



# NSIC Indoor Challenge

Minnesota State University, Mankato  
135 Myers Field House, Mankato MN, 56001  
February 15<sup>th</sup>, 2020



## ENTRY PROCEDURE:

Invited teams – Augustana College, Bemidji State, Concordia-St. Paul, University of Mary, Minnesota Duluth, Minnesota State, Northern State, University of Sioux Falls, and Winona State. Enter online at [www.directathletics.com](http://www.directathletics.com) by **6:00pm WEDNESDAY February 12<sup>th</sup>**.

- Performance list will be posted Thursday morning by 10am.
- Please email scratches to Jen Blue by 5pm Thursday
- Heat Sheets will be posted Friday morning by 11am
- No late additions will be allowed.

No Unattached athletes will be allowed.

## ENTRY FEES:

\$300 per gender. Fee must be paid on the Direct Athletics site to submit your entries.

## ADMISSION:

Admission fees are as follows: Adults (18 and older) \$10, youth (ages 10-17) \$5. Anyone under the age of 10 or associated with the team (trainers, administrators) will be free of charge. MSU Students are free with valid student ID.

## ENTRY MARKS:

All entry marks need to be previously performed marks during the 2019-20 season with the exception if an athlete has not competed in an event. Please enter a speculative time and justification of speculative time in the notes column. All speculative times with no justification will be treated at NT.

## TEAM CAMPS:

Team Camps will be held in Schellberg gym.

## WARM-UP:

When races are not in progress, the outside of the backstretch may be used. Hurdles must be kept in lanes 4-8, and all hurdles must be returned upon completion of warm-up

## IMPLEMENT WEIGH-IN:

Implements will be weighed on North side of the Fieldhouse one hour prior to the start of the throwing events. Implements will not be impounded.

## HIP NUMBERS:

Hip numbers are located in the southwest corner of Fieldhouse. Numbers are to be worn on the right hip. For distance events, numbers will be worn on the right hip and right chest. Only use hip numbers for races that do NOT finish in lanes.

## SPIKE CHECK:

Athletes spikes will be checked at the check-in table to insure proper spikes are worn and a zip-tie will be fastened to the shoe. Approved spikes are Christmas Tree (1/8", 3/16", 1/4") and Pyramid (1/8", 3/16", 1/4").

## STAGING PROCEDURE:

30 minutes PRIOR to track events, athletes must pick up your hip numbers at the table located at the southwest end of the Field House (near the finish line). Check-in with the Clerk of Course at the start area 10 min prior to the start of your event. **Field Event Athletes** – check in with event official 30 minutes prior to your event.

## RESULTS:

Results will be posted on the South wall by Minnesota State Tent.

- PROTESTS:** Protests should be made immediately, and no later than 30 minutes after the results have been posted. Protests must be brought to the attention of Mike Turgeon, the MSU Track and Field Head Coach.
- TRAINER:** Training facilities will be set up in the equipment closet near the finish line. Please have your institution's trainers provide written instructions and consent for any type of treatment.
- LOCKER ROOMS:** Locker rooms will be available on a limited basis. MSU Varsity locker rooms are not to be used. MSU recreation locker rooms will be open for use. Athletes must provide their own towels and locks. Refer to attached map for locker room location.
- PRACTICE:** Field house will be available on Friday 2/14 from 3:30pm to 7:00pm for teams wanting to practice. Please contact Jen Blue (507)389-6415 or [Jennifer.blue@mnsu.edu](mailto:Jennifer.blue@mnsu.edu) if you want to utilize the facility for practice.
- PARKING:** Refer to the attached parking map for team bus and spectator parking.
- ADDITIONAL INFORMATION:** Additional home meet information can be found at [www.msumavericks.com](http://www.msumavericks.com) -> Men's or Women Track and Field -> Collegiate Meets
- QUESTIONS:** Jen Blue (507)389-6415 or [Jennifer.blue@mnsu.edu](mailto:Jennifer.blue@mnsu.edu).

### Schedule of Events

**Field Events:**

- 11:00 p.m.      Weight Throw (women followed by the men)  
                     Long Jump (men followed by the women)  
                     High Jump (women followed by the men)  
                     Pole Vault (men followed by the women)  
                     Shot Put to follow the Weight Throw (women followed by the men)  
                     Triple Jump to follow Long Jump (men followed by the women)

**Running Events times are TBD based on entries:**

All running events will be Women followed by Men **except** 60m hurdle Final

- 12:00 p.m.      Distance Medley Relay  
                     5000m Run  
                     60m Hurdles Prelim  
                     60m Dash Prelim  
                     Mile  
                     60m Hurdles – **FINAL (Men followed by Women)**  
                     60m Dash - **FINAL**  
                     400m Dash  
                     600m Dash  
                     Officials Break  
                     800m Run  
                     1000m Run  
                     200m Dash  
                     3000m Run  
                     4 x 400m Relay