hit Division I National marks. Opening minimum heights in the vertical jumps will be determined based on entries.

SUGGESTED:

High Jump: 1.83/1.88/1.93/1.98/2.03/2.08/2.11/2.14/2.17
 Women: 1.56/1.61/1.66/1.71/1.76/1.79/1.82/1.84/1.87
 Pole Vault: 4.27/4.42/4.57/4.72/4.87/5.02/5.17
 Women: 3.15/3.30/3.45/3.60/3.75/3.85/3.95/4.05/4.15

RESULTS:

Meet results will be available approximately 30 minutes after the last event. Results will be posted at www.csurams.com and at www.directathletics.com.

PARKING:

We will supply a limited number of passes for Friday competitors. Parking is enforced until 4 p.m. on weekdays. Spots are also available in "Pay to Park" Parking spots in the lot north of the track or street parking across College Ave. Parking Services does not enforce parking on Saturday's.

SHOWERS:

Showers are available at the Glenn Morris Indoor Track, north of the outdoor track. Please bring your own towel.

TRAINERS:

Colorado State University trainers will be available on the south side of the press box. For special requests, please contact: Anne Bradley at Anne.Bradley@colostate.edu.

For additional information, including meet cancellation and weather info, please call:

John Riese at (315) 480-8932 or John.Riese@colostate.edu

Meet official's information:

Andrew Epperson at (713) 206-9974 or Andrew.Epperson@colostate.edu

FOR ADDITIONAL INFORMATION

JOHN RIESE

Phone: (315) 480-8932

Email: John.Riese@colostate.edu

MEET CANCELLATION & WEATHER INFORMATION

JOHN RIESE

Phone: (315) 480-8932

Email: John.Riese@colostate.edu

MEET OFFICIAL'S & VOLUNTEER INFORMATION

ANDREW EPPERSON

Phone: (713) 206-9974

Email: Andrew.Epperson@colostate.edu

FIELD EVENTS

FRIDAY, MARCH 22ND

2:00 PM:

Men's Hammer Throw (Women to Follow)

*Start time depends on entries for hammer throw and multi competition but will be no earlier than 2 p.m.

SATURDAY, MARCH 23RD

Field Events - Top 8 collegiate athletes to Finals

10:00 AM Women's Shot Put

(followed by) Men's Shot Put

Men's Discus

(followed by) Women's Discus

11:00 AM Men's & Women's High Jump

Women's Pole Vault

(followed by) Men's Pole Vault

1:30 PM Men's & Women's Long Jump

After Disc: Women's Javelin

(followed by) Men's Javelin

After LJ: Men's & Women's Triple Jump

*TJ boards are W-11m/M-12.5m (We may decide to do a taped board if necessary...)

*Weigh-ins: 8:30am – 02:00pm on Saturday

*TJ will begin immediately after the completion of LJ

*Javelin will begin immediately after the completion of discus

RUNNING EVENTS

The time schedule is tentative and could change based on entries. The meet may be run on a rolling schedule but will run no more than 15 minutes ahead of the final schedule, to be posted Thursday, March 23, 2017 on www.csurams.com

10:45 AM National Anthem

11:00 AM Women's 5000m

11:20 AM Men's 5000m

11:40 AM Women's 400m Relay

11:45 AM Men's 400m Relay

11:50 AM Women's 1500m Run

12:00 PM Men's 1500m Run

12:15 PM Women's 100m Hurdles Prelims

12:30 PM Men's 110m Hurdles Prelims

12:45 PM Women's 100m Dash Prelims

12:55 PM Men's 100m Dash Prelims

1:05 PM Women's 400m Dash

1:20 PM Men's 400m Dash

1:40 PM Men's 110m Hurdle Finals

1:50 PM Women's 100m Hurdle Finals

2:00 PM Women's 100m Dash Finals

2:05 PM Men's 100m Dash Finals

2:10 PM Women's 800m Run

2:25 PM Men's 800m Run

2:45 PM Women's 400m Hurdles

3:05 PM Men's 400m Hurdles

3:25 PM Women's 200m Dash

3:45 PM Men's 200m Dash

4:05 PM Women's 4x400m Relay

4:15 PM Men's 4x400m Relay

*All events and times are subject to change depending on the number of athletes competing.

*Final schedule posted on day before meet will be a rolling schedule and will not run more than 15 minutes ahead.

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