



**Larry Ellis Invitational
Princeton University
Friday April 19th and Saturday April 20th, 2019**

**PLEASE READ ALL OF THE MEET INFORMATION
BEFORE CONTACTING OUR STAFF WITH QUESTIONS.**

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Collegiate Entry Information

Collegiate Team Entry Process

- All entries must be done online through the “College” section on direct athletics
- Collegiate Team Entry deadline is **Tuesday, April 16th at 6:00pm** (EST)
 - Coaches will only be allowed to enter a TFRRS verified performance from 2019 indoor/outdoor seasons only.
 - If an athlete has never competed in the event before, enter with NT
 - If you have a NT or NM, you may make a note based off a comparable previous TFRRS performance in an event for consideration
 - For events contested on Friday and Saturday (800m and 1500m), entries that are not accepted to Friday’s sections will automatically be reconsidered for Saturday’s sections.
 - All athletes that you wish to have compete must be entered. This includes relay-only athletes and relay alternates.
 - For each relay, you must enter at least four athletes.
 - Final relay declarations can be made at the meet.
 - You may edit and update your entries any time before the entry deadline.
 - All submitted entries will be considered final at the close of entries.
 - No unattached athletes can be submitted through your team account.
- **Submitting an entry does not guarantee acceptance in the meet**
- A list of accepted entries will be posted on goprincetontigers.com by **Thursday, April 18th at 12:00 pm.**

Entry Fee

- Teams (14 entries or more) \$400/ per gender. Individuals: \$20.00 per entry.
- Entry fee is based upon entry status at the close of entries, NOT by acceptance to the meet.
- Entry fee must be paid before the meet begins or your athletes will be scratched.
- Cash or check accepted at the meet. You can also pay online with a credit card when you submit your entries.
- Make checks payable to Princeton University.
- If mailing your check, please send it by **April 12th** to:

*leisha Jackson
Princeton University Track & Field
Jadwin Gym
Princeton, NJ 08544*



Unattached Entry Information

Unattached/Open/Club Athlete Entry

The Princeton University track and field meets are primarily for collegiate competition. However, we will accept a LIMITED number of unattached or club athletes.

- All entries must be done on directathletics.com through the “unattached/ club” section
- Unattached individuals must enter using their personal direct athletics account.
- Club coaches can enter multiple athletes and relays using their team account.
- Unattached/open/club entry deadline is ***Tuesday, April 16th at 6:00 PM EST***
- Athletes must have met the entry standards listed below *within the past 12 months.*
- **Meeting the entry standard does NOT guarantee acceptance in to the meet.**
- Your entry must include a VERIFIABLE LINK to the result of your seed mark.
- If an entry mark cannot be verified, the entry will be changed to NT.
- You may edit and update your entries any time before the entry deadline.
- All submitted entries will be considered final at the close of entries.
- You must pay with a credit card at the time of your entry.
- **NO REFUNDS.** The fee is for entry consideration and will not be refunded if your entry is not accepted.

<u>Unattached Minimum Standards</u>	<u>Men</u>	<u>Women</u>
100m	11.25	12.80
200m	22.75	26.00
400m	50.25	59.00
800m Friday	1:52	2:13
800m Saturday	1:57	2:20
1500m Friday	3:51	4:30
1500m Saturday	4:05	4:45
3000m Steeplechase	9:25	10:40
5,000m	14:45	17:30
10,000m	31:00	37:00
100/110m hurdles	15.75	16.45
400m Hurdles	56.50	65.00
Hammer Throw	48.00m	50.00m
Discus Throw	42.00m	45.00m
Javelin Throw	50.00m	45.00m
Shot Put	14.80m	14.00m
Long Jump	6.70m	5.20m
Triple Jump	13.80m	11.00m
High Jump	1.95m	1.55m
Pole Vault	4.60m	3.35m

Submitting an entry does not guarantee acceptance in the meet

A list of accepted entries will be posted on goprincetontigers.com by

Thursday April 18th at 12:00 pm



Meet Information

Packet Pick Up: Team Check in will be located in the West stadium tunnel (near the finish line). Coaches can pay their entry fee and pick up final meet information. Packet pick up will be open on ***Friday, April 19th starting at Noon*** and ***Saturday, April 20th at 10am***

Check-in for Friday Night distance events

1. Athletes must report to the clerking table at least **20 minutes prior** to the scheduled start of their event to receive their hip numbers
2. Athletes should then report to the start line as instructed by the clerks
3. The fastest sections will run first in all events

Athlete Check-in for Saturday Track events

1. Athletes must report to the clerk's table a **minimum of 1 hour prior** to the scheduled start of their event to declare their intent to compete.***
2. **If not checked-in one hour prior, athletes will be scratched**
3. Heats will be made after the check in period ends.
4. Athletes should then return to the clerking area **20 minutes prior** to the start of their event to receive their heat and lane assignment and hip numbers.
5. The fastest sections will run first in all events.

