

# Crimson and Gold Invitational

*hosted by Pittsburg State University*



**Friday-Saturday, December 5-6, 2025**



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

**Starting Time:** Friday – Running Events – 7:00 pm  
Saturday – Running Events – 11:30 am; Field Events - Noon

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

All spectators must purchase/pickup wristbands at the ticket office window in the East lobby of the Garfield Weede Building before being allowed access to the Plaster Center.

**Team Entries:** Entries will be accepted only through [www.directathletics.com](http://www.directathletics.com). Entries site opens on Monday, Nov. 17<sup>th</sup>, and **closes on Wednesday, Dec. 3<sup>rd</sup> at 7:00 pm.** At this time entries are final and considered entered and declared. Entries will be accepted only through Direct Athletics. Marks must be verified on TFRRS and will include marks from December 2023-through the 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 athlete 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 to keep the competition manageable. Detailed information is in the **Accepted Entries** section below. Entry marks will be published on start lists.

**Please Note:** Pittsburg State Track and Field reserves the right to accept into the competition all its entered athletes. Remaining entries into the competition will be selected from a descending order list generated after the entry deadline. Accepted entries will be announced Thursday, Dec. 4<sup>th</sup> at the latest.

**Unattached Entries:** This is an open meet, but meet management reserves the right to accept only a select few unattached athletes to fill the field of competitors. Unattached athletes looking to compete in this competition must email Coach Brian Mantooth at [bmantooth@pittstate.edu](mailto:bmantooth@pittstate.edu) to get an invite. If accepted, an email will be sent to you through Direct Athletics with a link to enter the competition. Only unattached athletes with the link will be able to enter the competition. Unattached athletes will be required to register as an individual (separate from their team) and pay online before the entry is accepted into the meet. High School athletes are **NOT** allowed to enter the competition.

**World Athletics:** World Athletics and USA Track & Field policies require that marks to be considered for qualification to their championships may only come from competitions that are sanctioned through World Athletics/USATF and abide by their rulebook. While this meet will be conducted under NCAA rules, it is also sanctioned by World Athletics and USATF. Results will be reported both to TFRRS and to World Athletics/USATF, with notations of any rule violations from the World Athletics rulebook.

**Please Note:** It is important to note that entries **cannot** be altered once the entry deadline has been reached. Please make payment before the payment deadline.

**Entry Fee:** **\$50 per athlete, maximum of \$500 per team prior to surcharge** (Men's and Women's teams are separate). Entry Fees will be paid through **Direct Athletics ONLY**, all entry fees are **NON-REFUNDABLE**. Payment must be received before the payment deadline for entries to be accepted. Entry fees are based upon the number of athletes entered at the entry deadline. **A surcharge of \$20.00 per athlete will be applied when your team surpasses 3 athletes per event in**

**an individual event.** (Men's and Women's teams are separate). Entries are final on Wednesday, Dec. 3<sup>rd</sup>, at 7pm.

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

**400m, 600y, 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.

**Pole Vault:** Starting heights for the pole vault competitions will be as follows:  
**Men's Pole Vault** – 15'1" or 4.60m      **Women's Pole Vault** – 11'0" or 3.35m

**Accepted Entries:** We will use the guidelines below in determining accepted entries for the competition. A list of accepted entries will be posted at <http://bit.ly/2CAuTaf> on Thursday, Dec. 4<sup>th</sup>, including designation for seeded sections and flights if needed.

<u>Events</u>	<u>Entries Accepted</u>
<b>High Jump</b>	Top 24 entry marks
<b>Pole Vault</b>	Top 24 entry marks
<b>WT, SP, LJ, TJ</b>	Top 32 entry marks
<b>60m Dash</b>	Top 120 entry marks
<b>60m Hurdles</b>	Top 56 entry marks
<b>200m Dash</b>	Top 66 entry marks
<b>300m Dash</b>	Top 48 entry marks
<b>400m Dash</b>	Top 54 entry marks
<b>600y Dash</b>	Top 30 entry marks
<b>800m Run</b>	Top 56 entry marks
<b>Mile Run</b>	Top 64 entry marks
<b>3000m Run</b>	Top 48 entry marks
<b>5000m Run</b>	Top 48 entry marks
<b>4x400m Relay</b>	Two teams per school

**Team Entrance:** All Athletes and Coaches will enter the facility through the West doors of the Garfield Weede Building adjacent to Homer Street. Signage will indicate traffic flow. Doors will open 2 hours prior to the start of the competition.

