



Ted Nelson Classic

Minnesota State University, Mankato
135 Myers Field House, Mankato MN, 56001
February 3rd, 2024



ENTRY PROCEDURE:

Enter online at www.directathletics.com by **6:00pm THURSDAY February 1st**. Heat Sheets will be posted Thursday and no late additions will be allowed. **Please DO NOT Pay until your entries are final**, this will allow you to make changes up to 6:00pm Thursday.

Unattached athletes (affiliated with a NCAA Institution): per recent NCAA unattached legislation changes, if you are associated with a current collegiate team and are either red-shirted or unattached for any reason outside of voluntarily saving a season, you are not eligible for competition in MSU track and field meets. These reasons may include sitting for transfer regulations, current and incoming academic issues (ineligible, partial/non-qualifier, etc.), or any other conduct related reasons you may not be able to represent your institution. If you are not associated with a current collegiate team, you must create your own account on the Direct Athletics website and may not have **ANY** affiliation to your school in the registration process. **NOTE:** Institutions MAY NOT register their unattached athletes and are responsible for compliance to NCAA rules. MSU is not responsible for violations associated with non-compliance with NCAA legislation.

ENTRY FEES:

\$400 per gender (10 or more athletes); \$40 dollars for unattached athletes. Fee must be paid on the Direct Athletics site to submit your entries.

MSU Students: All MSU Students paying the athletic and/or recreation student fees will have their meet entry fee waived. Please email Jen Blue Jennifer.blue@mnsu.edu by Tuesday at Noon with your event and personal best to enter the meet.

ADMISSION:

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

ENTRY MARKS:

All entry marks need to be previously performed marks, and not projected times to improve seed positioning. For freshmen please enter based off high school marks.

HORIZONTAL JUMPS:

There will be an officials/athlete (all flights) meeting 40min prior to the start of the event. We will cap Long Jump at 48 and Triple Jump at 36.

THROWS:

There will be an officials/athlete (all flights) meeting 40min prior to the start of the event. If we have large amount of shot put entries. The top flights will throw out of the main throws area and the first few flights will throw shot put from the high jump area. The first few flights shot put competition will begin after the conclusion of the high jump. Both competitions will utilize a cement ring.

60 and 60h:

If more than 64 athletes enter, we will run three rounds; qualifying, prelims, finals. The top 8 entered marks in the field will go directly to the preliminary rounds and NOT run in the qualifying round. All other entrants will run in the qualifying round

with the top 24 entries advancing to the preliminaries on time. 32 total athletes will compete in the preliminaries with 8 advancing to the final. If 63 athletes or less enter, we will run heat winner plus next fastest times to finals.

TEAM CAMPS:	Team camps will be located in auxiliary classroom and gymnasiums spaces outside of the field house. These spaces will be assigned prior to arrival by Jen Blue. We want to minimize the number of athletes in the field house during competition times.
WARM-UP:	<p>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</p> <p>LJ/TJ/Shot/Weight – warm-ups time 10 minutes per flight for flights under 10. Then 1 minute of extra time for each competitor up to the maximum of 15 minutes for flights larger than 10. Warm-up will start for first flight once competition area is changed over.</p>
IMPLEMENT WEIGH-IN:	Implements will be weighed on North side of the Field house 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.
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:	<p>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.</p> <p><u>Field Event Athletes</u> – check in with event official 30 minutes prior to your event.</p>
RESULTS:	Results will be posted on the North wall above the water fountains after each event.
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 by the rock wall in the southeast corner of the field house. Please have your institution's trainers provide written instructions and consent for any type of treatment.
PRACTICE:	Field house will be available on Friday Feb. 2nd from 3:30pm to 7:00pm for teams wanting to practice. Please contact Jen Blue (507)389-6415 or Jennifer.blue@mnsu.edu if you want to utilize the facility for practice.
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.
PARKING:	Refer to the attached parking map for team bus and spectator parking.
QUESTIONS:	Jen Blue (507)389-6415 or Jennifer.blue@mnsu.edu .

Schedule of Events

Field Events:

10:20 a.m.

Long/Triple and Weight/Shot (Officials and Athlete event meeting)

11:00 a.m.

Weight Throw (men followed by the women)

Long Jump (women followed by the men)

Pole Vault (women followed by the men)

High Jump (men followed by the women)

Shot Put to follow the Weight Throw (men followed by the women)

Triple Jump to follow Long Jump (women followed by the men)

Running Events times are TBD based on entries:

All running events will be Women followed by Men except 60m hurdle Final. We will not run more than 20 minutes ahead of schedule.

11:00 a.m.

3000m Run

Distance Medley Relay

60m Hurdles – **Prelims (3 heats)**

60m Dash – **Prelims (3 heats)**

Mile

400m Dash

600m Dash

60m Hurdles **FINAL**

60m Dash **FINAL**

800m Run

1000m Run

200m Dash

5000m Run

4 x 400m Relay