



AIR FORCE TEAM CHALLENGE

Indoor Track & Field Meet

Air Force, Long Beach State, Utah Valley, Wichita State

U.S. AIR FORCE ACADEMY / *Cadet Field House*

Friday, February 7, 2020



ADVANCE INFORMATION

TEAMS

This scoring meet is limited to 4 invited NCAA Division I men's and women's teams who will compete in a quadrangular competition—**Air Force, Long Beach State, Utah Valley and Wichita State.**

SCORING

This is a scoring competition. The meet will be scored as a Quadrangular meet per NCAA Track & Field Rulebook, # 7.1.1).

FACILITY

Cadet Field House at the US Air Force Academy (elevation: 7048'); 6 laps/mile (268m) *Proturf* polyurethane surface; eight (8) lanes on the straight, six (6) lanes on the oval. High jump, horizontal jumps and pole vault runways are all polyurethane; pole vault and two horizontal jump runways are "raised". New *Polanik* throwing ring is mounted on plywood with textured paint top surface.

PRACTICE

Cadet Field House will be open to your athletes for practice on Thursday evening and Friday morning.

DRESSING FACILITY

Dressing room /showers available if arranged in advance NLT Wednesday, February 5. Bring your own locks & towels.

TRAINERS

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

ENTRY INFORMATION

ENTRY PROCEDURE

All entries will be managed online. Log on to www.directathletics.com and click on "entering as a team." No faxed or e-mailed entries will be accepted. There are no entry fees.

ENTRY LIMITATIONS

NOTE: No entry limits per team or per event. Please do not use any entry marks besides those entered in TFRS. In the Mile Relay, we will allow "B" teams, but NO "C" teams. No open or unattached entries will be permitted in the meet.

ENTRY DEADLINE

Entries must be received by 11:59 pm MST on **Wednesday, February 5**. After that date and time, please make any changes, corrections or substitutions in your entries by e-mailing ralph.lindeman@usafa.edu anytime prior to Friday, or reporting such to Head Scorer, Jim Chapman, on your arrival at the Field House on Friday.

TECHNICAL INFORMATION

RULES

NCAA rules will be used in all cases.

LOGISTICS

Check-in at the East doors to *Cadet Field House* on your arrival on Friday afternoon. (If you come to the track for practice on Thursday evening or Friday morning, we can issue your "packet" at that time). All competitors will be issued a wristband which will allow them access to the competition-level of the Field House.

Wristbands will also be issued to a reasonable number of coaches, trainers and managers with official duties on request, which will allow them access to competition, warm-up and viewing areas as well.

WARM-UP

Early warm-up (jogging & stretching) can be done outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the *FieldTurf* surface. Warm-up can also be done on the backstretch while the 60 meters and Hurdle events are being staged on the homestretch.

For throwing events, there will be a 15 minute warm-up in the competition ring prior to each throwing event. In the instance of multiple flights of an event, there will be a 10 minute warm-up before each subsequent flight. Each thrower will be guaranteed a minimum of 2 warm-up throws in the competition ring. In the case of large flights, please utilize the ring situated in the corner netting at the NE corner of the indoor track for additional warm-up throws.

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.

CHECK-IN

Competitors in track events should check-in to the clerk (and be issued their hip numbers at the east end of the infield NLT ten (10) minutes before the start of their event. Field event competitors should check-in to their event judge thirty (30) minutes prior to the scheduled start of their event.

PREFERRED LANES

For sections of the 200 meters, competitors will be seeded into sections from fastest to slowest, and placed in lanes 3-6 (random draw), i.e., lanes 1-2 will be open.

For sections of the 400 meters, competitors will be seeded into sections from fastest to slowest, and placed in lanes 2-6 (random draw), with the competitors seeded into sections from fastest to slowest, i.e., lane 1 will be open.

QUALIFYING PROCEDURES

Qualifying rounds will be run for the 60 meters and 60m Hurdles. In those events, Heat winners will automatically advance + next fastest to make an 8-person final. For scoring purposes, times of non-qualifiers may be used from qualifying round to complete scoring.

All other track events will be staged in sections as needed.

In the horizontal jumps and throws, the nine (9) competitors with the best marks will advance to the finals.

STARTING HEIGHTS / BAR RAISE PROGRESSIONS

The men's high jump will open at 1.80m/5'10¾"; women's high jump at 1.50m/4'11". Bar will initially be raised in 5cm increments; increments will be decreased to 3cm as competition progresses to higher heights.

The men's pole vault will open at 4.30m/14'1¼"; women's pole vault at 3.35m/10'11¾". Bar will initially be raised in 15cm increments; increments will be decreased to 10cm as competition progresses to higher heights.

HORIZONTAL JUMPS, THROWS PROCEDURES

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 also be accessible on the internet as each event is scored. Website for "Live Results" will be given to visiting teams in "Final Coaches' Notes" distributed in your packet. Final results will be uploaded to www.TFRRS.com within an hour of the finish of competition.



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SCHEDULE OF EVENTS

FIELD EVENTS

3:00 pm	Women's Weight Throw	Trials & Final
3:00 pm	Women's Pole Vault	Final
4:00 pm	Men's Long Jump (S Runway)	Trials & Final
4:00 pm	Women's Long Jump (N Runway)	Trials & Final
4:00 pm	Women's High Jump	Final
after W's WT	Men's Weight Throw	Trials & Final
after W's HJ	Men's High Jump	Final
after M's PV	Men's Pole Vault	Final
after M's LJ	Men's Triple Jump	Trials & Final
after W's LJ	Women's Triple Jump	Trials & Final
after M's WT	Women's Shot Put	Trials & Final
after W's SP	Men's Shot Put	Trials & Final

TRACK EVENTS

4:55 pm	<i>National Anthem</i>	
5:00 pm	Women's 60m Hurdles	Qualifying Heats
5:08 pm	Men's 60m Hurdles	Qualifying Heats
5:16 pm	Women's 60 meters	Qualifying Heats
5:24 pm	Men's 60 meters	Qualifying Heats
5:30 pm	Women's Mile Run	Final
5:40 pm	Men's Mile Run	Final
5:50 pm	Women's 60 Hurdles	Final
5:55 pm	Men's 60 Hurdles	Final
6:05 pm	Women's 400 meters	Final (sections as needed)
6:20 pm	Men's 400 meters	Final (sections as needed)
6:35 pm	Women's 60 meters	Final
6:40 pm	Men's 60 meters	Final
6:45 pm	Women's 800 meters	Final (sections as needed)
6:55 pm	Men's 800 meters	Final (sections as needed)
7:05 pm	Women's 200 meters	Final (sections as needed)
7:20 pm	Men's 200 meters	Final (sections as needed)
7:35 pm	Women's 3000 meters	Final
7:50 pm	Men's 3000 meters	Final
8:10 pm	Women's Mile Relay	Final (sections as needed)
8:25 pm	Men's Mile Relay	Final (sections as needed)