

Rowan Last Chance

Meet Information

Date: Thursday, May 20, 2021

Covid Testing: All athletes, coaches, and personnel must be tested the week of the meet (72 hours for PCR testing, 24 hours for antigen testing). See Covid Protocols document for attestation form and travel roster instructions.

Meet Entries: Online through Direathletics.com *Only verified entry marks made during the 2021 season will be accepted.* Please only enter athletes that are at a regional or national level, especially in the field events.

Entry Fee: \$20 per entry entered. \$300 max per team. Men and Women are separate teams. All Payments should be made on directathletics.com after registration (Do not pay until all entries are final as they cannot be changed after payment).

Entry Deadline: Tuesday, May 18th at 10:00pm.

Scratches: Should be emailed dimit@rowan.edu and will be taken until 4PM the day of the meet. The 200m will have a call for scratches after the conclusion of the 100m finals.

Locker Rooms: No Locker Rooms Available

Seeding:

- Running events heats will be run from fastest to slowest with all events over 200m run as timed finals.
- 100m dash and 100/110m hurdles will be run with trials and finals; heat winners and the next fastest times will qualify for an 8 person final.
- Horizontal jumps and throws will be run in a trials/finals format with 9 competitors qualifying for the final.

Time Schedule and Entry Lists:

- We will set a fixed time schedule after entries close and will not move ahead of schedule.
- The time schedule, performance list, and heat sheets will be sent out on Wednesday May 19.

Live Results: Live results will be available from Pioneer Timing: <https://live.pioneertiming.com/>

Opening Height and Vertical Jumps Progressions: Will be set on Monday May 10 and available at <https://www.rowanathletics.com/sports/mens-track-and-field/schedule> as required by the NCAA for last chance meets.

Trainers: Will be available for day of injuries and ice. No other modalities will be available due to Covid protocols.

Weigh - Ins: Weigh Ins for all implements will be at 12PM under the gazebo at the West Campus Field Event Areas.

Facilities:

- All Running events and the High Jump will be contested at Richard Wackar Stadium on Rowan's Main Campus.
- All other Field Events will be contested at Rowan's West Campus Fields, 2 miles from the track on Rt 322
- One LJ/TJ runway will be used (with the prevailing wind decided at 12PM). One runway (usual prevailing wind) has painted 32', actual 36', and actual 40' triple jump boards. The other runway has actual 32', actual 36', and painted 40' triple jump boards.

Blocks: Will be provided

Spikes: 1/4in (or smaller) pyramid spikes

Parking: All busses and vans can park in Lot D on the main campus. Busses can drop off but not park at west campus. Vans and cars may park at west campus.

Spectators: No spectators will be allowed inside Richard Wackar Stadium or the West Campus Field Complex

Contact: Questions, please contact **Dustin Dimit:** dimit@rowan.edu 856-265-5804

Time Schedule/Order of Events

Field Events

1PM Long Jump- Men

Followed by Long Jump- Women

Followed by Triple Jump- Men

Followed by Triple Jump- Women

1PM Pole Vault- Women

Followed by Pole Vault- Men

1PM Shot Put- Women

Followed by Shot Put- Men

1PM Javelin- Women

Followed by Javelin- Men

1PM Hammer- Men

Followed by Hammer- Women

Followed by Discus- Men

Followed by Discus- Women

5PM Start Men's HJ

Followed by Women's HJ

Track Events

4PM Start (Time Schedule Set after entries, We will not move ahead of schedule)

4x100

400H

100 prelims

100h/110h prelims

400

100 finals

800

110h/100h finals

200

1500

4x400

3kSC

5k

Meet Instructions and Covid Protocols

Visiting Team Screenings/Travel

- Team travel must maintain social distancing or test all individuals traveling together
- Within 24 hours of competition Athletic Training Staff or Designated Administrator must email a list of all approved visiting travel party members and signed Covid Attestation Form to Colleen Grugan grugan@rowan.edu and Dustin Dimit dimit@rowan.edu

Arrival to Campus

- Arrive no earlier than 90 minutes before the start of the competition
- One of your coaches and a member of the Rowan Athletic Administration will review the travel party list and give you your packet with wristbands. There are separate packets for West Campus and Richard Wackar Stadium,
- No busses are allowed to remain at the West Campus facility (vans are permitted)
- Coaches are responsible for making sure everyone wears masks and maintains social distancing. Those who do not follow protocols will be disqualified and asked to leave
- Find a socially distant team camp in the Home stands
- Bring your own Water – Shared Water Coolers are not permitted

