



Pittsburg State Invitational

Hosted by Pittsburg State University

Meet Information

Saturday, January 26, 2019



Site: Harvey Dean Track / Robert W. Plaster Center -- Pittsburg State University

Starting Time: Field Events 11:00 a.m. Running Events:
Morning Session: 9:30 a.m.
Afternoon Session: 3:00 p.m.

Admission: \$5.00 per person, 12 & Under and PSU College Students with a Valid Student ID are Free

Entries: Entries open on Monday, Jan. 14th, and **close on Tuesday, Jan. 22nd at 6 pm.** At this time entries are final and considered entered and declared. Entries will be accepted only through www.directathletics.com. Marks must be verified on TFRRS and will include marks from the 2017, 2018 and current track season to this point. Speculative marks will only be accepted **with supporting documentation (link to online results)**. For example if you have a freshman who has not competed in the event collegiately, but has a quality mark from high school, then enter the valid high school mark with the link to the high school mark, **and leave this information in the "Entry Note/Additional Info" box next to the "Speculative Time/Mark" box in your Direct Athletics entries.** Unsupported speculative entries will not be accepted without a link to the online result. In addition, Accepted Entries will be limited in order to keep the competition manageable. Detailed information in the **Accepted Entries** section below. Entry marks will be published on start lists.

Oval Races: The following entry guidelines will also be implemented:

400m, 600m, 800m – An athlete may be entered in only ONE of these events. If an athlete is entered in more than one of these events, they will be scratched from the event(s) in which they rank the lowest among all final entries, unless the coach specifies which event they prefer their athlete to compete in in the "Entry Note/Additional Info" box.

3000m, 5000m – An athlete may be entered in only ONE of these events. If an athlete is entered in more than one of these events, they will be scratched from the event(s) in which they rank the lowest among all final entries, unless the coach specifies which event they prefer their athlete to compete in in the "Entry Note/Additional Info" box.

Accepted Entries: We will use the guidelines below in determining accepted entries for the competition. A list of accepted entries will be posted at www.pittstategorillas.com on Wednesday, Jan. 23rd.

<u>Events</u>	<u>Entries Accepted</u>
HJ	Top 24 entry marks
PV	Top 24 entry marks (highest seeded will compete in the Invite section)
WT, SP, LJ, TJ	Top 36 entry marks
60m Dash	All Entries Accepted

60m Hurdles	Top 56 entry marks
200m Dash	Top 66 entry marks
400m Dash	Top 54 entry marks
600m Dash	Top 30 entry marks
800m Run	Top 48 entry marks (highest seeded compete in afternoon session)
Mile	Top 60 entry marks (highest seeded compete in afternoon session)
3000m Run	Top 40 entry marks (highest seeded section in afternoon session)
5000m Run	Top 50 entry marks
4x400m Relay	Two teams per school
Dist. Medley Relay	One team per school

Entry Fee: \$30 per athlete, maximum of \$300 per team (Men's and Women's teams separate). **Entry Fees will be paid through Direct Athletics ONLY, all entry fees are NON-REFUNDABLE. 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. Please do not pay until you are certain of your entries as once you have paid you will be locked out of your registration for this competition and will not be able to adjust your entries. Entries are final Tuesday, January 22nd, at 6 pm.

Check In: Please pick up heat sheets and updated schedule of events along with your relay cards at the hip number station located in the Northwest garage of the Plaster Center. All updated time schedules and accepted entries will be emailed and posted to our home meet info website.

Facilities: 300 meter Mondo Super X surface with 6 lanes on the oval and 8 on the straights. Jumping areas are Mondo Super X. **Athletic Tape Only** for jump marks on runway, Chalk and Cones will not be permitted. Pole Vault will be contested on a Mondo raised runway on the infield. Throwing events will be off of wooden platforms on the infield.

