

Gary Wilson Invitational



2024 Gary Wilson Invitational

Wednesday, April 24th - University of Minnesota Track & Field Stadium



Important Dates & Deadlines

Monday, April 8th	6:00pm	Entries open for 2024 Gary Wilson Invitational Enter through www.DirectAthletics.com
Monday, April 22nd	6:00pm	Deadline to enter the 2024 Gary Wilson Invitational
Tuesday, April 23rd	9:00pm	Final time schedule and performance list posted on GopherSports.
Wednesday, April 24th	9:30am 1:00pm	Track opens for Hammer warm ups Track opens for warm-ups (backstretch closed until after Hammer competition)

Entry Information & Instructions

Entry Procedure	All entries will be done through www.DirectAthletics.com . Entry deadline is Monday, April 22 nd . No faxed, emailed or phoned entries will be accepted. Once entries close there will be no additional entries accepted. All submitted entries to DirectAthletics by the April 22 nd deadline would be considered FINAL. The throwing events field size may be limited to fit the meet schedule.
Entry Fees	No entry fee will be required to compete at the Gary Wilson Invitational.
Unattached Entries	This is a combined gender meet, open to all collegiate and post collegiate athletes. Current high school athletes are NOT allowed to compete. All unattached meet entries must be done through www.DirectAthletics.com .
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. Depending on the number of entries, there may be open sections of some races that run before the 100m & 100m hurdle prelims.
Scoring	This is a non-scoring competition
Results	Heat sheets and live results will be posted at http://www.wayzataresults.com/ . Heat sheets and results will also be available at:
General	The Games Committee has decided the following: 1. Athlete deadline for field event check-in is prior to their individual assigned flights. 2. In throws and horizontal jumps, 9 will advance to finals. Any tied for the 9th spot shall also advance to finals. 3. If the number of entries in a throwing or horizontal jump is equal to or less than the number of allowable finalists (9), all who make at least one attempt in preliminary rounds shall advance to finals.

PARTICIPANT INFORMATION

Athlete Check-In

Running Events: Athletes must check-in with the clerk of course at first call or at least 30 minutes prior to the start of the event. Athletes will be released and then should report back to the staging area no later than second call or 15 minutes prior to the start of their race to receive hip numbers, lane assignments and last-minute instructions. Check-in and staging location will be determined based on weather.

Field Events: Athletes must check-in with the head official event site no later than 30 minutes prior to the start of the event.

Electronic Devices

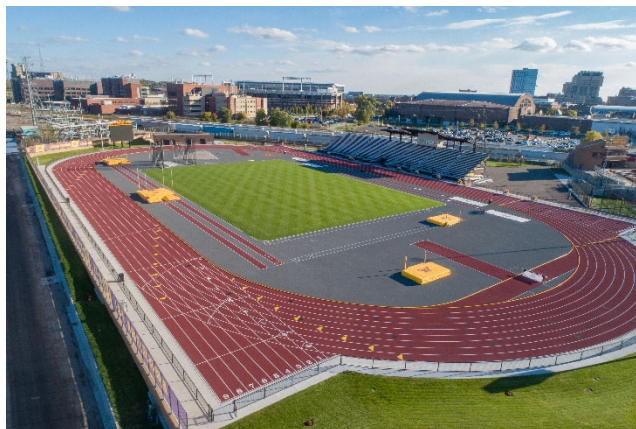
NCAA rules pertaining to electronic equipment will be strictly enforced. The use of electronic devices is not allowed by coaches and athletes in the competition area. Electronic devices used for filming purposes are an exception to this rule.

Equipment

Running/Jumping Events: ONLY ¼" spikes are allowed. Starting blocks will be provided
High Jump/Javelin: 3/8" spikes will be allowed for the high jump and javelin events

Facility

The University of Minnesota Track & Field Stadium is a nine-lane track with Beynon 2000 surface and was completed in September 2018. The facility contains a 400-meter oval with three chutes (two on the front stretch and one on the backstretch). Full-field event hosting capabilities include dual directional horizontal jump javelin runways, four-way directional pole vault runways, a multi-purpose high jump area on the west infield and one shot put area adjacent to the hammer/discus ring and cage in the northeast infield of the track. The facility also features a fully enclosed, 3-lane, 40-meter, heated warm-up and cool down area beneath the grandstand.



