



TRACK & FIELD

ANGRY BIRDS CHALLENGE

January 11, 2020

Rauch Field House, Goodman Campus, Lehigh University

2020 TEAMS: Bucknell, Sacred Heart, FDU, St. Joseph, Temple, American, Loyola

SCORING:

Individual Events: 9-7-6-5-4-3-2-1, Relay Events: 9-7-6-5

All running events are finals. 6 advance to finals in field events.

ONLY TWO individual entries & ONE relay entry per institution shall score

TIMING & RESULTS:

Fully Automatic Timing provided by Mitchell Timing (www.mitchelltiming.com)

TEAM ENTRY FEE:

\$400.00 per team/gender

Payment accepted on DirectAthletics ONLY (if you already sent a check in, please notify us via email)

ENTRY DEADLINE:

Via DirectAthletics by 11:00pm on Wednesday, January 8, 2020

FACILITY:

123 Goodman Drive, Bethlehem, Pennsylvania

Mondo Super-X track surface; hardwood plywood throwing circles

1/4 PYRAMID SPIKES ONLY, NO TAPE; CHALK ONLY ON SURFACES - (Chalk will be provided)

CONTACT:

Khayla Atte – 641 Taylor St, Bethlehem, PA 18015; trackandfield@lehigh.edu

CHECK IN:

RUNNING EVENTS: Athletes must check in with the Clerk 15 minutes prior to the start of the event. A spike check will be completed at this time and athletes will remain in this area until ushered to the starting area.

FIELD EVENTS: Check in at the event site 60 minutes prior to the start of the event.

IMPLEMENT CERTIFICATION:

Certification will be open approximately 60 minutes prior to the start of the first event and continue until up to 15 minutes prior to the first event. The implement certification area is located near the throws cage. All implements will be certified with officials & meet management prior to the start of each event and then collected and available at the beginning of each event. Please have your implements picked up after completion of the event.

WARM-UPS:

We ask that all warm-up activities take place outside in the adjacent fields or on the designated space on the track infield. **NO BAGS/SHOES on the infield warm-up space. Athletes who are warming up are only permitted to bring water with them into the warm-up area on the infield.**

SPORTS MEDICINE STAFF:

The sports medicine staff will be located near the restrooms to the right of the entrance as you enter the building. We kindly request that teams provide their own tape and supplies if there are athletes who will have any sort of pre-existing condition that requires tape/pre-wrap.

SAFETY & SPECIAL REQUESTS:

- Spike length and shape are subject to inspection. If an athlete is found to be using anything other than 1/4" pyramid spikes, his/her performance will not be published in the results.
- Only coaches and competing athletes are permitted on the infield during competition.
- Sitting or standing on the throwing sector barrier is PROHIBITED.
- All pole vault poles should be placed on or under the pole rack located adjacent to the runway.

TIME SCHEDULE: ***(We will not run more than 10 minutes ahead of schedule on track)***

FIELD EVENTS

10:30am Women's 20# Weight Throw (Men's 35# WT to follow)
Women's Shot Put (Following Men's WT)
Men's Shot Put (Following Women's SP)
Men's Long Jump (Women LJ to follow)
Men's Triple Jump (Following Women's LJ)
Women's Triple Jump (Following Men's TJ)
Women's High Jump (Men HJ to follow)
Women's Pole Vault (Men PV to follow)

TRACK EVENTS

12:00am Women's 5000m Run
12:25am Men's 5000m Run
12:50am Women's One Mile Run
1:05pm Men's One Mile Run
1:20pm Women's 60m Hurdles
1:35pm Men's 60m High Hurdles
1:45pm Women's 400m Dash
1:55pm Men's 400m Dash
2:10pm Women's 60m Dash
2:20pm Men's 60m Dash
2:35pm Women's 800m Run
2:50pm Men's 800m Run
3:05pm Women's 200m Dash
3:20pm Men's 200m Dash
3:40pm Women's 3000m Run
3:55pm Men's 3000m Run
4:10pm Women's DMR
4:30pm Men's DMR
4:45pm Women's 4 x 400m Relay
4:55pm Men's 4 x 400m Relay