



# AIR FORCE INVITATIONAL

## Indoor Track & Field Meet

Thursday-Saturday, January 16-18, 2020

U.S. AIR FORCE ACADEMY

Cadet Field House

### ADVANCE INFORMATION

#### FACILITY

Cadet Field House at the US Air Force Academy (elevation: 7048'). 6 laps/mile (268m) *Proturf* polyurethane surface; eight (8) 42" lanes on the straight, six (6) 36" lanes on the oval. See NCAA website for 2020 conversions of qualifying standards, which include indexing for both altitude and track size. **(NOTE: 1/4" or shorter spikes are required for all track events, horizontal jumps and pole vault, and will be checked. High Jumpers may use 3/8" spikes).**

High jump apron, Horizontal jump and pole vault runways are also polyurethane surfaces manufactured by *APS Tartan*. The (2) horizontal jump runways and the pole vault runways are raised.

We have new *Polanik* throwing rings mounted on plywood surface with textured paint top surface.

#### TEAMS

The following NCAA Division I teams have tentatively indicated they will participate: Air Force, BYU, Colorado, Colorado State, Northern Colorado and Wyoming.

#### RULES

NCAA rules will be used in all cases. This meet is open only to collegiate teams and specially invited post-collegiate individuals. Fully Automatic timing (*FinishLynx*) will be used for all races.

#### SCORING

All participating collegiate institutions will be scored in one Division. Scoring will be through 8 places per NCAA Rule 7.1.2, i.e., 10 points for 1<sup>st</sup> place, 8 points for 2<sup>nd</sup>, 6 for 3<sup>rd</sup>, 5 for 4<sup>th</sup>, 4 for 5<sup>th</sup>, 3 for 6<sup>th</sup>, 2 for 7<sup>th</sup> and 1 for 8<sup>th</sup>. All events will be included in team scoring. Post collegiate and open competitors will not count in scoring.

#### ACCESS / SECURITY

Please enter USAFA at the North Entrance (I-25, exit 156) only. Every individual entering the base must be prepared to show a picture ID to the guard at the gate and designate their destination as the Cadet Field House for indoor track meet. Each person should have picture ID with them at all times (except during their competition).

#### AWARDS

Distinctive Watches will be awarded to the collegiate event winners, including all 4 members of winning relay teams. Post-collegiate competitors are not eligible to receive awards.

#### ADMISSION

Admission is free to the public on Friday. On Saturday, admission is free to the public up until 12:00 noon. Because the Air Force Men's Basketball team will be playing a game vs. CSU in Clune Arena (adjacent to indoor track) beginning at 2:00 p.m., spectators arriving after 12:00 noon will be required to pay General Admission being charged to enter Basketball game.

#### DRESSING FACILITY

Dressing room with showers is available in Cadet Gym only if arranged by Wednesday, January 15. Bring your own towels.

#### TRAINERS

Air Force Academy athletic trainers will be stationed in an auxiliary training room on the track level (near SE stairwell/women's restroom). Your trainers may set up in this facility as well.

## ENTRY INFORMATION

### ENTRY PROCEDURE

All entries will be submitted online through [www.DirectAthletics.com](http://www.DirectAthletics.com). You will be assigned a secure account for your team(s). Your username and password will be given to you when you enter the site and click to create a new team account.

### ENTRY RESTRICTIONS

There are no institutional entry limits.

Please use the following guidelines for entering your athletes in the field events:

- a. High Jump:
  - i. Women's *starting height* will be 1.55m (5'1") and be raised initially in 5cm increments.
  - ii. Men's *starting height* will be 1.85m (6'0¾") and be raised initially in 5cm increments.
- b. Pole Vault:
  - i. Women's *starting height* will be 3.35m (10'11¾") and be raised initially in 15cm increments.
  - ii. Men's *starting height* will be 4.45m (14'7¼") and be raised initially in 15cm increments.
- c. Men's Triple Jump—take-off board is 42'0" from pit; **NO secondary ("taped") board will be used.**
- d. Women's Triple Jump—take-off board is 34'0" from pit; **NO secondary ("taped") board will be used.**

### ENTRY DEADLINE

Entries must be received by 11:59 pm MT on **Tuesday, January 14**. No entries will be accepted by phone (except post-collegians—see below).

Any entry **changes** (additions, substitutions, change of event) the day of the meet will be allowed only on a space-available basis, and will be charged a **\$20.00 late entry fee**.

### ENTRY FEE

\$15.00 entry fee per individual or max of \$450.00 entry fee per gender (\$900.00 for both men's and women's teams). Entry fee may be paid on packet pick-up, if not already paid via [www.directathletics.com](http://www.directathletics.com). Make check payable to **AFAAC**.

### COMBINED EVENT ENTRY PROCEDURE

Entry procedures for the Men's Heptathlon (Thursday-Friday) and Women's Pentathlon (Thursday) will be exactly the same as your entry for all other events.

### OPEN ATHLETES

Post-graduate *open* or *unattached* athletes may compete only if they have met USATF Indoor Championship qualifying standards in either of the past 2 seasons.

