



AU LightGiver Indoor Invitational

Tentative Time Schedule

Highlighted Sections are true start times, everything else is estimated

<i>Friday, February 7th</i>	<i>Saturday, February 8th</i>	
<u>Field Events</u>	<u>Field Events</u>	<u>Track Events</u>
10am- Weight Throw- Women	11:00am- Shot Put- Women (2 rings)	9:20 AM- M 60h Qualifier
2pm- Weight Throw- Men	1:45pm- Women's Shot Put Elite	9:35am- W 60h Qualifier
6pm- Weight Throw Elite Men	2:30pm- Shot Put- Men (2 rings)	9:50am- Heat 5 M 3000m
6:45pm- Weight Throw Elite Women	4:30pm- Men's Shot Put Elite	10:10am- W 400 Open
Noon- Open Pole Vault- Men	10:00am- Long Jump- Women (West Pit)	To Follow- M 400 Open
3:30pm- Open Pole Vault- Women	2:00pm- Long Jump- Men (West Pit)	11:25am- Heat 4 W 3000m
6:30pm- Elite Pole Vault- Women	10:00am- High Jump- Men	To Follow- Heat 4 M 3000m
3:00pm- Triple Jump- Men (West Pit)	2:00pm- High Jump- Women	11:55am- W 60m Dash Qualifier
5:00pm- Triple Jump- Women (East Pit)	2:00pm- Elite Pole Vault- Men	To Follow- M 60m Dash Qualifier
<u>Pentathlon</u>	<u>Heptathlon (Day 2)</u>	12:40am- Heat 3 W 3000m
10:00 AM- 60m Hurdles	9:00am- 60m Hurdles	To Follow- Heat 3 M 3000m
11:00 AM- High Jump (2 Pits)	9:45am- Pole Vault	1:15- LightGiver Announcement
1:00 PM- Shot Put (2 Rings)	12:30pm- 1000m	Rolling Schedule Moving Forward
2:30 PM- Long Jump (2 Pits)		1:30- 60m Hurdle- Women Semifinal
3:45 PM- 800m		60m Hurdle- Men Semifinal
<u>Heptathlon (Day 1)</u>		2:30pm- 60m Dash- Women Semifinal
11:00 AM- 60m		60m Dash- Men Semifinal
11:55 AM- Long Jump (2 Pits)		3:00pm- Mile- Women
12:45 PM- Shot Put (2 Rings)		Mile- Men
1:45 PM- High Jump (2 Pits)		4:15pm- 60m Hurdle- Men Final
<u>Track Events</u>		60m Hurdle- Women Final
3:00 PM- DMR- Women		60m- Women Final
3:20 PM- DMR- Men		60m- Men Final
4:00 PM- 200m- Women		4:35pm- 400m- Women (Sub 60)
To Follow- 200m- Men		4:55pm- 400m- Men (Sub 50)
6:00 PM- 5,000m- Women		5:10pm- 800m- Women
6:45 PM- 5,000m- Men		5:50pm- 800m- Men
8:00 PM- Men's Elite 400 (2 Sections)		6:35pm- 3,000m- Women
		7:00pm- 3,000m- Men
		7:25pm- 4X400m- Women
		7:55pm- 4X400m- Men

Entry Fee	\$400.00 per team/\$800.00 for Men's and Women's, or \$20 per athlete for teams under 20 entries.
Entry Procedure	ALL entries must be done through www.DirectAthletics.com with payment.
Entry Deadline	Entries will close by 11:59pm on Tuesday, February 4, 2025.
Heat Sheets	Heats/Flights will be seeded Thursday.
Check-In	Running Event Check-In will take place in the Southwest corner of the turf. Field event Check-In will take place at the site of the Field Event. Warm-Ups for Field Events will begin 1 hour before the 1st Flight.
Spikes	Spikes will be checked and tagged at Check-In. ¼ spikes are the longest allowable spike. NO CHRISTMAS TREE or NEEDLE spikes are allowed.
Implement Weigh-In	All implements must be weighed-in when arriving to the facility. Implement Weigh-In is located in the D of the turf area behind the cages.
Vertical Jumps	Starting Height will be determined once entries close. NO Chalk on the Mondo Surface, makers will be provided.
Multi-Events	We will be adding a multi-event to the meet, you will be allowed to have 2 multi's per gender, every multi after that will be an additional \$100 charge per athlete per gender. Also, when looking at the schedule we moved up start times on Day 1, so plan accordingly.
Timing/Live Results	All timing and results will be done with Finishtiming.com.
Athletic Training	A certified athletic trainer will be on site to provide ice, water and any emergency attention that may be needed. Please send any tape or other athletic disposables with team.
Restrooms	Restrooms are located on the east end of the building under the mezzanine on ground level.
Bus Drop-Off	1000 Broad Street, Ashland, OH 44805 (in front of Troop Center). Bus parking is available in University owned lots B & F. also in Archer Ballpark Complex at 1435 King Road, Ashland, Oh., 44805. Vans may park in spectator parking. No BUS DROP OFF by the Niss Center , you have to drop off in front of the Troop Center on Broad Street.
Admission	\$11 for Adults, \$6 for Children. NO OUTSIDE FOOD OR BEVERAGES