

COLORADO STATE UNIVERSITY PUEBLO

Track and Field

2023 Outdoor Track and Field Meets

VISITING TEAM INFORMATION PACKET



CSU PUEBLO ATHLETIC PHONE DIRECTORY

| | | |
|--|-------------------------|---------------------|
| Vice President for Athletics and Strategic Partnerships | Dr. Paul Plinske | 719-549-2711 |
| Associate Athletic Director/SWA | Kelly Perry | 719-549-2021 |
| Associate Athletic Director | Mannie Reinsch | 308-627-5217 |
| Asst. Athletic Director Facilities/Events | Jenna McKinley | 719-480-2347 |
| Sports Information Department | Andres Madrid | 719-549-2022 |
| Tickets/Head Wrestling Coach | Dax Charles | 719-549-2794 |
| Ticket Manager | Garrett Jones | 719-549-2050 |
| Head Track and Field Coach | Matt Morris | 406-546-3705 |
| Assistant Track and Field Coach | Chris Flynn | 719-549-2014 |
| Assistant Track and Field Coach | Adam Lufkin | 719-549-2014 |

Mailing Address:

**Massari Arena
2200 Bonforte Blvd.
Pueblo, Colorado 81001**



Attention Coaches,

The CSU Pueblo Athletics Department would like to invite you and your team to compete at this upcoming year's CSU Pueblo Dr. Dan Caprioglio Early Bird, CSU Pueblo Spank Blasing Invite, CSU Pueblo Invite #3, and CSU Pueblo Last Chance track meets. The following is facility and schedule information for our meets taking place March 17th-18th; March 24th-25th; March 31st-April 1st; and May 6th, at the CSU Pueblo ThunderBowl in Pueblo, Colorado.

Below is a tentative meet schedule for all meets. We will run a Men and Women's 10K for sure at the Dr. Dan Caprioglio Early Bird (it will be a featured event for this meet) and are open to running one at the Spank Blasing as well if there is enough interest. As usual, the Hammer and Javelin will be contested on Friday, and the rest of the events contested on Saturday for both meets.

With the cost of running the meet increasing we have also increased our entry fees to \$350 per gender. We are excited to be using Rapid Results time again this year, and we will also provide live updates for the field events like we did last year.

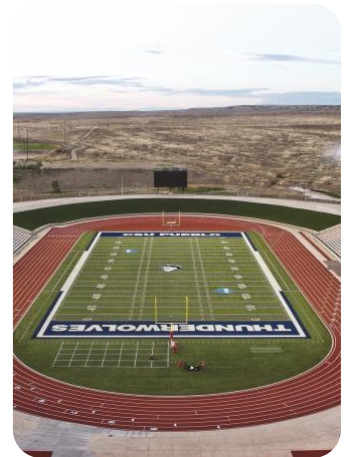
Track Surface (RSS 2000 Synthetic is 100% polyurethane bases): We are VERY excited to have a new surface as of 2020! This surface is conducive to great performances while minimizing the stress on the athlete's body. The track utilizes 9 lanes on the straight-away and 8 lanes around the oval.

I. Jump Information:

- HJ- The high jump provides large approach area in the north side of stadium.
- LJ- South side Runway 160ft (8ft Board)
- LJ- North side Runway 159ft (8ft Board)
- TJ- South side Runway 137ft (32ft), 133ft (36ft), 128ft (41ft)
- TJ-North side Runway 136ft (32ft), 132ft (36), 127ft (41ft)
- PV- The pole-vault runway provides 130ft (vault box to vault box)

II. Throws Information:

- Shot – 22m
- Hammer/Discus- (Ring 1) 85m (Ring 2) 82m
- Javelin: – 77m



Specific information regarding updated event schedules and heat sheets will be provided as we get closer to the meet. Please contact me if you are interested in attending or feel free to contact me if you have any questions. We are looking forward to hearing from you and seeing you this spring!