Open or unattached competitors who are post-collegians can register ONLY by calling Ralph Lindeman, (719) 333-2173.

## TECHNICAL INFORMATION

### WEIGH-IN'S

Weigh-in's will be done at the equipment room door (about 20m from the throwing ring). All implements must be weighed in and marked prior to the start of warm-ups for the specific event, i.e., NLT 15' prior to the event start.

### ACCESS

Every participant will be issued a **wrist band** which will allow them access to the track and field-level. Each team will also be issued a reasonable number of color-coded wrist bands for coaches, trainers and managers. Coaches will not be allowed on the infield in the field event areas.

## WARM-UP

Early warm-up (jogging & stretching) can be done on the upper concourse, i.e., around the hockey and basketball arenas, or outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the *FieldTurf* surface. Competitors will be allowed at their field event area 60' prior to competition for the initial event of the day at that location, or 30' prior if the event follows a previous one. Please help us keep non-competitors out of the warm-up area and off the backstretch, where it can become quite crowded.

## CHECK-IN

Competitors in track events should check-in to the Clerk Table at the East end of the infield NLT 10 minutes before the start of their event. Field event competitors should check-in to their event judge 30 minutes prior to the scheduled start of their event.

## QUALIFYING, ADVANCEMENT PROCEDURES

60 meters and 60m Hurdles will have qualifying round on Friday, semi-finals and final on Saturday. From the qualifying round, heat winners and next fastest will advance to a 2-section semi-final round. From the semi-finals, top 2 in each heat + next 4 fastest will advance to final.

The 200 and 400 meters will have qualifying rounds on Friday, from which the competitors with the top 8 times will advance to Saturday's 2-section Final.

The 800 meters, Mile, and Mile Relay will be run in sections. Events run in sections will be seeded by submitted times, with the fastest competitors seeded into latter sections. Please call Ryan Cole, AF's distance coach, 989-750-2523, to request special consideration re: seeding.

## STARTING HEIGHTS / BAR RAISE PROGRESSIONS

- a. High Jump:
  - i. Women's *starting height* will be 1.55m (5'1") and be raised initially in 5cm increments..
  - ii. Men's *starting height* will be 1.85m (6'0¾") and be raised initially in 5cm increments.
- b. Pole Vault:
  - i. Women's *starting height* will be 3.35m (10'11¾") and be raised initially in 15cm increments.
  - ii. Men's *starting height* will be 4.45m (14'7¼") and be raised initially in 15cm increments.

## HORIZONTAL JUMPS / THROWS PROCEDURES

Men's Triple Jump take-off board is 42'0" from pit; NO secondary ("taped") board will be used.

Women's Triple Jump—take-off board is 34'0" from pit; NO secondary ("taped") board will be used.

Minimum measurement marks ("hog lines") will be utilized IF field sizes exceed 32 jumpers or throwers. If hog lines are used, each jumper's or thrower's 1<sup>st</sup> legal effort will be measured and recorded and subsequent jumps or throw's measurement will be subject to the minimum distance requirement.

In both the horizontal jumps and throws, the 9 competitors with the longest efforts from 3 preliminary jumps or throws will advance to the finals for 3 additional efforts.

For throwing events, there will be a 20 minute general warm-up in the competition ring for all competitors in that event. There will then be an additional 10 minute warm-up before each subsequent flight. In the case of large field sizes, please utilize the ring situated in the corner netting at the NE corner of the indoor track for additional warm-up throws.

We will be using *EagleEye* camera systems to assist our officials in calling fouls on both horizontal jump take-off boards and in the throwing ring.

## RESULTS

Results of each event will be posted on the bulletin board in the SW corner of the Field House (track-level). "Live Results" will be available—you'll be given the website in "Coaches' Final Notes." Final results will be uploaded to [www.TFRRS.com](http://www.TFRRS.com) within an hour of the conclusion of the competition.



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### MEET RECORDS

#### MEN

<u>Event</u>	<u>Record</u>	<u>Holder, Affiliation</u>	<u>Year</u>
60 meters	6.63	Kenneth Andam, BYU	2000
200 meters	20.51	Josephus Howard, Texas Tech	1998
400 meters	46.07	Kevin Little, <i>US West TC</i>	1996
800 meters	1:48.33	Einars Tupiritis, Wichita State	1997
Mile Run	4:09.19	Patrick Corona, Air Force	2016
3000 meters	8:31.71	Craig Dixon, <i>Reebok TC</i>	1994
5000 meters	14:33.46	Richard Kosgei, Barton Country CC	1994
60 Hurdles	7.58	Ron Bramlett, Alabama	2002
Mile Relay	3:13.03	Texas Tech	1998
Distance Medley	10:12.08	Colorado	2001
High Jump	7'7¼" (tie)	Mark Boswell, Texas & Matt Hemingway, <i>USWTC</i>	2000
Pole Vault	18'6½"	Cale Simmons, USAF-WCAP & Mike Arnold, un	2016
Long Jump	26'3½"	Miguel Pate, Alabama	2002
Triple Jump	53'7"	Quincy Howe, Wyoming	2002
Shot Put	68'5¼"	C.J. Hunter, <i>US West TC</i>	1994
Weight Throw	72'6¼"	Kevin Mannon, unat, Laramie, WY	2000
Heptathlon	5621	Chase Dalton, BYU	2014