The Declaration window for the 200m & 4x4 will be listed on the final meet schedule

Athlete Check-in for Field events

1. Please check in **1 hour prior** to the start of your event, at the event site.
2. **If not checked-in athletes will be scratched**, and whenever possible flights will be combined.
3. All flights will be worst to best.
4. The top 8 performers will advance to the finals.
5. There will be 15-minute flight specific warmup. During that time, only athletes in that flight should be warming up in the circle/runway.
6. After the first legal mark for each athlete, a scratch line will be implemented. Scratch lines are established based on final entry seeds.

Implement Inspection: Will be in the East stadium tunnel, except hammer throw.

Hammer inspection will be at West Windsor Fields near the hammer cage starting 1 hour before the competition and ending 20min before the start of competition.

Implement Inspection will run from 12:30-4pm on Friday and 9:30-3:00 pm on Saturday. Implements for Saturday may be dropped off on Friday and picked up on Saturday.

Parking: Teams can be dropped off near Jadwin Gym. Buses can then park near the Hammer Circle/Cross Country course off of Washington Road.

Meet Schedule: A final meet schedule will be available at packet pick-up. Please note SATURDAY we will not go more than 5 minutes ahead of schedule, unless weather concerns push us to a complete rolling schedule.

Facility Info: Hammer throw will be held at the West Windsor Fields off of Washington road. The javelin runway is a track surface. Women's LJ/TJ will be on the outside pit. Men's LJ/TJ on the inside pit.



Spikes: ¼ in pyramid spikes only.

Team Camps: Can be set up in the bleachers, on the grass around the track, in the football stadium or indoor track. NO TEAM CAMPS on the infield.

Warm-up Area: Athletes may warm-up on the turf fields outside the track or the indoor track.

Locker Rooms: Visiting Men's Lockers are available on E Level of Jadwin Gym. Visiting women's locker rooms are in Caldwell Fieldhouse on the B level (enter through the glass doors between the indoor and outdoor track and follow the signs)

Field Sizes

-Meeting an entry standard does not guarantee acceptance into the meet.

	Field Size	# of Heats
100m	48	6
200m	48	6
400m	48	6
800m Friday	50	5
800m Saturday	40	4
1500m Friday	48	4
1500m Saturday	42	3
3000m Steeplechase	36	2
3000m	40	2
5,000m	60	2
10,000m	30	1
110m hurdles	32	4
400m Hurdles	32	4

	Field Size	# of Flights
Hammer Throw	24	2
Discus Throw	24	2
Javelin Throw	24	2
Shot Put	24	2
Long Jump	24	2
Triple Jump	24	2
High Jump	24	2
Pole Vault	16	1

Questions: email ijackson@princeton.edu



LARRY ELLIS INVITATIONAL APRIL 19-20, 2019

FRIDAY

Hammer Throw – Women	2:00pm	West Windsor
Long Jump – Women	2:00pm	
Javelin Throw – Men followed by Women	2:00pm	
Hammer Throw – Men	4:00pm	West Windsor
5000m Unseeded – Women	4:15pm	
5000m Unseeded – Men	4:40pm	
800m Elite – Women	5:00pm	
800m Elite – Men	5:30pm	
3,000m Steeplechase – Women	6:00pm	
3,000m Steeplechase – Men	6:30pm	
1,500m Elite – Women	7:00pm	
Mike Brady 1,500m Elite – Men	7:30pm	
5,000m Seeded – Women	8:00pm	
5,000m Seeded – Men	8:40pm	
10,000m – Men	9:10pm	
10,000m – Women	9:45pm	

SATURDAY

Larry Ellis Recognition	11:30am	
4x100 Relay – Women	12:00pm	
4x100 Relay – Men	12:10pm	
1,500 – Women	12:20pm	
1,500 – Men	12:45pm	
100 M Hurdles – Women Prelims	1:10pm	
110 M Hurdles – Men Prelims	1:25pm	
400 M – Women	1:40pm	
400 M – Men	2:00pm	
100 M – Women	2:20pm	
100 M – Men	2:40pm	
110 M Hurdles – Men Final	3:00pm	
100 M Hurdles – Women Final	3:05pm	
800 M – Women	3:10pm	
800 M – Men	3:30pm	
400 M Hurdles – Women	4:00pm	
400 M Hurdles – Men	4:20pm	Final 200 Declarations
200 M – Women	4:40pm	
200 M – Men	5:00pm	Final 4x400 Relay Declarations
3,000 M – Women	5:20pm	
4x400 M Relay – Women	5:40pm	
4x400 M Relay – Men	5:55pm	

FIELD EVENTS

Shot Put – Men followed by Women	11:00am
Discus – Women followed by Men	11:00am
High Jump – Women followed by Men	12:00pm
Men's Long Jump – Men's Triple to follow	1:00pm
Women's Triple Jump	1:00pm
Women outer runway, Men Inner runway**	
Pole Vault – Women followed by men	12:00pm