Matt Morris, Head Track & Field and Cross Country Coach

Colorado State University Pueblo
2200 Bonforte Blvd.
Pueblo, CO 81001
Office: (719) 549-2556



THUNDER WOLVES

TRACK & FIELD

Track and Field General Information



| | |
|-----------------------------|--|
| Facility | CSU Pueblo ThunderBowl. |
| Workout | If you wish to workout, please contact Jenna McKinley at 719-480-2347. |
| Team Parking | Teams will take the Troy Ave Exit and Travel North to CSU Pueblo ThunderBowl. Once you arrive you can park outside of in the parking lot of the ThunderBowl. |
| Athletic Training | The visiting locker room has its own training room. The training room has taping tables and treatment tables. |
| Rules | NCAA and RMAC Rules |
| Officials | Assigned by the Rocky Mountain Athletic Conference |
| Media and Statistics | Contact Andres Madrid at 719-549-2022. |



CSU Pueblo Home Meets CSU Pueblo ThunderBowl

DATES:

CSU Pueblo Early Bird:

Friday and Saturday, March 17-18, 2023

CSU Pueblo Spank Blasing Invite:

Friday and Saturday, March 24-25, 2023

CSU Pueblo Invite #3

Friday and Saturday, March 31st- April 1st, 2023

CSU Pueblo Last Chance Invite

Saturday, May 6th



ENTRIES: Entries are available to invited teams and all approved open/unattached athletes who have registered. All entries will be taken through www.DirectAthletics.com.

ENTRY FEE: \$350/ team/ gender (\$700 for men and women). \$20 per individual entry (unlimited events)

IMPLEMENT CHECK: Weigh-in will take place at the throwing area clerks table at least 1 hour prior to the start of your event.

TIMING: Fully Automatic Timing—Results will be posted online on CSU Pueblo's website and TFRRS website.

CLERK: All field events will check-in at their event area. All track events will check-in at the clerks table located adjacent to the common finish line.

WARM-UP AREA: Athletes may warm up in competition area. Any athlete who is finished competing should move to the stands.



RESTROOMS: There are restrooms located behind the West and East side press box and at the southeast locker-room. (Please read the signs for designated genders).

SHOWERS: There are showering facilities in the locker room areas at southeast locker room. Please let us know ahead of time if you will be utilizing these facilities.

TRAINERS: CSU Pueblo trainer will be available at southeast garage.

NOTES: Athletic field house, Leomiti Warrior Center, and the deck area attached to the field house are off limits to all participants. Team-Camps are located in the stands or around the concourse of the stadium. No tents are allowed in the stands.

INFORMATION: Contact Matthew Morris @ 406-546-3705 or Email: matthew.morris@csupueblo.edu

Seeding: Rapidresultstiming@gmail.com 970-278.7626 www.rapidresultstiming.com

CSU Pueblo Tentative Meet Schedule



We will not run ahead of schedule.

Friday

THROWING EVENTS

3:00 PM Javelin (Men followed by Women)
Hammer (Women followed by Men)

FIELD EVENTS

3:00 PM Triple Jump (Women followed by Men)

Saturday

THROWING EVENTS

11:00 AM Women's Shot Put
11:00 AM Men's Discus
12:15 PM Women's Discus
12:15 PM Men's Shot Put

SATURDAY FIELD EVENTS

11:00 AM Long Jump (Women followed by Men)
11:00 AM High Jump (Men Followed by Women)
11:30 AM Pole Vault (Women followed by Men)

SATURDAY RUNNING EVENTS

10:45 Men's 5,000m Run
11:05 Women's 5,000m Run
11:30 Spank Blasing Presentation
11:50 Men's 4 X 100 Meter Relay
12:00 Women's 4 X 100 Meter Relay
12:10 Men's 1500m Run
12:35 Women's 1500m Run
12:50 Men's 110m Hurdles
1:00 Women's 100m Hurdles
1:10 Men's 400m Dash
1:25 Women's 400m Dash
1:40 Men's 100m Dash
1:50 Women's 100m Dash
2:00 Men's 800m Run
2:15 Women's 800m Run
2:30 Men's 400m Hurdles
2:40 Women's 400m Hurdles
2:50 Men's 200m Dash
3:05 Women's 200m Dash
3:20 Men's 3,000m Steeple Chase
3:40 Women's 3,000m Steeple Chase
4:05 Men's 4 X 400 Relay
4:15 Women's 4 X 400 Relay



Time schedule may need to be adjusted based on number of entries. Heat sheets and updated time schedules will be emailed out before the meet.



