

CADET FIELD HOUSE, USAFA, COLORADO SPRINGS, CO

# AIR FORCE HIGH SCHOOL OPEN

SATURDAY, FEBRUARY 4, 2023



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# AIR FORCE HIGH SCHOOL OPEN

## Indoor Track & Field Meet

Cadet Field House, U.S. Air Force Academy

**Saturday, February 4, 2023**

### MEET INFORMATION

#### PARTICIPANTS

This competition is open to all high school athletes.

#### FACILITY

Cadet Field House at the U.S. Air Force Academy is located at 7,048 feet. 6 laps/mile (268m) *ProTurf* polyurethane surface; eight 42" lanes on the straight, six 36" lanes on the oval. (NOTE: 1/4" or shorter spikes are required and will be checked (3/8" spikes approved for high jump)).

#### ADMISSION

Spectators are allowed and admission is free for a majority of the day. However, there is a women's basketball game at 1:00pm, so any spectators who arrive at the Cadet Field House between 12:00-2:00pm, will be required to purchase a \$10 ticket.

### ENTRY INFORMATION

#### ENTRY PROCEDURE

Submit all entries at [www.DirectAthletics.com](http://www.DirectAthletics.com). No other form of entry accepted.

#### ENTRY RESTRICTIONS

Please use the following guidelines for entries in the field events. Teams will be allowed one relay entry.

- Pole Vault: Men will start at 3.50m/11'6"; women will start at 3.05m/10'0"
- High Jump: Men will start at 1.61m/5'3 ½ "; women will start at 1.41m/4'7 ½ "
- Triple Jump: Men's take-off board is 42'0" from pit; women's board is 34'0"; a 'taped' board will be put down.

#### ENTRY FEE

\$15.00 per event entry. All payments must go through [www.DirectAthletics.com](http://www.DirectAthletics.com).

#### ENTRY DEADLINE

Entries must be submitted on [www.DirectAthletics.com](http://www.DirectAthletics.com) by 1:00pm MDT on **Wednesday, February 1<sup>st</sup>**.

#### EVENT ENTRY LISTS, STARTLISTS

Entry lists by event will be posted NLT end of day on Wednesday, February 1<sup>st</sup>. Startlists will be posted NLT 1:00pm on Thursday, February 2<sup>nd</sup>.

### ACCESS AND ATHLETE FLOW

#### SECURITY/ACCESS/PARKING

Please enter USAFA at the North Entrance (I-25, exit 156) only. Government-issued ID required at security gate. Declare Cadet Field House for indoor track meet as destination.

Every individual entering the base must be prepared to show a picture ID to the guard at the North Gate.

Park on the east side of the Field House and enter through the double doors.

## **WARM-UP**

Warm-up can be done in the Field House – east of the infield on the *FieldTurf* surface (hurdles will be available here), on the backstretch of the track when oval races are NOT occurring, on the upper level for jogging (except during Saturday's basketball game), or outdoors. Do NOT interfere with events being contested. No warm-up or practice in the throwing net at the NE corner of the Field House will be allowed. Competitors are allowed at their field event area as soon as the previous event is complete, or 60' prior to initial events at the event site.

## **PARTICIPANT SEATING**

There is limited seating on the track-level. Mezzanine-level seating is reserved for coaches. Competitors may access seating on the concourse-level (upper level) of the Field House.

## **TECHNICAL INFORMATION**

### **WEIGH-IN'S**

Open 2 hrs prior to each scheduled throwing event at the equipment room door at the SW corner of the track.

### **CHECK-IN**

All competitors will be considered checked-in upon entry to the facility when they collect their wristband for track level access and t-shirt. Competitors in track events should report to the start line of their event 15 minutes prior to the scheduled start time for staging. Field event competitors should check-in with their event judge 15 minutes prior to the scheduled start of their event. Track events will not run more than 10' ahead of schedule.

### **RESULTS**

"Live Results" will be updated after each event at [www.GoAirForceFalcons.com/TrackFieldResults](http://www.GoAirForceFalcons.com/TrackFieldResults). Final results will be uploaded to TFRRS.com and posted to <http://www.goairforcefalcons.com> immediately after the competition. QR code to live results will also be posted in the Field House.

### **RULES / TIMING**

*FinishLynx* automatic timing will be used for all races. All races 200m and above in distance will be run as finals. Qualifying rounds for the 60m and 60m hurdles only. All competitors in the horizontal jumps and throws will receive 3 efforts in the preliminary rounds. Competitors with the best 9 marks will advance to the Finals. The 200m and 400m timed finals will be run fast to slow sections. 800m, 1600m, and 3200m races will be run as finals and sections will run slow to fast.

### **SCORING**

No team scores will be kept.

### **RUNWAY MARKS**

Competition officials will provide runway markers. "Athletic tape" may be used on the side of the runway for "mid-marks." No chalk will be allowed to be used for runway markers.

## **QUESTIONS**

- Please email: [laura.bowerman@afacademy.af.edu](mailto:laura.bowerman@afacademy.af.edu)

2023 U.S. AIR FORCE ACADEMY Indoor Track & Field			
AIR FORCE HIGH SCHOOL OPEN			
Saturday, February 4, 2023			
*** UPDATED TIME SCHEDULE (1/30)***			
FIELD EVENTS			
11:00am	Boys	Weight Throw	
11:00am	Girls	Pole Vault	Flight 1
12:00pm	Boys	Long Jump	
12:00pm	Girls	Long Jump	
12:00pm	Girls	High Jump	
12:30pm	Girls	Weight Throw	
1:00pm	Girls	Pole Vault	Flight 2
2:00pm	Boys	Shot Put	
2:00pm	Boys	High Jump	
2:00pm	Boys	Triple Jump	
3:00pm	Boys	Pole Vault	
3:00pm	Girls	Triple Jump	
3:30pm	Girls	Shot Put	
RUNNING EVENTS			
9:50am		National Anthem	
10:00am	Girls	3200 Meters	Final
10:20am	Boys	3200 Meters	Final
10:45am	Girls	60 Meters	Prelims
11:10am	Boys	60 Meters	Prelims
11:50am	Girls	60m Hurdles	Prelims
12:10pm	Boys	60m Hurdles	Prelims
12:25pm	Girls	800 Meters	Final
12:40pm	Boys	800 Meters	Final
1:05pm	Girls	60 Meters	Final (2 sec)
1:15pm	Boys	60 Meters	Final (2 sec)
1:30pm	Girls	60m Hurdles	Final
1:40pm	Boys	60m Hurdles	Final
1:50pm	Girls	200 Meters	Final
2:35pm	Boys	200 Meters	Final
3:20pm	Girls	Mile	Final
3:45pm	Boys	Mile	Final
4:15pm	Girls	400 Meters	Final
4:45pm	Boys	400 Meters	Final
5:20pm	Girls	4x440 Relay	Final
5:25pm	Boys	4x440 Relay	Final
*Wristbands will be provided for all athletes to access the track level. T-shirts and check-in will occur at the East Doors to the Cadet Field House.			
"Live Results"		<a href="http://www.GoAirForceFalcons.com/TrackFieldResults">www.GoAirForceFalcons.com/TrackFieldResults</a>	
*Implement weigh in opens 2 hrs prior to each scheduled throwing event at equipment room door at SW corner of the track. ALL throwing implements must be weighed and certified.			
*Fastest times will advance in the 60mH and 60m.			
*Competitors in track events should report to the start line of their event 15' prior to scheduled start time. Athletes are considered checked-in upon facility entry.			
*All field event athletes should check-in to their event judge NLT 30' prior to starting time. Checked-in upon entry to facility.			