#### WOMEN

<u>Event</u>	<u>Record</u>	<u>Holder, Affiliation</u>	<u>Year</u>
60 meters	7.13	Philomene Mensah, Canada	2000
200 meters	23.57	Aspen Burkett, Illinois	1996
400 meters	52.88	Jessica Fox, Wyoming	2004
800 meters	2:09.56	Violah Lagat, <i>adidas</i>	2014
Mile Run	4:49.98	Laura Thweatt, Boulder TC	2014
3000 meters	9:41.78	Laura Thweatt, Boulder TC	2014
5000 meters	17:31.56	Kim Bosen, Adams State	2000
60 Hurdles	8.04c	Trecia Roberts, Joe Gentry TT	1997
Mile Relay	3:41.25	Wyoming	2004
Distance Medley	12:01.29	Colorado	2002
High Jump	6'4¾"	Ada Robinson, BYU	2011
Pole Vault	15'1¾"	Jenn Suhr, <i>adidas</i>	2014
Long Jump	22'3½"	Janay DeLoach, <i>Nike</i>	2013
Triple Jump	42'1½"	Colleen Gillies, Auburn	1997
Shot Put	60'9¼"	Jesseca Cross, unat, Laramie, WY	2000
Weight Throw	75'8¼"	Dawn Ellerbe, NYAC	2000
Pentathlon	4190	Erica Bougard, Mississippi State	2013



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### SCHEDULE OF EVENTS

#### Thursday, January 16

##### HEPTATHLON / PENTATHLON

1:00 pm	Men's	60 meters	Heptathlon
1:15 pm	Women's	60m Hurdles	Pentathlon
~1:35 pm	Men's	Long Jump	Heptathlon
~1:55 pm	Women's	High Jump	Pentathlon
~2:35 pm	Men's	Shot Put	Heptathlon
~3:35 pm	Men's	High Jump	Heptathlon
~4:15 pm	Women's	Shot Put	Pentathlon
~5:15 pm	Women's	Long Jump	Pentathlon
~6:30 pm	Women's	800 meters	Pentathlon

#### Friday, January 17

##### HEPTATHLON

10:00 am	Men's	60m Hurdles	Heptathlon
~10:45 am	Men's	Pole Vault	Heptathlon
30' after Hept PV	Men's	1000 meters	Heptathlon

##### FIELD EVENTS

12:00 pm	Men's	35# Weight Throw	Trials & Final
12:00 pm	Women's	Long Jump	Trials & Final
2:00 pm	Men's	Long Jump	Trials & Final
2:00 pm	Women's	20# Weight Throw	Trials & Final

##### TRACK EVENTS

1:45 pm	Women's	60m Hurdles	Qualifying
2:00 pm	Men's	60m High Hurdles	Qualifying
2:15 pm	Women's	60 meters	Qualifying
2:30 pm	Men's	60 meters	Qualifying
2:45 pm	Women's	400 meters	Qualifying
3:00 pm	Men's	400 meters	Qualifying
3:40 pm	Women's	200 meters	Qualifying
4:05 pm	Men's	200 meters	Qualifying

#### Saturday, January 18

##### FIELD EVENTS

11:00 am	Women's	Pole Vault	Final
11:00 am	Men's	Shot Put	Trials & Final
11:00 am	Men's	High Jump	Final
11:00 am	Women's	Triple Jump	Trials & Final
1:30 pm	Men's	Triple Jump	Trials & Final
1:30 pm	Women's	Shot Put	Trials & Final
2:00 pm	Men's	Pole Vault	Final
2:00 pm	Women's	High Jump	Final

##### TRACK EVENTS

1:00 pm	Women's	60m Hurdles	Semi-Final
1:10 pm	Men's	60m Hurdles	Semi-Final
1:20 pm	Women's	60 meters	Semi-Final
1:30 pm	Men's	60 meters	Semi-Final
1:40 pm	Women's	Mile Run	Final
1:55 pm	Men's	Mile Run	Final
2:10 pm	Women's	60m Hurdles	Final
2:20 pm	Men's	60m Hurdles	Final
2:30 pm	Women's	400 meters	2-Section Final
2:40 pm	Men's	400 meters	2-Section Final
2:50 pm	Women's	60 meters	Final
2:55 pm	Men's	60 meters	Final
3:00 pm	Women's	800 meters	Final
3:10 pm	Men's	800 meters	Final
3:20 pm	Women's	200 meters	2-Section Final
3:25 pm	Men's	200 meters	2-Section Final
3:30 pm	Women's	3000 meters	Final
3:45 pm	Men's	3000 meters	Final
4:00 pm	Women's	Mile Relay	Section(s)
4:15 pm	Men's	Mile Relay	Section(s)