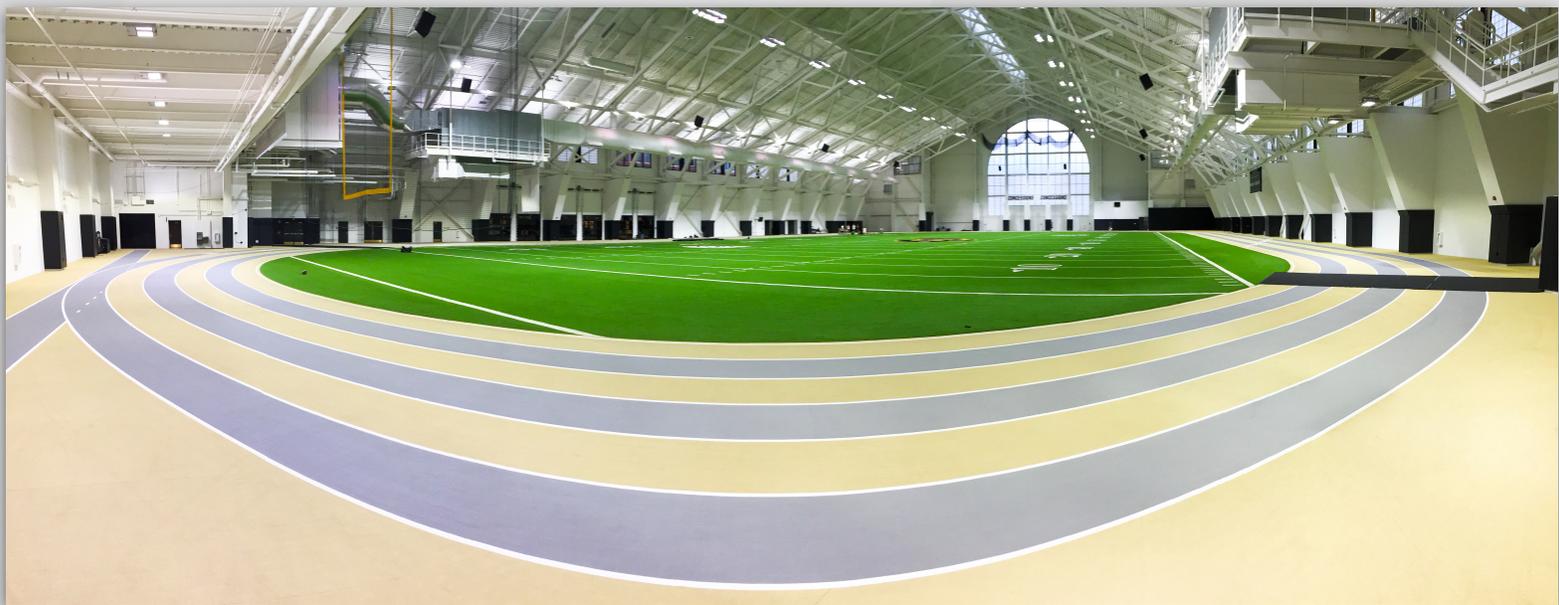


COLORADO INVITATIONAL



UNIVERSITY OF COLORADO TRACK AND FIELD

1/30-2/1/2020

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Thursday, January 30th

Multi Events

12:00pm	Women's Pentathlon 60M Hurdles
****	Women's Pentathlon High Jump
****	Women's Pentathlon Shot Put
****	Women's Pentathlon Long Jump
****	Women's Pentathlon 800M
12:15pm	Men's Heptathlon 60M
****	Men's Heptathlon Long Jump
****	Men's Heptathlon Shot Put
****	Men's Heptathlon High Jump

Field Events

11:00am	Women's Pole Vault	Final
	Men's Pole Vault to follow	Final

****Men's and women's multi events will start with their respective initial start time and the following events will start 30 minutes after the completion of the prior event.****

Live meet results posted at www.cubuffs.com/tracklive

Friday, January 31st

Multi Events

12:00pm	Men's Heptathlon 60M Hurdles
****	Men's Heptathlon Pole Vault
****	Men's Heptathlon 1000M

Field Events

11:00am	Women's Long Jump	Final
	Men's Long Jump to follow	Final
***	Women's Triple Jump (following the completion of Men's Long Jump)	Final
	Men's Triple Jump to follow	Final
1:00pm	Women's High Jump	Final
	Men's High Jump to follow	Final
3:00pm	Women's Weight Throw	Final
	Men's Weight to follow	Final

