

ENTRY INFORMATION:

- ENTRIES:** Entries will open on January 30, 2024. **Entries close Tuesday, February 13, 2024 at 8:00 PM.** The throwing events field size may be limited to fit the meet schedule.
- TO REGISTER:** Colleges, universities and unattached individuals, please register via Direct Athletics.
- ENTRY FEE:** There is no entry fee for the Snowshoe Open.
- ELIGIBILITY:** This is an open competition, however, high school athletes are **NOT** allowed to compete. During the meet the honest effort rule will not be enforced.
- SCHEDULE:** Final schedule will be determined by entries. If there are multiple sections of a competition, the fastest sections will compete first. There will be limited entries in the throwing events only.
- SCORING:** This is a non-scoring competition.
- RESULTS:** Heat Sheets and live results will be posted on the entry website (listed above) and also emailed to all coaches and unattached individuals. Results will also be available on gophersports.com.

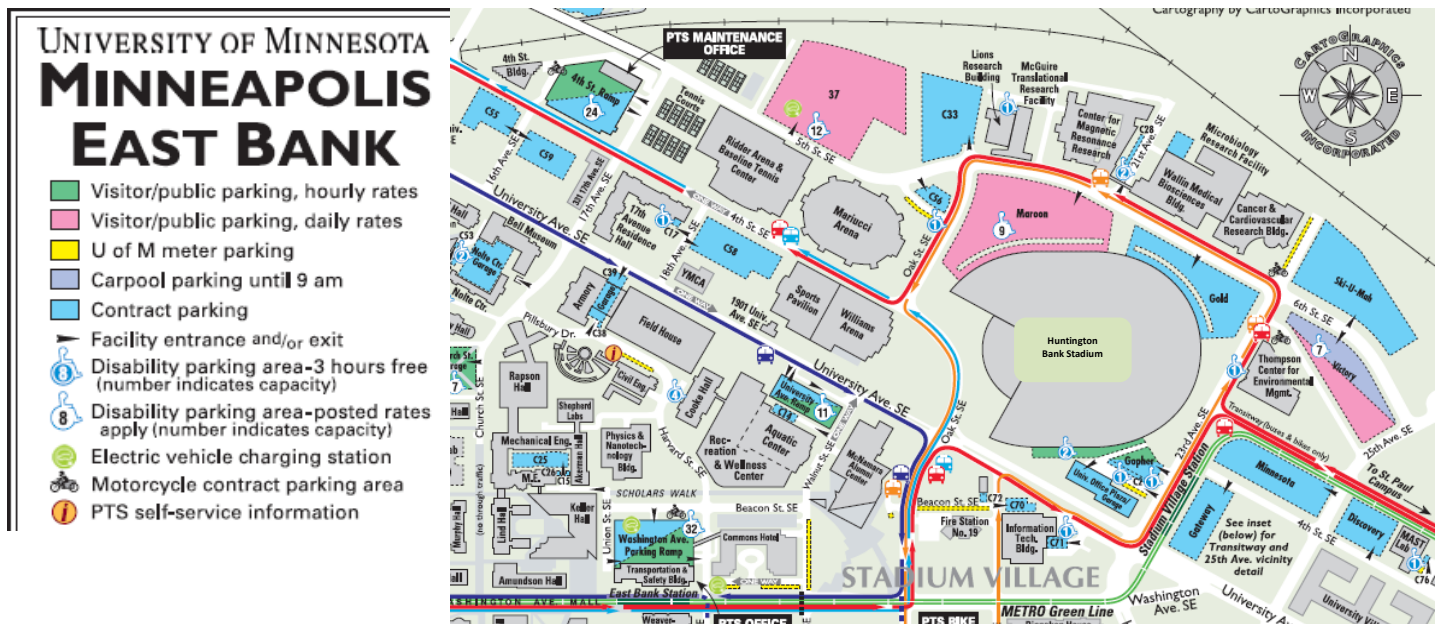
PARTICIPANT INFORMATION:

- EQUIPMENT:** *Running/Jumping Events:* Beynon surface for all running and jumping events. ONLY 1/4" spikes are allowed. Starting blocks will be provided.
Field Events: Shot throwing and weight throwing circles are concrete. Only indoor implements may be used.
- IMPLEMENTS:** All throwing implements will be weighed and inspected at the event site forty-five (45) minutes before the scheduled event.
- SHOWERS/
LOCKERS:** None will be provided.

GENERAL MEET INFORMATION

PARKING: General parking will be available in the University Ave. Ramp and the Washington Ave. Ramp. Hourly rates start at \$3.00 per hour with event rates ranging from \$10 to \$25 per entry. There is a charge for each entry. General parking is also available in Lot 37 off of 5th St. SE and the Maroon Lot on Oak St. SE. Rates for these lots are \$6 per entry. Prices are subject to change and rates may vary based on specific lots and other events on campus. For the most up-to-date parking information and maps, please visit the University of Minnesota Parking and Transportation website: www.umn.edu/pts/