CSU PUEBLO CAMPUS MAP



PARKING SECTORS

NORTH: N-1, N-2, N-3, N-4, N-5, N-6, N-7, N-8

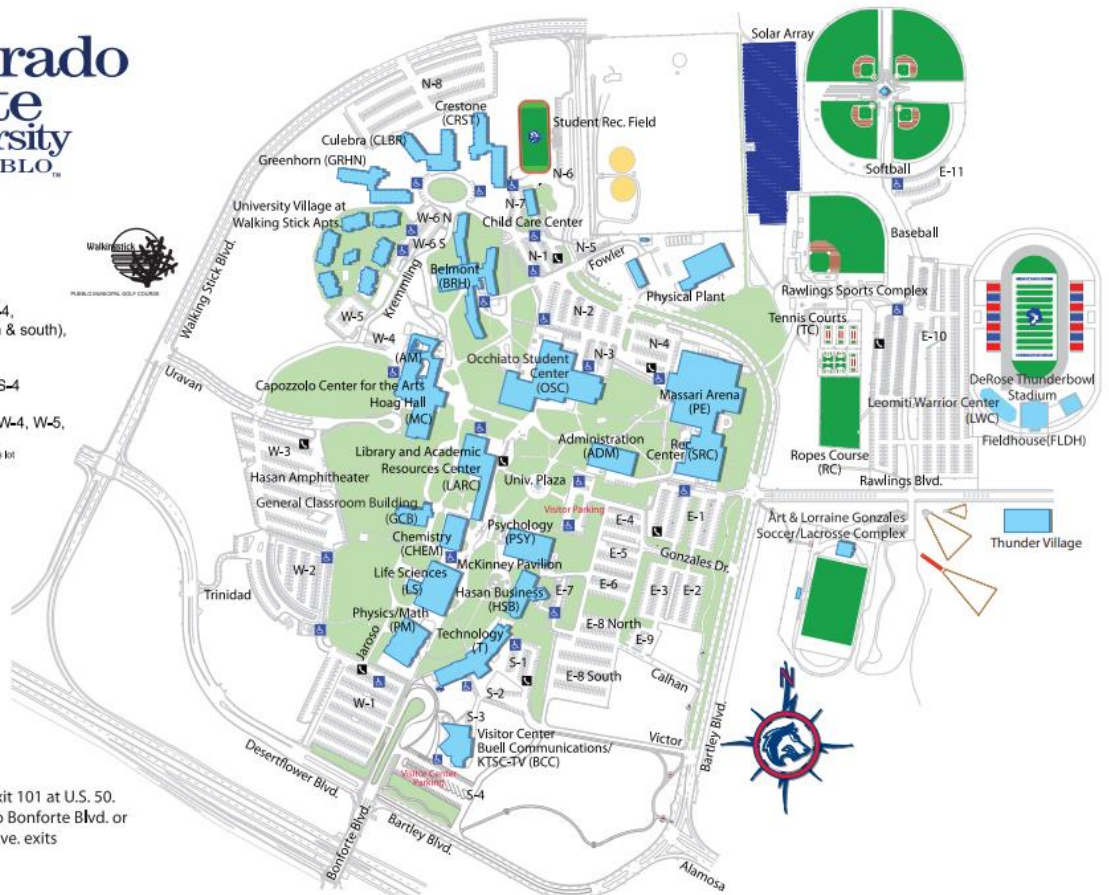
EAST: E-1, E-2, E-3, E-4, E-5, E-6, E-7, E-8 (north & south), E-9, E-10, E-11

SOUTH: S-1, S-2, S-3, S-4

WEST: W-1, W-2, W-3, W-4, W-5, and W-6 (north & south)
*Visitors with permit may park in visitors lot or white lines only