Running Events

7:30pm	Men's Mile****	Seeded Section (top 15)
7:40pm	Women's Mile	Seeded Section (top 15)
7:50pm	Men's DMR	
8:05pm	Women's DMR	

Saturday, February 1st

Field Events

11:00am	Women's Shot Put	Final
	Men's Shot Put to follow	Final

Running Events

11:00am	Men's 5000M	Final	***	Women's 400M	Final
***	Women's 5000M	Final	***	Men's 60M	Final
***	Men's 60M Hurdles	Prelim	***	Women's 60M	Final
***	Women's 60M Hurdles	Prelim	***	Men's 800M	Final
***	Men's 60M	Prelim	***	Women's 800M	Final
***	Women's 60M	Prelim	***	Men's 200M	Final
***	Men's Mile	Final	***	Women's 200M	Final
***	Women's Mile	Final	***	Men's 3000M	Final
***	Men's 60M Hurdles	Final	***	Women's 3000M	Final
***	Women's 60M Hurdles	Final	***	Men's 4x400M Relay	Final
***	Men's 400M	Final	***	Women's 4x400M Relay	Final

***Tentative schedule- This schedule is tentative and could be adjusted to accommodate entry variations or other unforeseen events. The final schedule will be posted after entries close and the meet is seeded.

Meet Information

- **Entries:** This meet is open to the invited teams and collegiate/open athletes of college age or above. Collegiate/open entries must meet or exceed the entry standards listed below. The invited/guaranteed schools are as follows; Air Force Academy, Colorado State, Northern Colorado, Wyoming. The invited schools are not subject to the entry standard restrictions. Accepted entries will be posted on January 29th. Late entries will be assessed an additional fee of \$25 per entry and accepted no later than January 29th.
- **Entry Process:** Entries will be accepted through www.DirectAthletics.com until 11:59pm, January 27th, 2020. All entry marks must be official and verifiable via TFRRS or other national database between the dates of January 1, 2019 and January 27th, 2020.

Entry Standards (open/collegiate athletes only)

	MEN	WOMEN
60M	6.80	7.50
200M	21.20	23.80
400M	47.20	54.30
800M	1:50.50	2:08.50
MILE	4:04.00	4:44.00
3K	8:05.00	9:25.00
60MH	8.00	8.40
4X4	3:12.00	3:42.00
DM	10:10.00	11:30.00
HJ	2.10	1.75
PV	5.10	4.00
LJ	7.40	6.00
TJ	15.30	12.50
SP	17.50	15.30
WT	19.30	19.30

- **Check-in:** Athlete check-in will take place at each event location for field events and at the Clerk's Table in the northwest corner of the track for running events. Check in at least 30 minutes prior to the start of the event.
- **Start Lists:** Start lists will be posted on January 30th. There will be a scratch period following the posting of entries.
- **Red-shirt Athletes:** Coaches may enter their red-shirt athletes through www.DirectAthletics.com.
- **Entry Fee:** The entry fee is \$10 per event with a \$200 maximum charge per team (men and women separate). Cash, check or credit card accepted at check-in located in the ticket office lobby near the entrance to the track.

