



Southeast Missouri State University

# Drury Hotels Joey Haines Invitational

## Abe Stuber Track & Field Complex

Cape Girardeau, Missouri

# April 2-3, 2021

Southeast Missouri State University is very pleased you are entering your team in the **Joey Haines Invitational** on April 2-3, 2021. Enclosed is a schedule of events. Please note the Hammer Throw will begin at 3:30 p.m. on Friday.

**Spectators:** We are allowing spectators. All spectators are asked to wear masks and maintain social distancing.

**ENTRY DEADLINE:** Entries submitted online at [www.directathletics.com](http://www.directathletics.com) . Entry deadline is Wednesday – **March 31, 2021 at 3:00 p.m.**

**ENTRY FEE:** **\$100 entry fee per gender. \$200 for combined program.** Entry fee can be paid online through Direct Athletics or with cash or check at packet pickup. Checks should be made to SEMO Track & Field.

**MEET CONDUCT:** All running events will be sections run against time. Three preliminary attempts will be permitted in the long jump, hammer, triple jump, shot put, discus and javelin with the top nine collegiate athletes plus unattached in each event advancing to the finals for three additional attempts.

**SCORING:** All Division I teams will be scored. 10-8-6-5-4-3-2-1-.

**SHOWER FACILITIES:** There are no showers at the track. Please contact a member of the Southeast Track Staff to make arrangements to use the Recreation Center facilities.

**KEEP TRACK & INFIELD CLEAR!** . Only competing athletes and coaches are allowed in the infield. When races are not in progress, warm-up is allowed on the track. Team camps must be outside the track on the north and east side of track.

### **STARTING HEIGHTS - HIGH JUMP & POLE VAULT**

Pole Vault - Women	2.75m
Pole Vault - Men	4.00m
High Jump - Men	1.80m
High Jump - Women	1.50m

**IMPLEMENT WEIGHT-IN AND INSPECTION:** All implements will be inspected behind the hammer cage 9:30-10:30am on Saturday. Hammers on Friday just need to be inspected prior to the start of the event at the hammer cage.

**TRAINING FACILITIES:** Access to trainers will be limited due to COVID-19. Ice and water will be available.

**CHECK-IN:** Team packets will be available at the Track Complex after 2:30 p.m. on Friday or on Saturday after 9:00 a.m. Check in for running events will be at clerk table under tent at North end of track. Field events check in at event site.

**RELAY CARDS:** Turn in relay cards to the clerk table AT LEAST 30 MINUTES prior to each relay

**MEET RESULTS:** Live results will be available through Big River Running at:  
[http://results.tfmeetpro.com/Big\\_River\\_Race\\_Management/2021\\_Joey\\_Haines\\_Track\\_and\\_Field\\_Invitational/](http://results.tfmeetpro.com/Big_River_Race_Management/2021_Joey_Haines_Track_and_Field_Invitational/)

**TEAM BUS PARKING:** Team buses must park on "Old Sprigg Road" which is the road off Sprigg Street used to get to the Track Complex. **No buses are allowed to park in the small lot on the SW corner of the Track Complex or in the greenhouse parking lot!**

**QUESTIONS?** [ecrumpecker@semo.edu](mailto:ecrumpecker@semo.edu)



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### *Tentative Time Schedule*

#### Friday, April 2

3:30pm            Hammer Throw                            Women followed by Men

#### Saturday, April 3

10:00am            10,000m – MEN  
10:45am            10,00m – WOMEN

#### Running Events (all running events Women followed by Men except 10k)

12:00pm            3000m Steeplechase  
12:30pm            4x100m  
12:50pm            1,500m  
1:25pm            100m/110m Hurdles  
1:45pm            400m  
2:10pm            100m  
2:30pm            800m  
2:55pm            Southeast Senior Recognition  
3:15pm            400m Hurdles  
3:35pm            200m  
4:00pm            5000m  
4:45pm            4x400m

#### Field Events

11:00am	Shot Put	Men followed by Women
11:00am	Discus	Women followed by Men
11:00am	Long Jump	Men followed by Women
11:00am	High Jump	Women followed by Men
11:00am	Pole Vault	Men
2:00pm	Pole Vault	Women
3:00pm	Triple Jump	Men followed by Women
3:00pm	Javelin	Women followed by Men