



MEET INFORMATION
2024 Al Manuel Invitational
University of Montana
Friday, March 22 – Saturday, March 23

Description:	College/Open competition
Site:	Dornblaser Field – University of Montana Lewis and Clark Trail, Missoula MT 59801
Meet Director:	Doug Fraley: douglas.fraley@mso.umt.edu
Time Schedule:	Time schedule may be adjusted based on number of entries. The final schedule will be emailed and posted along with the meet program by Thursday, March 21 st at 6:00 PM.
Entries:	Entries will be done through www.directathletics.com only. Entries/payment are due Tuesday, March 19th at 7:00 PM (MST)
Open entries:	Only verifiable performances will be considered for entry. Acceptance into the meet will be based on field size availability and the meet directors' discretion
Entry Fee:	College team maximum: \$250 per gender, \$25 per athlete Open entries \$25 Entries are non-refundable
Scratches:	Please email any scratches to the meet director by Thursday, March 21 st at 12:00 noon (MST)
Spectators:	Entry will be free of charge
Spikes:	ONLY 1/4" pyramid spikes will be allowed for all events except high jump and javelin (3/8)
Weigh In:	All implements will need to be inspected and weighed in at the building at the south end of the track. Weigh in will open 90 min prior to the start of the first throwing event of the day and will close 30 minutes prior to the start of the last throwing event. All implements may be claimed at the conclusion of each throwing event

- Running Events:** All track event participants must check in at least **20 minutes prior** to the start of their event. The clerks table will be in the building off of the north end of the track. **Runners will be given a call time to report back to the clerking area to be led to their respective starting area.**
- Field Events:** Athletes will check in at their respective event site **30 minutes prior** to the start of the event
- Field Event warm up:** Horizontal jumps- 30 minute general (15 min flight specific warm up if there is more than 1 flight)
Throws- 20 minute flight warm up
High jump- 30 minutes
Pole vault- 60 minutes
- Training Room:** Opens at 11:00 AM on Friday and 10:00 AM on Saturday
Please contact UM trainer Zach Wisniewski for any specific training information/needs: zach.wisniewski@mso.umt.edu
- Bus/Van parking:** In the parking lot off of the south end of the track. Enter off of S. Higgins Ave.
- Team entrance:** Northeast entrance of Dornblaser Field
- Team camps:** Team tents may be put on the south end of UM Soccer field or outside the south end of the track.
- General warm up:** On the UM Soccer field
- Infield access:** Coaches may access the infield at all times. Athletes may enter the oval/infield **ONLY** when competing in an event
- Results:** Results link will be posted on <https://gogrizz.com>

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Dornblaser Field, Missoula MT
Tentative schedule



Friday, Schedule of Events

- 1:00p. Women's Hammer
- Men's Hammer- 30 min after women's hammer
- Women's Javelin- 30 min after men's hammer
- Men's Javelin- 30 min after women's after women's javelin

Saturday, Schedule of Events -- Field Events (Rolling schedule)

- 11:00a. Women's Discus
- Men's Discus- 30 min after women's Discus
- Women's Shot- 30 min after men's Discus
- Men's Shot- 30 min after women's shot
- 11:00a. Men's high jump
- 11:00a. Women's long jump
- Men's long jump- 30 min after women's long jump
- Women's Triple jump- 30 min after men's long jump
- Men's Triple Jump- 30 min after women's triple jump
- 12:00p. Women's pole vault
- Men's pole vault- 60 min after women's pole vault
- 1:30p. Women's High jump

Saturday, Schedule of Events -- Track Events

- 11:15a. Women's 3,000m Steeplechase
- 11:35a. Men's 3,000m Steeplechase
- 11:55a. National Anthem
- 12:00p. Women's 400 meter relay
- 12:10p. Men's 400 meter relay
- 12:20p. Women's 1500 meters
- 12:30p. Men's 1500 meters
- 12:40p. Women's 100 meter hurdles
- 12:50p. Men's 110 meter hurdles
- 1:05p. Women's 400 meters
- 1:15p. Men's 400 meters
- 1:30p. Women's 100 meters
- 1:40p. Men's 100 meters
- 2:00p. Women's 800 meters
- 2:10p. Men's 800 meters
- 2:25p. Women's 400 meter hurdles
- 2:35p. Men's 400 meter hurdles
- 2:45p. Women's 200 meters
- 2:55p. Men's 200 meters
- 3:10p. Women's 5000 meters
- 3:35p. Men's 5000 meters.
- 4:00p. Women's 1600 meter relay
- 4:10p. Men's 1600 meter relay