

AIR FORCE LAST CHANCE

Indoor Track & Field Meet

Cadet Field House, U.S. Air Force Academy

Friday, February 16, 2024

ADVANCE INFORMATION

PARTICIPANTS

This competition is open to any NCAA Division I, II or III, or NAIA 4-year college or university team. For open, high school, and post-collegiate competitors, invitation to enter will need to be requested through DirectAthletics and the meet director.

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 (8) 42" lanes on the straight, six (6) 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 will be allowed – there will be NO admission charge.

ENTRY INFORMATION

ENTRY PROCEDURE

Submit all entries at www.DirectAthletics.com. No other form of entry accepted.

ENTRY RESTRICTIONS

No institutional entry limits. Please use the following guidelines for entries in the field events:

- Pole Vault: Men will start at 4.15m/13'7¼"; women will start at 3.20m/10'½"
- High Jump: Men will start at 1.80m/5'10¾"; women will start at 1.45m/4'11½"
- Triple Jump: Men's take-off board is 42'0" from pit; women's board is 34'0"; no 'taped' boards.

ENTRY FEE

\$20.00 per event entry. Maximum of \$400.00 per gender team. All payments must go through www.DirectAthletics.com.

ENTRY DEADLINE

Entries must be submitted on www.DirectAthletics.com by 1:00pm MDT on **Monday, February 12th**.

EVENT ENTRY LISTS, STARTLISTS

Entry lists by event will be posted NLT end of day on Monday, February 12. Any scratches or changes will be due NLT 1:00pm MT on Tuesday, February 13. Startlists will be posted NLT 1:00pm on Wednesday, February 14.

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. For any athletes with a foreign ID and NO US Drivers' license, please reach out to Laura.Bowerman@afacademy.af.edu for an additional entrance form to complete prior to arrival, ideally 30 days prior to attending.

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

PACKET PICK UP

No team packets.

WRISTBANDS

Each team will be issued the corresponding number of wristbands for competing athletes, and then each team will need to request the number of wristbands needed for staff and medical support.

Wristbands will allow access to the warm-up area on the East end of the infield of the track as well as the limited seating area on the Mezzanine (middle) level of the infield. Coaches will have access to a limited number of bench seating along the backstretch.

All individual open athletes will receive a wristband to access the competition area from East Side entrance.

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, 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 two hours prior to each scheduled throwing event at the room in the middle of the backstretch.

CHECK-IN

Competitors in track events should check-in at the Clerk Table at the east end of the turf NLT 60 minutes before the start of their event. Track athletes should then report NLT than 10' prior to their scheduled event time at the Clerk Area for final instructions and staging. Field event competitors should check-in with their event judge 30 minutes prior to the scheduled start of their event.

RESULTS

"Live Results" will be updated after each event at www.GoAirForceFalcons.com/TrackFieldResults. Final results will be uploaded to TFRRS.com and Athletic.net 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

NCAA rules will be used. *FinishLynx* automatic timing will be used for all races. All races will be run as finals. No qualifying rounds. 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 for 3 additional efforts.

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.

OTHER INFORMATION

SHOWER/DRESSING FACILITIES

None will be available for use.

SPORTS MEDICINE

Due to our athletic training facility being under construction, our resources will be limited. An athletic trainer will be onsite during warm-ups and competition and a team physician will either be onsite or on call. Air Force athletic trainers will be stationed near the southwest corner of the track near freight elevator/stairwell. For taping and treatments, visiting athletic trainers may station themselves on the 3rd floor concourse level. Team camps and treatment tables may not be set up on the track level. Water/cups will be stationed around the track and at the finish line along with access to water fountains on the track level and 3rd floor concourse level.

Our athletic training facility is currently under construction and will not be available for visiting team use. The following will be made available in the southwest corner of the facility:

- First aid supplies
- Vacuum splints

- Crutches
- Ice
- Emergency oxygen
- AED
- Tables (for triage only)
- Copy of EAP

Advanced notice if your team will not be traveling with an athletic trainer would be appreciated, as any care/treatment outside of emergent care will require written notice accompanied with necessary supplies, to include taping supplies; Air Force Academy athletic trainers will not provide tape. **Due to construction, we will not have the ability to provide access to ultrasound/electrical stimulation, or hot packs.** Advanced written notice will be required for any unique needs.

