

**UALBANY SPRING CLASSIC**  
**SATURDAY, APRIL 23, 2016**  
**UNIVERSITY AT ALBANY TRACK & FIELD STADIUM**  
**(State of the Art Facility)**  
**10:00 AM START**

**Track Events - 12:00 PM start - all events are women followed by men**

**Order of Events – All running events are Women followed by men except Hurdle finals**

**All races are final on time – All Events and all sections will be contested fast to slow**

**Estimated Time Schedule – we will run as close to this as possible**

12:00 PM	5000 Meters
1:00 PM	4x100 Relay
1:05 PM	1500 Meters
1:50 PM	100/110 Hurdles
2:15 PM	100 Meters <b>Invitational Men Prelim, Women Final, Men Final, Invitational Men Final</b>
2:30 PM	400 Meters
2:50 PM	800 Meters
3:30 PM	3000 Meters
4:00 PM	400 Hurdles
4:20 PM	200 Meters
5:00 PM	3000 Steeplechase
5:30 PM	4x400 Relay

**Field Events – 10:00 AM Start**

**Events contested in Hammer/Discus Cage & Shot Put**

**Throws**

10:00 AM	Men's Hammer
	Women's Hammer to follow 45 minutes after Men's Hammer
	Women's Shot Put to follow 45 minutes after Women's Hammer
	Men's Shot Put to follow 45 minutes Women's Shot Put/Men's Discus

**Events contested on the infield**

**Throws**

10:00 AM	Women's Javelin (High Jump Apron)
	Men's Javelin to follow 45 minutes after Women's Javelin
	Men's Discus to follow 45 minutes after Men's Javelin
	Women's Discus to follow 45 minutes after Men's Discus

**Jumps**

10:00 AM	Women's Pole Vault
	Men's Pole Vault (1 hour after Women's Pole Vault)
10:00 AM	Women's Long Jump (Track side runway)
	Women's Triple Jump (Track side runway) 45 minutes after Women's Long Jump
10:00 AM	Men's Long Jump (Infield side runway)
	Men's Triple Jump (Infield side runway) 45 minutes after Men's Long Jump
3:00 PM	Women's High Jump <b>(Purple &amp; Yellow Pit)</b>
3:00 PM	Men's High Jump <b>(Purple Pit)</b>

**\*\*Appropriate warm-up time will be given to all field events**

## **Meet Information**

**Entry Fees:** You may pay at the meet – All None College participants will not be able to compete without payment.

## **Throws**

Weights & Measures – White tent after finish line by the white shed

We will not impound accepted implements – only those that do not make weight

First 20 minutes general warm-ups then 10 minutes between flights

Javelin runway is 130'

Minimum Measurements (1st legal throw will be measured):

Discus: Women – 30.00m Men – 35.00m

Hammer: Women – 36.00m Men – 38.00m

Javelin: Women – 28.00m Men – 38.00m

Shot Put: Women – 9.00m Men – 12.00m

**Vertical Jumps (Based on 2016 IC4A/ECAC Qualifying Standards – subject to change)**

Height Progressions:

High Jump

Women – 1.50, 1.55, 1.60, 1.65, **1.70**, 1.73, 1.76, 1.79, 1.82, 1.85, etc.

Men – 1.82, 1.87, 1.92, 1.97, **2.02**, 2.07, 2.12, 2.15, 2.18, 2.21, 2.24, etc.

Pole Vault – Runway is 130'

Women – 2.95, 3.10, 3.25, 3.40, 3.55, **3.70**, 3.85, 3.95, 4.05, 4.15, 4.25, etc.

Men – **3.50, 3.65, 3.80, 3.95**, 4.10, 4.25, 4.40, 4.55, 4.70, **4.85**, 4.95, 5.05, 5.15, etc.

**Horizontal Jumps – No Minimum measurements**

First 20 minutes general warm-ups then 10 minutes between flights

Long Jump runways are 150'+

Long Jump boards are 9' 8"

Triple Jump boards are 31' 8", 35' 9.5", & 40' 8.5".

**Clerking** – Large tent on grass before Sprint start line

**Athletic Trainers** - Small tent next to Clerks tent