Men's Long Jump Board – 10'

Women's Long Jump Board – 10'

Men's Triple Jump Board – 40'

Women's Triple Jump Board – 32'

Practice Session: Coaches that are interested in their athletes doing a Friday evening shake out need to contact the Plaster Center Coordinator Damian Smithhisler at dsmithhisler@pittstate.edu, he will provide you with a specific practice time. **We just ask that no spikes are worn and the jump pits are not used as Plaster Center staff will be doing final set-up for the next day competition, please be respectful of their requests.**

PV Pole Drop Off: We will have a door on the east end of the Plaster Center for Pole Vault Pole Entrance to the facility. Pole Vault poles and their athletes will only be allowed access through this point. This is to alleviate the poles from coming through the lobby area of the Weede and Plaster Center. Access through this door will be from 9 am – 4 pm. We ask that you place your poles/transportation tubes on the cart provided in the competition area as to alleviate congestion in the pole vault area.

Implement weigh in: All implements will be weighed in at the throwing venue prior to the start of their event. Athletes need to bring implements with them when they check in with head official.

Spike Check: **1/8" or 1/4" pyramid spikes only, please. No needle spikes, compression spikes or sharp tip pyramid spikes will be allowed. Shoes must be checked and approved with the attachment of a zip-tie at the hip number station for all athletes with spiked shoes. Athletes will not be allowed to compete with shoes that have not been approved.**

Clerking: Hip numbers will be located in the Northwest corner of the arena in the overhead door. Please check in to this location to get hip numbers 30 minutes prior to the start of the event. Spikes must

be approved before hip numbers will be given. Relay cards are due a minimum of 30 minutes prior to the start of the race.

60m Dash Seeding:

The top 16 entry times will automatically advance to the Preliminary round and will **not** compete in the Qualifying Round. The top 16 times from the Qualifying Round, in addition to the top 16 auto qualifiers from the meet entry times, will advance to the 4-heat Prelim. The winner of each Prelim heat and the next 4 fastest times will advance to the Final in the afternoon session.

Relay Cards:

4x400m Relay teams/DMR Relay teams need to turn in their relay cards to the hip number station 30 minutes prior to the start of their race. If you do not turn in your relay card it is considered a scratch. Announcements will be made over the PA system as the deadlines approaches. Please make sure cards are accurate and readable. If you want the same athletes on your relay teams as you entered in DA, please check the top box and turn in your card. If there is a change to the order of athletes that was entered in DA, please check bottom box and proceed to list the athlete's names in proper order.

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Circle One: Relay: 4x400 DMR

School: _____ Male or Female

Circle One: Team: A B Check One Box:

Keep Athletes Same as Entered (No need to list any names)

Change Athletes (List NEW names in order below)

1. _____ Comp # _____

2. _____ Comp # _____

3. _____ Comp # _____

4. _____ Comp # _____

*Please turn this card in 30 minutes prior to race.

Minimum Marks:

Minimum Marks in the throwing and horizontal jumping events will be implemented in the 2nd and 3rd round of preliminary jumps/throws. They will be based off of entries, and teams will be emailed the minimum marks prior to arrival.

Live/Final Results:

Live Results will be available at www.midwesttiming.com during the meet and will be announced throughout the day in the venue. Results will also be posted in the lobby area of the Plaster Center as they become available. Results will also be available on the following websites: www.pittstategorillas.com www.midwesttiming.com

Team Camp Areas:

The team area on the infield is outlined on the Plaster Center meet day map located on our meet info page and will be denoted with barricades on the turf. Food will not be permitted on the turf and will be enforced by Plaster Center staff. Please stay within the barriers on the turf as to not encroach on the warm up area. We will also allow teams to sit in the western most sections of the permanent bleachers and the temporary aluminum bleachers just past the finish line. Food and non-isotonic beverages are allowed in the bleachers. The walk ways on the east and west ends of the track must remain clear and open for traffic flow and will be marshaled and enforced. The second floor of the Plaster Center is off limits and will be closed to non Pitt State personnel on meet days.

Athletic Trainers:

Athletic trainers will be available during the meet to administer first aid. The athletic trainers will have a satellite Sports Medicine Center in the Plaster Center located in North West 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 Weede Building adjacent to the Plaster 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 Alex Winter at (620) 235-4538 for more specific meet day athletic training info.

Additional Info:

Brian Mantooth – Pittsburg State – 620-235-4652 – bmantooth@pittstate.edu