Meet Information

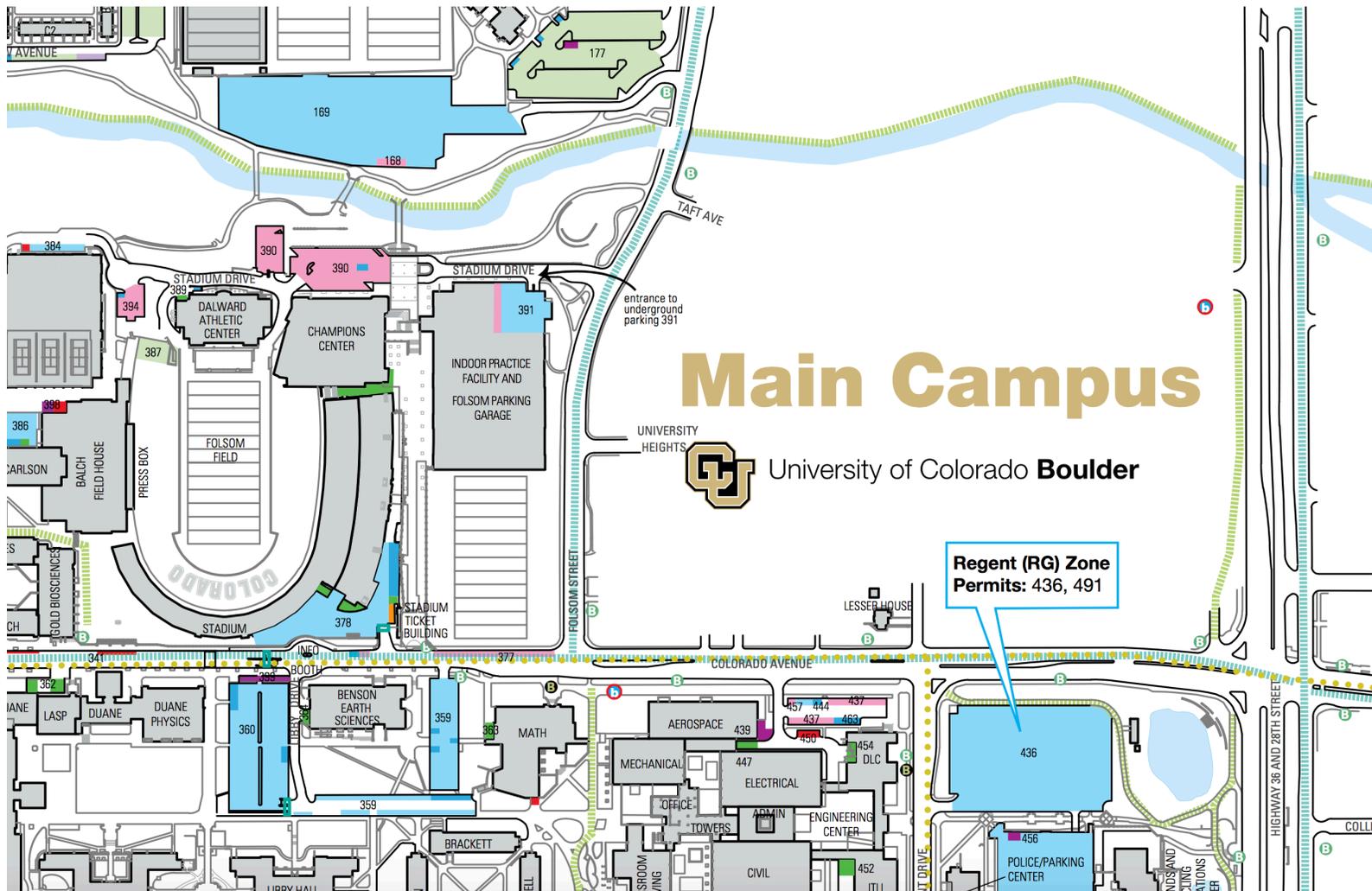
- **Admission Fee:** Spectators will be charged for admission to the meet as follows; Thursday is free, \$5 Friday and \$8 Saturday. Spectators are encouraged to pick up a seating map near the entry. Admission is free with a BuffOne Card.
- **Schedule:** The attached schedule is tentative and will be adjusted based on entries. The final schedule will be posted after entries close and the meet is seeded.
- **60M and 60M Hurdle qualifying procedure:** If numbers permit, a prelim will be run in both the 60M and 60M Hurdle races. Qualifying for finals will consist of heat winners followed by the next fastest times.
- **NCAA Rules:** This is an NCAA meet and will follow NCAA rules accordingly.
- **Spikes:** Athletes will be allowed to use **1/4" pyramid spikes only**. Spikes will be inspected at check-in.
- **Implement Inspection:** On Thursday, Friday and Saturday implements will be certified in the IPF at the Check-In/Clerk's Table located near the 60m start as early as 75 minutes prior to the start of the event. Implement inspection will remain available throughout the competition.
- **Starting Heights and Progression:**
 - Women's High Jump starting height will be 1.43m and initially raised in 5cm increments.
 - Men's High Jump starting height will be 1.79m and initially raised in 5cm increments.
 - Women's Pole Vault starting height will be 3.05m and initially raised in 15cm increments.
 - Men's Pole Vault starting height will be 4.10m and initially raised in 15cm increments.
- **Results:** Final results will be posted online through www.DirectAthletics.com, www.TFRRS.org and at www.cubuffs.com. Live results will be posted at www.cubuffs.com/tracklive.

