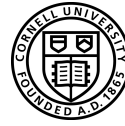




Cornell University Track & Field



CORNELL UPSTATE CHALLENGE SATURDAY, JANUARY 23, 2016

INVITED TEAMS:

Albany
Binghamton
Buffalo
Canisius
Colgate
Cornell
Cortland
Ithaca College
Siena
Syracuse
Williams

The **2016 Cornell Upstate Challenge** will be held on **Saturday, January 23rd** at **Cornell's Barton Hall**. This meet includes a variety of relays, distance and sprint events as well as a full complement of field events. This is a scored meet:

10-8-6-5-4-3-2-1

We will also host a heptathlon/pentathlon on Friday, January 22 beginning at 4:30 PM, but as in the past, the multi-events will not be included in the team scoring for the Upstate Challenge.

Please read the following material carefully. If there are any questions, please call Coach Artie Smith at (607) 255-9782 or (607) 227-0478 or e-mail him at acs1@cornell.edu.

ENTRY FEE:

There is an entry fee of \$20.00 per individual athlete or a maximum of \$300.00 per team. Schools entering both men's and women's teams will pay \$600.00 for both teams as a maximum. **Your entry fee must be paid through DirectAthletics when you go through the entry process on-line. We will no longer be accepting payment the day of the meet.** Any questions or concerns, please contact Artie Smith at acs1@cornell.edu.

ELIGIBILITY: This meet is open to all athletes that are currently eligible at your institution. This meet is not available for open or unattached athletes.

ENTRY PROCEDURE:

We will be using DirectAthletics for meet entries again this year. We will be utilizing Leone Timing for the entry process, timing, and posting of results. Any questions about accessing the meet entry site on DirectAthletics, please e-mail Chad Malmberg at chad@leonetiming.com. Entries will be due at 12:00 PM on Wednesday, January 20. No additions are allowed after the entries are received.

RELAY SEED TIMES:

Please be as accurate as possible concerning your relay seed times. Please list times you think will be run with the personnel on each individual relay. Additional B and C relay teams will be allowed to enter.

FIELD EVENTS:

Men's high jump will start at 6-0 1/2 (1.84), women's high jump at 5-1 (1.55). Men's pole vault will start at 13-9 /14 (4.20), women's pole vault at 9-10 (3.00).

EIGHT WILL ADVANCE TO FINALS.

DASH AND HURDLE EVENTS: Cornell will provide the only starting blocks that may be used. Fastest eight times will advance to a final.

5000 Meters: If there is enough interest, we can add this event back into the program as a scored event.

Spikes measuring no more than 1/4 inch may be worn.

RESULTS: All results will be posted following each race and field event. Please check the following web-sites for the full Cornell Relays results on Saturday evening:

<http://cornellbigred.com>

<http://www.leonetiming.com>

ENTRIES ARE DUE ON DIRECTATHLETICS WEDNESDAY, JANUARY 20 AT NOON

2016 CORNELL UPSTATE CHALLENGE MEET SCHEDULE

FRIDAY – JANUARY 22, 2016

4:30 PM WOMEN'S PENTATHLON (Event one: 60M Hurdles)
4:45 PM MEN'S HEPTATHLON (Event one: 60 Dash)

SATURDAY – JANUARY 23, 2016

FIELD EVENTS

9:45 AM HEPTATHLON POLE VAULT
11:00 AM MEN'S 35 lb. WEIGHT followed by
WOMEN'S 20 lb. WEIGHT followed by
MEN'S SHOT PUT followed by
WOMEN'S SHOT PUT
1:00 PM WOMEN'S LONG JUMP followed by
WOMEN'S TRIPLE JUMP – East Pit
1:00 PM MEN'S LONG JUMP followed by
MEN'S TRIPLE JUMP – West Pit
1:30 PM WOMEN'S POLE VAULT followed by
MEN'S POLE VAULT
2:00 PM MEN'S HIGH JUMP followed by
WOMEN'S HIGH JUMP

TRACK EVENTS

9:15 AM HEPTATHLON 60 METER HURDLES
1:00 PM 60 METER HURDLES – women (trials)
1:15 PM 60 METER HURDLES – men (trials)
1:30 PM 60 METER DASH – women (trials)
1:45 PM 60 METER DASH – men (trials)
2:00 PM MILE RUN – women (final)
2:20 PM MILE RUN – men (final)
2:35 PM 60 METER HURDLES – men (final)
2:40 PM 60 METER HURDLES – women (final)
2:45 PM 400 METER RUN – women (final)
2:55 PM 400 METER RUN – men (final)
3:05 PM 500 METER RUN – women (final)
3:15 PM 500 METER RUN – men (final)
3:30 PM 60 METER DASH – women (final)
3:35 PM 60 METER DASH – men (final)
3:40 PM 800 METER RUN – women (final)
3:50 PM 800 METER RUN – men (final)
4:00 PM 1000 METER RUN – women (final)
4:10 PM 1000 METER RUN – men (final)
4:20 PM 200 METER DASH – women (final)

4:40 PM	200 METER DASH – men (final)
4:55 PM	3000 METER RUN – women (final)
5:20 PM	3000 METER RUN – men (final)
5:45 PM	DISTANCE MEDLEY RELAY – women (final)
6:00 PM	DISTANCE MEDLEY RELAY – men (final)
6:15 PM	4 X 800 RELAY – women (final)
6:30 PM	4 X 800 RELAY – men (final)
6:40 PM	4 X 400 RELAY – women (final)
6:45 PM	4 X400 RELAY – men (final)