

# Saluki Fast Start Track & Field Meet



- Date:** Saturday, December 9, 2017
- Site:** Southern Illinois University, **Student Recreation Center**, Carbondale, Illinois.
- Divisions:** This meet is open to all entries. **SEE RULES** below for stipulations and limitations.
- Entries Open:** **Monday, November 27, 2017 On-line entries ONLY!** (unattached included)
- Entry Deadline:** **Wednesday, December 6, 2017. You may make changes to your roster/entries until 11:59pm (Central Time).** No one may be added to events after this time. Please make adjustments to your roster (if you know that an athlete is not going to compete in the event that they are entered in, please scratch them out before the deadline. **Please make a copy of your final entry page and bring it along with you to the meet. No late entries!**
- How to Enter:** To enter go online to <http://www.directathletics.com/> **If you do not already have an account visit these links.**  
**Individual athletes account -**  
[https://www.directathletics.com/new\\_athlete\\_front.html](https://www.directathletics.com/new_athlete_front.html)  
**Team accounts -** [https://www.directathletics.com/new\\_coach\\_validate.html](https://www.directathletics.com/new_coach_validate.html)
- Entry Fees:** Teams - \$600.00 per School (men's & women's combined) or \$300.00 per team payable at packet pickup. **Checks payable to: SIU Track & Field Unattached/Club** - \$15.00 per event. Entry fees must be paid at the time of registration online.  
**There will be no day of meet registration or entry fee payments for individuals. Teams must pay at packet pickup.**
- Rules:** NCAA Rules will apply! This includes hurdle height and throwing implements. Field events will contest a 3 attempt preliminary with top 9 advancing to a 3 attempt final.
- Facility:** **MONDO Super X 720 / 200m 6 lane oval and 60m 6 lane straight / Throw rings are wood**
- ¼" Pyramids ONLY – No other spikes will be permitted – Spikes will be checked! Participation will not be permitted if the correct spikes are not in competitive shoes.**
- Packets:** Packets will be available for pick-up at 8:00am at the check-in table Saturday morning.
- Heat Sheets:** Heat sheets will be available by 5:00pm on Friday the 8<sup>th</sup> at <http://siuslukis.com>
- Showers:** Showers will be available, but you must provide your own towels.
- Training Room:** SIU trainers will be available on site. Space will be provided for other institutions trainers.
- Parking:** Parking for cars/van will be in Lot 94 and bus parking will be in Lot 106.  
(See attached map) - <http://rec.siu.edu/facilities/parking/index.php>

- Warm-up** Athletes must warm-up on the upstairs track.
- Scoring:** Division one teams will be scored for compliance purposes.
- Results:** Will be posted on the Saluki website. <http://siuslukis.com>  
Will be posted on the wall near the restrooms.
- Starting Heights:** **High Jump** – Men / 5’8” – Women / 4’8” **Pole Vault** – Men / 12’ – Women / 10’
- Event Check In:** **Running events @ clerk table 20 minutes prior to event.**  
**Field events @ event site 20 minutes prior to event.**

## 2017 Saluki Fast Start

**SIU Recreation Center – December 9, 2017**

(Tentative Time Schedule of Events)

### **SATURDAY - December 9, 2017**

#### Field Events:

10:00 a.m.	Weight Throw	Women followed by Men
	Shot Put	Women followed by Men <b>(this event will follow men’s weight)</b>
	Pole Vault	Women followed by Men
	Long Jump	Men followed by Women
	Triple Jump	Men followed by Women <b>(this event will follow women’s long jump)</b>
10:30 a.m.	High Jump	Women
TBD	High Jump	Men <b>(this event will follow men’s shot put)</b>

#### Running Events:

1:00 p.m.	60 meters	Men	- Prelim
	60 meters	Women	- Prelim
	Mile Run	Men	
	Mile Run	Women	
	60m hurdles	Men	- Prelim
	60m hurdles	Women	- Prelim
	400 meters	Men	
	400 meters	Women	
	60 meters	Men	- Final (Top 6)
	60 meters	Women	- Final (Top 6)
	600m Run	Men	
	600m Run	Women	
	60m hurdles	Men	- Final (Top 6)
	60m hurdles	Women	- Final (Top 6)
	800 meters	Men	
	800 meters	Women	
	200 meters	Men	
	200 meters	Women	
	3000 meters	Men	
	3000 meters	Women	
	4x400m Relay	Men	
	4x400m Relay	Women	

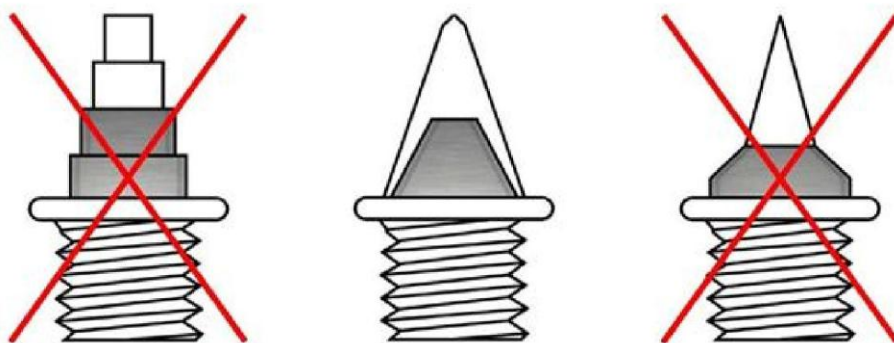
**FINAL TIME SCHEDULE WILL BE POSTED ON <http://siuslukis.com> by 8:00pm Thursday the 7th**

**Questions:** Terry VanLaningham [-terry.vanlaningham@siu.edu](mailto:terry.vanlaningham@siu.edu)

## **FACILITY REGULATIONS**

### **SPIKES**

- All spikes must be presented and will be checked at the spike check table. Athletes will not be allowed to compete without having their spikes tagged at the spike check table. Any athletes competing with non-tagged spikes will be disqualified.
  - Acceptable spikes: only 1/4" pyramids



- Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. Athletes caught using chalk you will be disqualified

### **HYDRATION**

- Water and Gatorade are the only permitted drinks allowed on the track facility.

### **ELECTRONICS**

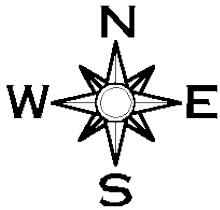
- Headphones and cell phones are not allowed in the competition or warm-up area of the track and field complex.

Reference this web page for Campus Parking - <http://rec.siu.edu/facilities/parking/index.php>

Do Not Park in this Lot - It is not University Property

LOT 94- Parking for Cars/Vans

Student Recreation Center



LOT 106-Bus Parking