Facility Access

Team access to the stadium will begin 2 hours prior to the start of the first event.

Implements

All throwing implements must be weighed and inspected at the equipment storage building on the east side of the track. Implement weigh-in and inspection will begin two (2) hours prior to the scheduled start of the competition and will conclude sixty (60) minutes prior to the scheduled start of the competition in each throwing event. Implements will be transported to the event site 60 minutes prior to the scheduled start of the competition.

Spike Check

Only 1/4" pyramid spikes are permitted (3/8" recessed pyramid spikes are permitted for High Jump and Javelin). All spikes must be checked at the check-in table. Athletes will not be allowed to compete without having their spikes tagged.

Sports Medicine	Athletic trainers will be set up in a tent on the east side of the facility. Team trainers may set up at the designated team camp area.
Starting Heights	Exact starting height will be determined by meet management after all entries are received
Tape	Tape for any marking on the track must be white athletic tape. NO other tape will be allowed.
Team Camps	Team camp location will be dependent on weather. More information about team camp location and athlete flow will be communicated once weather is known.
Warm-ups	Available warm-up areas will be determined by weather. The enclosed warm-up area under the track grandstand is reserved for final warm-ups. There will be no warm-ups allowed on the grass infield of the track.

GENERAL MEET INFORMATION

Admission	Spectators should enter using the road by Cowles Stadium in the Athlete's Village area. Admission for this event is free.
Concessions	Concession will be available on the west side near the main entrance of the stadium
Parking	<p>General parking is available in the Fourth Street Ramp and Lot C37. 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/</p> <p>Team buses may drop off and pick-up on the Athlete's Village service road between Bierman Athletic Building and Larson Football Performance Center. Team buses should enter at 516 15th Ave SE, proceed to the back of the building, drop off by the gold MINNEOSTA sign and exit on SE 8th Street.</p> <p>Buses will be asked to park along 6th Street between 23rd Ave and 25th Ave (Between the Ski-U-Mah and Victory Lots). Buses will NOT be allowed to stage in Athlete's Village, please call your bus driver when your team is ready to be picked up.</p>
Restrooms	Restrooms are available for athletes and spectators under the grandstand. Locker rooms and showers will not be available.
Weather Policy	In the event of inclement weather and the stadium must be cleared, everyone may take shelter in the Gibson-Nagurski Indoor turf. Please follow all PA instructions regarding weather.

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 Champagnie – 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

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FINAL SCHEDULE

Wednesday, April 24th

Field Events

THROWS

11:00AM	W	Hammer
12:30PM	M	Hammer
2:00PM	W	Discus
3:30PM	M	Discus
3:30PM	W	Shot Put
5:00PM	W	Javelin
5:30PM	M	Shot Put
6:30PM	M	Javelin

JUMPS

2:30PM	M	Long Jump
2:30PM	W	Triple Jump
3:00PM	W	Pole Vault
To Follow	M	Pole Vault(60 min warm-up)
3:00PM	W	High Jump
5:00PM	M	Triple Jump
5:00PM	W	Long Jump
5:30PM	M	High Jump

Running Events

2:00 PM	M	110m High Hurdle - Prelim
2:15 PM	W	100m Hurdles – Prelim
2:30 PM	M	100m Dash – Prelim
2:55 PM	W	100m Dash – Prelim
3:15 PM	M	3,000m Steeplechase
3:30 PM	W	3,000m Steeplechase
3:45 PM	M	4X100m Relay
3:50 PM	W	4X100m Relay
3:55 PM	M	1500m Run
4:15 PM	W	1500m Run
4:35 PM	M	400m Dash
4:55 PM	W	400m Dash
5:15 PM	W	100m Hurdles – Final
5:20 PM	M	110m High Hurdle – Final
5:25 PM	M	100m Dash - Final
5:30 PM	W	100m Dash – Final
5:35 PM	M	800m Run
5:55 PM	W	800m Run
6:10 PM	M	400m Hurdles
6:20 PM	W	400m Hurdles
6:35 PM	M	200m Dash
7:05 PM	W	200m Dash
7:35 PM	M	4X400m Relay
7:40 PM	W	4X400m Relay
7:45 PM	M	5k
8:05 PM	W	5k