**Parking:** Buses and Vans can be parked in the lot West of the Weede or in the Bicknell Center lot just South of the Weede/Plaster Center. No parking will be allowed in the Plaster Center parking lot. Final parking notes will be sent out with final important info to coaches prior to arrival on campus.

**Restrooms:** Both sets of restrooms in the Weede Building, one of the West side and one on the East side, will be made available for use as well as the restrooms in the Plaster Center. Restrooms will be cleaned regularly throughout the competition.

**Check In:** Please pick up heat sheets, updated schedule of events, and relay cards at the hip number table in the Northwest corner of the Plaster Center. All updated schedules and information will be emailed to teams prior to arrival with some final notes.

**Facilities:** 300 meter Mondo Super X surface with 6 lanes on the oval and 8 on the straights. Jumping areas are Mondo Super X. **Tape Only** for jump marks on runway, Chalk and Cones will not be permitted. Pole Vault and the horizontal jumps 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 – 3m**      **Women's Long Jump Board – 3m**  
**Men's Triple Jump Board – 12.50m**      **Women's Triple Jump Board – 10m**

- 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](mailto:dsmithhisler@pittstate.edu), he will provide you with a specific practice time. Reminder that the Boo Rogers Combined Events will be finishing up on Friday evening, along with the 5000m Run for both men and women. **We just ask that no spikes are worn, and the jump pits are not used as Plaster Center staff will be doing final clean-up for the next day competition, please be respectful of their requests.**
- 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 the head official, please label your implements with your schools' acronym.
- Clerking:** Hip numbers will be located in the Northwest corner of the arena. 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. Hip numbers will be worn on the left hip and left chest. Relay cards are due a minimum of 30 minutes prior to the start of the race. Please fill out relay cards according to directions on the card.
- Spikes:** **1/8" or 1/4" pyramid only, please. No needle spikes or compression spikes will be allowed. Shoes must be checked and approved before hip numbers will be given. Athletes in field events must bring spiked shoes to head officials at check in before warmups may begin. Athletes will not be allowed to compete with shoes that have not been approved.**
- Relay Cards:** 4x400m Relay teams need to turn 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 deadline approaches. Please make sure cards are accurate and readable. If you want the same athletes on your relay team 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 on DA, please check bottom box and proceed to list the athlete's names in proper order.



The image shows a relay card for the Pittsburg State Indoor Invitational. The card is titled "Pittsburg State Indoor Invitational" and "Relay: 4x400 DMR". It includes fields for "School:", "Male or Female", and "Team: A B". There are two checkboxes: "Keep Athletes Same as Entered (No need to list any names)" and "Change Athletes (List NEW names in order below)". Below the checkboxes are four numbered lines for athlete names, each with a "Comp #" field to the right. At the bottom, it says "\*Please turn this card in 30 minutes prior to race."

- Team Camp Areas:** Team camp areas will be limited to the following areas outside of the oval, as we will expand the warmup area for this competition. We will allow teams to sit in the western most sections of the permanent bleachers and the temporary aluminum bleachers along the north wall of the facility. Please respect the signage as to which bleachers are reserved for paid spectators. Food and non-isotonic beverages are allowed in the bleachers. The walkways on the east and west ends of the track must remain clear and open for traffic flow and will be marshalled and enforced. The second floor of the Plaster Center is off limits and will be closed to non-Pitt State personnel on meet days. Plaster Center management will create a seating diagram that will direct teams to their area for the meet. All info pertaining to this will be emailed to coaches prior to arrival.
- Live/Final Results:** Live Results will be available at [www.midwesttiming.com](http://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](http://www.pittstategorillas.com) [www.midwesttiming.com](http://www.midwesttiming.com)
- Officials/Meet Personnel:** Officials and Meet Personnel entrance will be on the East end of the Plaster Center. Signage will direct you to the proper doors. The Plaster Center lot will be reserved for Officials and Meet Personnel.

**Trainer:**

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 on the Plaster Center Turf right behind the finish line area adjacent to the warmup area. Treatments available are primarily heat and ice, and any bandaging. Special consideration 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 athletics tape and other necessary supplies. Please contact our track specific athletic trainer Kody Eckert at (620) 204-0995 for more specific meet day athletic training info.

**Additional Info:**

Brian Mantooth – PSU Track and Field – [bmantooth@pittstate.edu](mailto:bmantooth@pittstate.edu)  
Damian Smithhisler – Plaster Center Facility Director – [dsmithhisler@pittstate.edu](mailto:dsmithhisler@pittstate.edu)  
Kody Eckert – PSU Athletic Training – [keckert@pittstate.edu](mailto:keckert@pittstate.edu)