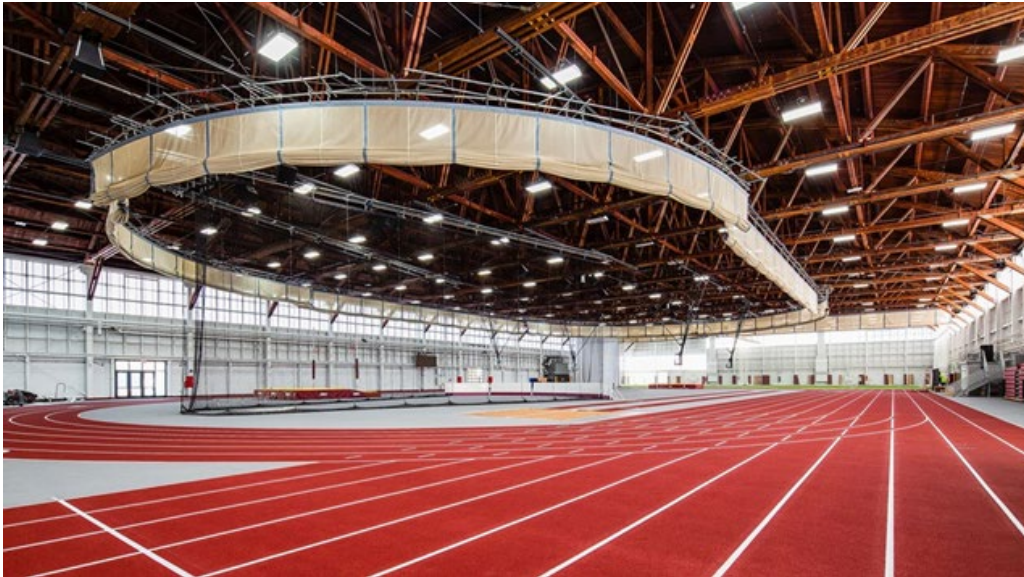
BUS PARKING: Buses will be asked to park along 6th Street between 23rd Ave and 25th Ave (Between the Ski-U-Mah and Victory Lots).



CONCESSIONS: Full concessions will be available inside the Fieldhouse during the meet.

ADMISSION: Please enter the Fieldhouse through the marked Meet Entrance doors, located on the north side (University Ave) of the Fieldhouse. Admission for this event is free.

FACILITY: The Minnesota Fieldhouse features a refurbished, 200-meter, six-lane track, completed in 2018 by Beynon. In addition to the track, there is bleacher seating for over 800 people, a press box and areas for athletic training and emergency units. A remodeled lobby area for the Fieldhouse was completed in 2000 and features many of the greats that make up the storied history of both Minnesota men's and women's track and field.



CONTACTS: *Meet Operations:* Any questions regarding the meet, please contact Claudia Lundgren, Director of Operations at (763)316-7764 or via e-mail at lundg266@umn.edu or Brad Wick at (612)452-0990 or via email at wickx073@umn.edu

Coaching Staff:

Matt Bingle – Director of Track & Field/CC
Sarah Hopkins – Head Men’s & Women’s CC Coach/Assistant Track & Field Coach
Peter Miller – Associate Head Track & Field Coach
Brad Wick – Assistant Cross Country Coach/Track & Field Coach
Ibrahim Kabia – Assistant Track & Field Coach
Colleen Sowa – Assistant Track & Field Coach
Ayesha Champagne – Assistant Track & Field Coach
Claudia Lundgren – Director of Operations Track & Field/CC

Media Inquiries:

Trenten Gauthier – Assistant Director/Communications – 612-437-7247

Athletic Medicine:

Alex Fruetel – Assistant Athletic Trainer Cross Country/Track & Field – 651-233-7640
Kyle Zeiszler – Assistant Athletic Trainer Cross Country/Track & Field – 701-391-1215

Snowshoe OPEN

Friday February 16, 2024
University Fieldhouse

FINAL MEET SCHEDULE

FIELD EVENTS

1:55 PM	National Anthem
2:00 PM	LONG JUMP: WOMEN & MEN (2 RUNWAYS SIMULTANEOUSLY, 9 TO FINALS)
2:30 PM	WOMEN'S SHOT PUT
3:00 PM	MEN'S POLE VAULT- WOMEN'S POLE VAULT TO FOLLOW (45 MIN WARM UP)
3:30 PM	WOMEN'S HIGH JUMP
3:30 PM	MEN'S SHOT PUT
4:30 PM	TRIPLE JUMP: WOMEN & MEN (2 RUNWAYS SIMULTANEOUSLY, 9 TO FINALS)
4:40 PM	WOMEN'S WEIGHT THROW
5:00 PM	MEN'S HIGH JUMP
6:15 PM	MEN'S WEIGHT THROW

RUNNING EVENTS

3:00 PM	WOMEN'S 60M DASH TRIALS (3 heats)
3:10 PM	MEN'S 60M DASH TRIALS (4 heats)
3:25 PM	WOMEN'S MILE (2 heats)
3:40 PM	MEN'S MILE RUN (3 heats)
4:00 PM	WOMEN'S 400M DASH (3 heats)
4:10 PM	MEN'S 400M DASH (5 heats)
4:25 PM	WOMEN'S 800M RUN (2 heats)
4:35 PM	MEN'S 800M RUN (3 heats)
4:50 PM	WOMEN'S 60M DASH FINAL
4:55 PM	MEN'S 60M DASH FINAL
5:00 PM	WOMEN'S 60M HURDLE FINAL
5:05 PM	MEN'S 60M HURDLE FINAL
5:10 PM	MEN'S 300M DASH (1 heat)
5:20 PM	WOMEN'S 600M RUN (3 heats)
5:30 PM	MEN'S 600M RUN (1 heat)
5:35 PM	WOMEN'S & MEN'S 200M DASH— <u>MUST DECLARE BY START OF 800M</u>
6:10 PM	WOMEN'S 3000M RUN (2 heats)
6:35 PM	MEN'S 3000M RUN (2 heats)
7:00 PM	WOMEN'S 4 X 400M RELAY (1 heat)
7:05 PM	MEN'S 4X400M RELAY (2 heats)

MINNESOTA
TRACK & FIELD

Updated: 2/15/24