Facility Information

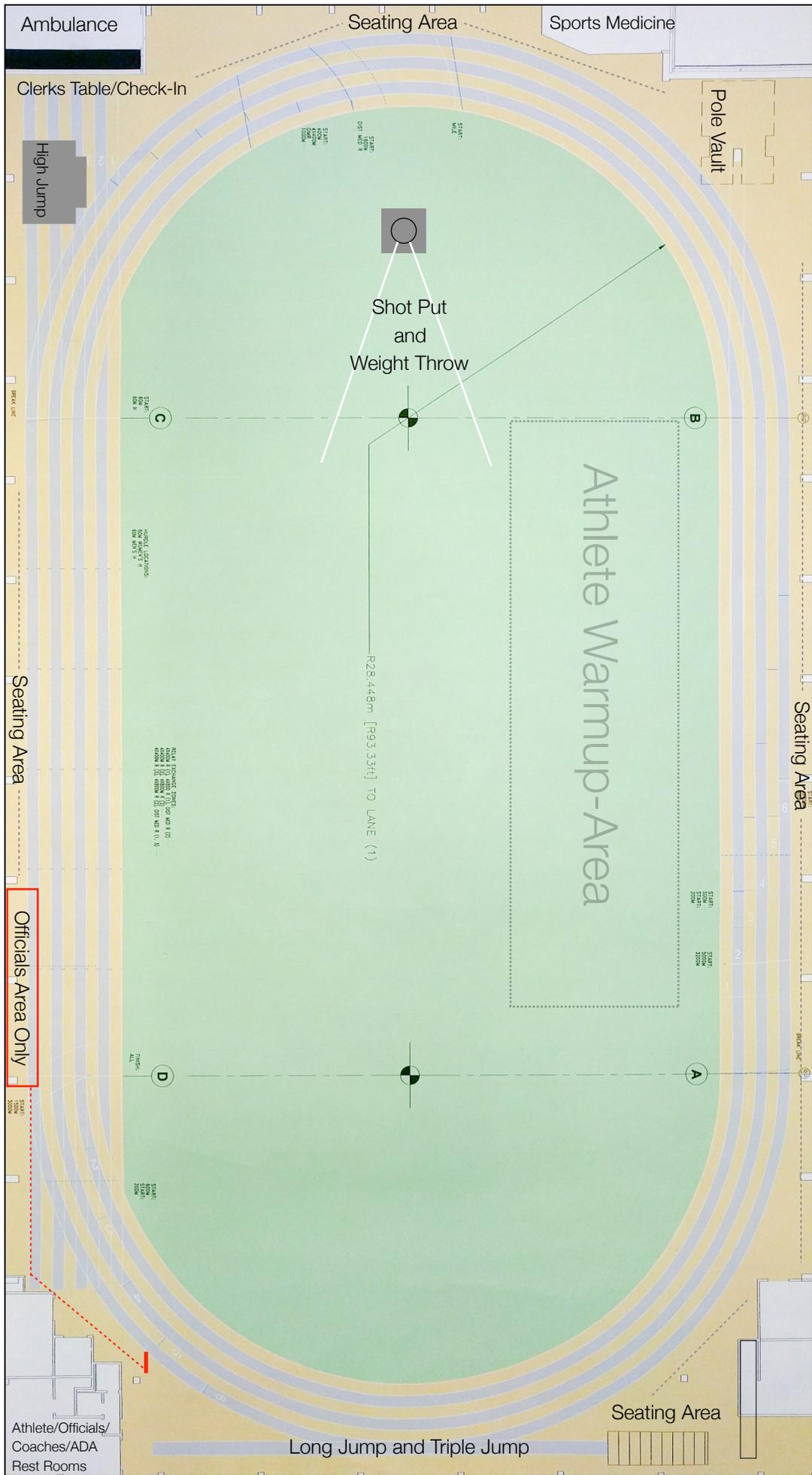


- **Facility:** The Indoor Practice Facility houses a Mondo 300m six lane oval with an eight lane sprint straight. There is a 42.59m long jump runway and a 40m triple jump runway. There will be taped boards for the triple jump placed at 10m and 12m. The pole vault area is located in the northeast corner of the IPF which includes a 60m+ runway and is surrounded by padded walls.
- **Entrance:** The entrance to the IPF will be located near the northwest corner of the facility through the ticket office. The elevator from the parking garage will take you to the ticket office on level 1.
- **Warm-up Areas:** Located 200m from the IPF, Balch Fieldhouse will be the primary warm-up facility. Starting blocks and hurdles will be available. Restrooms will be available. A live audio feed from the competition will be streamed through the Balch Fieldhouse PA system. On Saturday, warm-up on the track in the IPF will be limited to the next event on the track. Warm-up on the infield of the IPF will be permitted for the throwing event athletes competing on the infield and athletes competing within **45 minutes**. Warm-up for the 60M and 60M Hurdles may also take place on the backstretch where additional hurdles will be available. Please use the designated section of the infield only for warm ups.
- **Sports Medicine:** Our sports medicine staff will be on-site and located near the finish line and in the north equipment shed (see map). For additional information or specific requests please contact Assistant Track and Field Athletic Trainer, Kim Detwiler at Kim.Detwiler@colorado.edu.
- **Team Camps:** Seating will be very limited in the IPF and we ask that you conserve space as much as possible with your team camps. No team camps will be permitted on the infield. Recommended team camp space will be provided in the Dal Ward Athletic Center Touch Down Club. A live feed of the meet will be broadcast on the TV's located in the Touch Down Club. Food and drinks are permitted in Dal Ward.
- **Seating:** Bleacher seating and standing room will be available around the perimeter of the track. The infield will be closed to all spectators and competitors except those immediately competing in the shot put or warming up for an event within 45 minutes of their start time.