- Emergency Phones
- Handicapped

I-25 Exit 101 at U.S. 50.
 East to Bonforte Blvd. or
 Troy Ave. exits



2200 Bonforte Blvd. ● 719-549-2100 ● www.csupueblo.edu

CSU Pueblo Preferred Hotels



Comfort Inn

4645 North Freeway
Pueblo, CO 81008

Contact Name: Laurel Wright
comfortinnpueblo@hotmail.com

719-542-0848

Fax: 719-253-7645

<https://www.choicehotels.com/colorado/pueblo/comfortinn-hotels/co701?source=lb>

Courtyard Pueblo Downtown

110 West 1st Street
Pueblo, CO 81003

Contact Name: Kristin Martinez
kristin.martinez@galaxyhotelsgroup.com

719-586-3281

<http://www.pueblomarriott.com/>

Holiday Inn Express & Suites

4530 Dillon Drive
Pueblo, CO 81008

Contact Name: Audra
Gm.pbchi.hie@gmail.com

719-542-8888

<http://www.holidayinnexpress.com/pueblo-co>

Hampton Inn & Suites

4790 Eagleridge Cir
Pueblo, CO 81008

Contact Name: Tiffanie Kruepka

Quality Inn & Suites

3910 Outlook Blvd.
Pueblo, CO 81008

Contact Name: Wayne Robelia
719-544-5500

qualityinnpueblo@gmail.com

<https://www.choicehotels.com/colorado/pueblo/quality-innhotels/co100>

Ramada

4703 N Freeway Rd
Pueblo, CO 81008

Contact Name: Shannon Hinton
ramadapueblogm@gmail.com

Phone: 719-544-4700

Fax: 719-544-6526

www.ramada.com

Wingate by Wyndham

4711 North Elizabeth
Pueblo, CO 81008

Contact Name: Kristi Moran
E-Mail: wingateinnpueblo@hotmail.com

Phone: 719-586-9000

www.wingateinns.com

CSU Pueblo Preferred Restaurants

CSU Pueblo Dining Services
(Cafeteria Dining/Buffer)

2200 Bonforte Blvd.
Pueblo, CO 81001

www.dineoncampus.com/csupueblo/



Little Caesar's Pizza (Pizza/Fast Food)

1230 Bonforte Blvd.
Pueblo, CO 81001
719-544-4500
www.littlecaesars.com

Texas Roadhouse (Steaks/Burgers)

Contact: Ken Rea
4707 Dillon Drive
Pueblo, CO 81008
(719) 545-8775
www.texasroadhouse.com

Old Chicago (Pizza/Sandwiches).

3204 N Elizabeth St
Pueblo, CO 81008
(719) 245-1695

Angelo's Pizza

(Pizza/Sandwiches - New York Style)

Contact: Ginger Veltri
105 E. Riverwalk
Pueblo, CO 81003
(719) 544-8588

www.angelospizzapie.com

Wingstop (Wings)

5 Free Wings Per Person
3414 Elizabeth St
Pueblo, CO 81008
719-296-9464

AJ's at Walking Stick

(Burgers/Sandwiches/Salads)
4301 Walking Stick Blvd
Pueblo, CO 81001
(719) 553-1181

Chick-fil-A (Chicken/Fast Food)

1535 W, US-50
Pueblo, CO 81008
(719) 424-3838

ThunderZone Pizza & Tap House

(Pizza, Pasta, & salad)
2270 Rawlings Blvd
Pueblo, CO 81001
(719) 299-4029

<http://www.thunderzonetaphouse.com>

Pueblo, Colorado



The Greater Pueblo Chamber of Commerce is the collective voice of 1,250 businesses and professions which work to improve and promote an atmosphere that enables the community to grow and prosper; making the city of Pueblo an outstanding place to visit, live and conduct business. We invite you to experience the flavor of this unique and prosperous community in the heart of Southern Colorado. Please call the Greater Pueblo Chamber of Commerce at (719) 542-1704, write to us at 302 N. Santa Fe Ave, Pueblo CO. 81003, or visit us online at www.pueblochamber.org.

Where is Pueblo located?

Pueblo is located in Southern Colorado along the southern edge of the state's major growth corridor.

Historically a transportation junction, the city lies 110 miles south of Denver at the crossroads of two major highways: Interstate 25 and U.S. Highway 50.



Climate

PUEBLO has a very mild climate with moderate temperatures throughout its four seasons. The average daily high is 52 degrees with an average daily low of 37. Although Pueblo receives an annual average snowfall of 31 inches, its moderate temperatures do not allow snow to stay long.

Average Annual Precipitation: 11.91 inches

Normal Annual Snowfall: 31 inches

Average Monthly Temperatures: (°F)

a. January 45 b. October 68 c. April 66 (Annual 51.7)

Transportation

Air Services– Pueblo Memorial Airport, located 8 miles east of town currently has Great Lakes and Allegiant Airlines. Colorado Springs Airport is located 40 miles North of Pueblo. From Denver international airport take I-225 S to I-25 S towards Pueblo; 2 hrs 5 mins / 127.53 miles.

Shuttle Service– Shuttle Service of Southern Colorado provides shuttle service to Colorado Springs and Pueblo airports as well as charter service. (719) 545-9444.

Train Service– Railroads serving Pueblo include the Burlington Northern Santa Fe and the Union Pacific-Southern Pacific (all freight service only)

Bus-Texas- New Mexico & Oklahoma Coaches (TNMO), as well as several other charter companies, services the Pueblo area. (719)543-2775.

City Bus– Pueblo City Transportation offers a full schedule of busing routes throughout the city. (719)553-2727.

Cab Service– City Cab Company provides Pueblo with cab service. (719) 543-2525.

Highway Routes– Highways crossing Pueblo include Interstate 25 North and South, U.S. Highway East and west, and Highways 45, 87, 85, 78, 96, 227, and 233.