Please note that while there is a hospital on base, they only accept active-duty military members. Anyone requiring emergency care will need to go to one of the below listed facilities. An ambulance will be on site during active pole vault competitions, and on call for all other times. Please contact Jeff Trudo or Jack Ransone with any questions or needs.

Jeff Trudo, ATC, Primary Host Athletic Trainer
Cell: 719-337-5500 Email: Jeffrey.Trudo@afacademy.af.edu

Jack Ransone PhD, ATC, Associate Host Athletic Trainer
Cell: 512-393-9503 Email: John.Ransone@afacademy.af.edu

DIRECTIONS TO LOCAL EMERGENCY CARE FACILITIES (updated 19 July 2023)

UC HEALTH EMERGENCY ROOM Open 24/7 Has CT No MRI

13510 Meadowgrass Drive 719-364-7010

From USAFA's North Gate, continue around both traffic circles to North Gate Blvd. Turn left onto Meadowgrass Drive. Turn left into the ER.

UC HEALTH URGENT CARE Mon-Fri 8AM-8PM; Sat-Sun 8AM-6PM No CT/MRI

13445 Voyager Parkway 719-365-3220

From USAFA's North Gate, continue around both traffic circles to North Gate Blvd. Just past Voyager Parkway, turn right into the Sprouts shopping center. UC Health Urgent Care is on your right.

COMPLETE CARE ER Open 24/7 No TriCare for ER TriCare for Urgent Care

COMPLETE CARE URGENT CARE Mon-Sat 8AM-4PM Has CT No MRI

8115 Voyager Parkway 719-284-1141

From USAFA's North Gate, go south on I-25 to North Academy exit 150. Turn left at the top of the exit onto North Academy. Continue on North Academy to the traffic light at North

Academy and Voyager Parkway. Wendy's is on your right. Turn left onto Voyager Parkway. Complete Care ER/Urgent Care is on your right on the corner of North Academy and Voyager Parkway.

**OPTUM URGENT CARE Mon-Fri 7:30AM-7:30PM; Sat 7:30AM-4:30PM; Sun 7:30AM-2:30PM
No CT/MRI**

15909 Jackson Creek Parkway, Monument 719-488-9933

From USAFA's North Gate, continue around both traffic circles, then go north on I-25 to Baptist Road exit 158. Turn right onto Baptist Road. At the next traffic light, turn left onto Jackson Creek Parkway. Continue on Jackson Creek Parkway. Facility is on your right just past Goodwill.

ST. FRANCIS MEDICAL CENTER-Full ER/Level III Trauma Center Open 24/7

6001 East Woodmen Road 719-571-1476

From USAFA's North Gate, go south on I-25 to Briargate Parkway exit 151. Continue on Briargate Parkway to Powers Blvd. Turn right onto Powers Blvd. and continue to Woodmen Road. Exit onto Woodmen Road, turn left, and follow signs to St. Francis Medical Center emergency room.

UC HEALTH/MEMORIAL HOSPITAL NORTH-Full ER/Level III Trauma Center Open 24/7

4050 Briargate Parkway 719-364-3368 option 8

From USAFA's North Gate, go south on I-25 to Briargate Parkway exit 151. Continue on Briargate Parkway to Union Blvd. Turn left onto Union Blvd. and follow signs to Memorial Hospital North emergency room.

UC HEALTH/GRANDVIEW HOSPITAL-Full ER/no Trauma Center No MRI Open 24/7

5623 Pulpit Peak View 719-365-3415

From USAFA's North Gate, go south on I-25 to Nevada Avenue/Corporate Drive exit 148. Turn left at the bottom of the ramp onto Nevada Avenue. Turn right onto Pulpit Peak View (1st right). Road will bear left. Grandview Hospital is on your left.

PENROSE MAIN HOSPITAL-Full ER/Level II Trauma Center Open 24/7

2222 N Nevada Avenue 719-776-5333

From USAFA's North Gate, go south on I-25 to Nevada Avenue/Corporate Drive exit 148. Turn left at the bottom of the ramp onto Nevada Avenue. Continue on Nevada Avenue for about 3.5 miles, past the intersection of Nevada Avenue and Fillmore Avenue. The hospital is a few more blocks on your right. Follow the signs to Penrose Main emergency room.

CONTACT/QUESTIONS

Call or email Laura Bowerman, 719-333-4860 or 813-382-4104 or
laura.bowerman@afacademy.af.edu