Rowan Campus/Parking

- All activities for this event should be confined to Richard Wackar Stadium, West Campus, Lot C, and Lot D
- No visiting team member should enter any campus building
- All dining services are closed to visiting teams, many local restaurants will deliver to the stadium
- All busses and vans can park in Lot D after initial check in on the main campus. Busses can drop off but not park at west campus

Restrooms/Locker Rooms

- There will be no locker rooms provided
- Restrooms are available outside of Richard Wackar Stadium near Lot C
- Restrooms are for their intended use only, they are not changing rooms, shelter, or a place to congregate
- Portable restrooms will be available outside Richard Wackar Stadium and on West Campus
- Maintain Social Distancing at all times when waiting to use restrooms

Mask and Social Distance Policy

- Masks are required at all times for coaches, officials, support personnel, and meet personnel.
- Masks are required for athletes at all times except when competing (on the starting line or up in their field event)
- Maintain Social Distancing at all times (except when competing). This includes being in restroom areas, clerking areas, warm up/ cool down areas, and field event areas
- Coaches are responsible for athletes being masked while inside Richard Wackar Stadium, West Campus, and any other facility used (restrooms, training rooms, etc.) even during warm ups/cool downs

Implement Weigh-In and Use Policy

- We will weigh-in all implements
- When you arrive at West Campus send over 2 designated personnel to weigh-in all your implements under the pavilion

Team Camp

- Each team should set up a team camp socially distanced from other teams in the Home stands
- Tents are allowed as long as there are no sides
- All athletes not competing or actively preparing for competing will remain in their assigned team camp area with masks on
- Please respect other teams in attendance by not entering their team camp area

Clerking/Check In

- Clerking at track events will be beside the 100m start line
- An athlete must have their wristband to be able to clerk/check in
- All athletes should check in 30-60 min before their event
- Check in at Field Events will be 30 min before the start of the event. Triple Jump and Discus check in will be at the start of finals for Long Jump and Weight Throw respectively

Warm Up Area

- Once checked in by the clerk athletes will be allowed to use the infield for warm up. No other athletes are allowed on the infield
- Keep social distance in the warm up area and remember that masks are required until you are on the starting line or up at a field event

- West campus warm up area will follow normal field event warm up protocols with 6 ft minimum between competitors waiting for their warm up run throughs or attempts

Competition

- Masks may be removed when the athlete is called to the starting line for their running event or is up in their field event
- All field event athletes should remain in their team area until called On Deck

Post Competition

- After finish athletes must put their mask back on and depart the track area. All athletes should be out of the track area before the next event ends (10-15 min)
- After each field event attempt the athlete should retrieve their implement and return to their team area until called On Deck again
- After cooling down athletes should return to their team camp, Parking Lot C is available for Cool down

Athletic Training

- Athletic trainers will be on site for competition day injuries
- No modalities, except ice packs, will be available to visiting teams
- Masks are required for all interactions with the Athletic Training Staff

COVID-19 Attestation

Athletic Administrator, Athletic Healthcare Administrator or Athletic Trainer must complete this form within 24 hours of the start of competition on 5/20/21. The form is required to be submitted by email within 24 hrs of the competition. All questions regarding attestation requirements and COVID-19 protocols can be directed to Colleen Grugan, grugan@rowan.edu

By signing and dating this form, you attest that your institution has satisfied the policy requirements outlined below:

1. All individuals from my institution traveling to the Rowan Last Chance Meet (Coaches, Athletics Staff, Student-Athletes, etc.) have not had a confirmed COVID-19 positive test within 14 days prior to the competition.
2. No coach, student-athlete or athletics staff associated with this competition are required to quarantine at time of travel or competition.
3. Upon date and time of signature, no student-athlete, coach, or athletics staff associated with this competition has developed symptoms that might indicate an infection of COVID-. Should any member listed in item 1 exhibit or report such symptoms at any time prior to the contest, he/she will not be permitted to participate in the competition.
4. All student-athletes, coaches, athletics staff associated with this competition have been tested (PCR within 72 hrs or antigen within 24 hrs) and returned a negative result. All athletes will be screened and temperature checked before departure from your campus.
5. In the event that an individual from your team becomes symptomatic or has a positive test for COVID-19 within the 48 hours following this competition, the Director of Athletics, Athletic Healthcare Administrator or Head Athletic Trainer will communicate relevant details to Rowan Athletics Contact Tracers Cristina Fink, finkc@rowan.edu and Gabby Lisella, lisella@rowan.edu as soon as possible for the purposes of contact tracing.

Institution

Signature

Print or Type Name

Position Title

Date/Time



LEGEND
TEAMS

West Campus Field Events