- **Food and Drink:** No food or drink will be allowed in the IPF with the exception of water. Water coolers will be provided around the facility and you will be required to provide your own water bottle or cup.
- **Clear Bag Policy:** Spectators are restricted to all Clear Bag Policy rules and regulations (see info page 8). Athletes and coaches are not restricted to the clear bag policy but will be subject to a bag check at the entrance to the IPF.

Directions and Parking



- The new Indoor Practice Facility (IPF) is located near the intersection of Folsom St. and Stadium Drive.
- Parking is located below the IPF, on parking level 1, for a fee at all times. You can pay for parking via the kiosks or the [ParkMobile App](#) lot code 6339. There is additional parking available on Saturday for free in lot 169. Parking in lot 390 on the north side of the Champions Center is reserved for patients entering the CU Medical Center.
- Team parking: Busses may drop-off at the main entrance to the IPF located on the northwest side of the building. Bus staging will be located in the loading dock area north of the Coors Event Center loading dock on Friday and in lot 169 on Saturday. Teams will be provided with two parking passes on Thursday and Friday for the IPF parking garage. Parking passes will be provided in your team packet.



Ticket Office Lobby
(access to parking garage)
Entry →

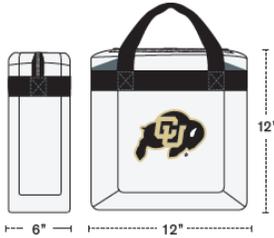
Officials Area Only

Athlete/Officials/
Coaches/ADA
Rest Rooms

RESTRICTIONS

CU CLEAR BAG POLICY

PERMITTED BAGS

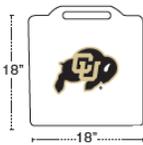


CLEAR BAGS
No larger than 12" x 6" x 12"



SMALL CLUTCH BAGS
No larger than 4.5" x 6.5"

PLASTIC STORAGE BAG
1-Gallon resealable, clear



SEAT CUSHION AND SEAT CUSHION WITH BACK
No pockets or zippers
18" or less in width

PROHIBITED BAGS



BACKPACKS
Solid or Clear



LARGE PURSE



OVERSIZED TOTE BAG



MESH BAG
Reusable Grocery Bag



DRAWSTRING BAG
Solid (Clear Permitted)



**CAMERA BAG
BINOCULAR CASE**



DIAPER BAG



PRINTED PLASTIC BAG



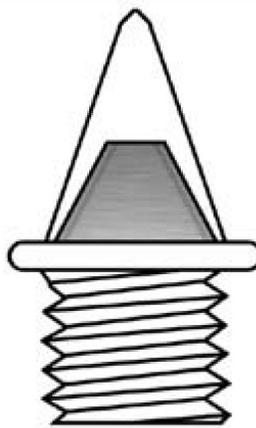
FANNY PACK

For a complete list of PROHIBITED and PERMITTED items, go to:
www.CUBuffs.com/BECLEAR

*Medical bags are permitted
and subject to a thorough inspection.*



**NO CHRISTMAS
TREE SPIKES**



**1/4 INCH
PYRAMID SPIKES
ONLY**



**NO NEEDLE
SPIKES**