



# Bearcat Invite



## MEET INFORMATION

Thursday – Saturday, February 2<sup>nd</sup> – 4<sup>th</sup>, 2023

- Site:** Hughes Fieldhouse – Nodaway Valley Bank Track - Northwest Missouri State University
- Admission:** Spectators will be allowed to enter Northwest Missouri State University Indoor Meets through the Upper East Doors. \$5 Admission will be taken at the door.
- Starting Time:** Pentathlon will begin at 1:00 pm and heptathlon will begin at 1:30 pm Thursday. Heptathlon will resume Friday morning at 9:00 am. All Field and Running events will start at 11:00 am on Friday and Saturday.
- Entries:** Entries will be accepted only through [www.directathletics.com](http://www.directathletics.com). Entry site opens on Tuesday, January 24<sup>th</sup> at 10:00 am and closes on Wednesday, February 1<sup>st</sup> at 9:00 am. At this time entries are final and considered entered and declared.
- Entry Fee:** Entry fees will be paid through Direct Athletics ONLY, all entry fees are NON-REFUNDABLE. THIS IS AN ENTRY FEE, NOT A COMPETITION/PARTICIPATION FEE. Payment must be received before the entry deadline for entries to be accepted. Entry fees are based upon number of athletes entered at the entry deadline. Entries are final Wednesday, February 1<sup>st</sup> at 9:00 am.
- Check In:** Heat sheets and an updated schedule will be available online at [www.bearcatsports.com](http://www.bearcatsports.com) or [www.blacksquirreltiming.com](http://www.blacksquirreltiming.com). Check in/hip number table will be located on the turf between the throws and the team camp area. An updated schedule and heat sheet will also be emailed to teams prior to arrival.
- Facilities:** 300 meter Beynon BSS 300 surface with 6 lanes on the oval and 8 on the straights. Jumping areas are Beynon BSS 300. Tape only for jump marks on runway, chalk and cones will not be permitted. Pole Vault will be contested on a Mondo covered, Gill raised runway on the infield. Throwing events will be contested off of wooden platforms on the infield.
- Men's Long Jump Board – 3m      Women's Long Jump Board – 3m  
Men's Triple Jump Board – 12.5m      Women's Triple Jump Board – 9.5m
- Implement Weigh In:** All implements will be weighed in at the throwing venue prior to the start of event. Athletes need to bring implements with them when they check in with the head official.
- Accepted Entries:** The limits below will be used to determine accepted entries for competition. A list of accepted entries will be posted on Northwest Athletics Track & Field website; Additional links / Home Events / Bearcat Invitational.

Events	Entries Accepted
HJ	Top 24 entries
PV	Top 30 entries
WT, SP	Top 60 entries (4 flights of 15, plus finals)
LJ, TJ	Top 60 entries (4 flights of 15, plus finals)
60m Dash	All entries accepted (added qualifying round – see seeding info below)
60m Hurdles	All entries accepted (added qualifying round – see seeding info below)
200m Dash	Top 132 entries *Top 12 Run Saturday – other 120 run Friday
400m Dash	Top 120 entries
600y Run	Top 60 entries
800m Run	Top 90 entries
1000m	Top 60 entries
Mile	Top 120 entries
3000m Run	Top 90 entries
5000m Run	Top 90 entries
4x800m Relay	Two teams per school
4x400m Relay	Two teams per school
Dist. Medley Relay	Two teams per school
Pentathlon / Heptathlon	Top 24 entries

**60m Dash/60m Hurdles:** For the 60m Dash and 60m Hurdles there will be a Qualifying Round on Friday. The top 16 entry times will automatically advance to the Semifinals on Saturday and will not compete in the Qualifying Round on Friday. The top 16 times from the Qualifying Round on Friday, in addition to the top 16 auto qualifiers from the meet entry times, will advance to Saturday's 4-heat Semifinal. The winner of each Semifinal heat and the next 4 fastest times will advance to the Final on Saturday. ***\*If we do not have over 32 athletes (per event, per gender) we will not hold a qualifying section.***

**200m Dash:** We will have 3 elite heats (per gender) of the 200m on Saturday – Top 12 entry times are automatically entered in the elite sections. All other heats will run Friday evening. These heats will be seeded by time and athletes will NOT need to declare.  
**\*\*NO OUTDOOR MARKS OR SPECULATIVE TIMES WILL BE ACCEPTED FOR ELITE HEATS. THESE WILL BE CONFIRMED BY MEET MANAGEMENT\*\***

**Clerking:** Check in/hip number table will be located on the turf between the throws and the team camp area. Please check in and get hip numbers 30 minutes prior to the start of the event. **Participants in the 4x800m, Distance Medley, and 4x400m relay will be asked to complete a relay card upon check-in. 4x400m Relays must be submitted by the start of the Men's 3k. Heats may be changed based on scratches** Relay cards will be available at the check in table.  
**A no show to declare is interpreted as a scratch.**

**Spikes:** 1/8" or 1/4" pyramid only, please. No needle spikes or compression spikes will be allowed. **Spikes must be checked and approved for the pole vault competition with the official at the pole vault check in. Athletes will not be allowed to compete with shoes that have not been approved.**

**Live/Final Results:** **Live Results will be available at [www.blacksquirreltiming.com](http://www.blacksquirreltiming.com) during the meet.** Results will also be posted in the lobby area of the Hughes Fieldhouse as they become available. Final results will be available on the following websites:  
[www.bearcatsports.com](http://www.bearcatsports.com)  
[www.blacksquirreltiming.com](http://www.blacksquirreltiming.com)

**Trainer:** Athletic trainers will be available during the meet to administer first aid. The athletic trainers will have a satellite Sports Medicine Center in Hughes Fieldhouse located in the northeast hallway. Treatments available are primarily heat and ice, and any bandaging. Special considerations can be made to use the full Sports Medicine Center in the Lamkin Activity Center if the school travels with an athletic trainer. Athletes need to have a note from their athletic trainer with details of their specific treatment needs if the athletic trainer is not able to travel. Please bring your own athletic tape and other necessary supplies. Please contact our track specific athletic trainer, Kayla Fonken at [kcrouch@nwmissouri.edu](mailto:kcrouch@nwmissouri.edu) or 515-835-9589 for more specific meet day athletic training info.

**Additional Info:** **Northwest Missouri State University - Meet Management – Nikki Wetstein**  
[bearcattrack@nwmissouri.edu](mailto:bearcattrack@nwmissouri.edu)