

UND Tune Up
UND Indoor High Performance Center

Saturday, February 20th, 2021

Field Events

(Contested on Rolling Schedule)

12:00 PM	(W)	Weight Throw
<i>to follow</i>	(M)	Weight Throw
To follow Weight Throw	(W)	Shot Put
<i>to follow W Shot</i>	(M)	Shot Put
12:00 PM	(W)	Long Jump
<i>to follow</i>	(M)	Long Jump
To follow 30' after M Long Jump	(W)	Triple Jump
12:00PM	(W)	Pole Vault
<i>to follow</i>	(M)	Pole Vault
12:00PM	(W)	High Jump
<i>to follow</i>	(M)	High Jump

Running Events

12:30 PM	(W)	60H Prelim
12:40 PM	(W)	60m Prelim
12:50 PM	(W)	Mile
1:00 PM	(M)	Mile
1:10 PM	(M)	60H Final
1:15 PM	(W)	60H Final
1:25 PM	(W)	60m Final
1:30PM	(M)	60m Final
1:40 PM	(W)	400m
1:50 PM	(M)	400m
2:00 PM	(W)	800m
2:05 PM	(M)	800m
2:15 PM	(W)	200m
2:25 PM	(M)	200m
2:35 PM	(M)	3000m
2:50 PM	UND Senior Recognition	
3:10 PM	(W)	4 x 400m
3:15 PM	(M)	4 x 400m

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Entry Procedures:

Entries will be made online at [Direct Athletics](#) using marks from the 2020 indoor season and current season. Entries will close on **Wednesday, February 17th at 9:00pm**. This competition is open to invited schools and unattached athletes from those programs.

Seeding:

All races will be seeded as finals against time, with the exception of the 60m Dash and the 60m Hurdles. In the LJ, TJ, SP & WT, the top eight collegiate marks will proceed to the finals. Plus any post-collegiate athletes, with the total in each final not to exceed twelve. **For the 200m coaches and athletes will be asked to declare prior to the 400m event. The 200 will be seeded after declarations.**

Check-In:

Track Athletes – check in at least 15 minutes prior to your event. Field event athletes – check in at your event **1 hour** prior to start.

Implement Inspection

Only Indoor weights and shots will be allowed. Implement weigh-ins will be located in the Southwest corner of the facility near the throwing area. Weigh-ins will be open from 11:00am-11:45am.

Packet Pickup:

All team information will be distributed to coaches by email. No team packets will be issued at the meet.

Team Camps & Warm-Up

See Team Camp Map for designated area. Warmup area will be on turf inside track.

Opening Heights:

Event	Women	Men
Pole Vault	8'	10'
High Jump	4-6	5-6

Facility Restrictions:

Only 1/4" (or shorter) pyramid spikes will be permitted for use on all competition surfaces. No marking chalk or tape will be allowed on the track or runways, marking tools will be provided.

Training Room:

Athletic trainers will be located in the NW corner of the HPC. Modalities available: heat packs, electrical stimulation, ultrasound, ice, water and emergency equipment. If you have any special needs prior to meet contact: Sara Bjerke MS, ATC, sara.e.bjerke@med.und.edu

Spectators:

There will be no spectators allowed in the facility

Results/Live Stream:

Live results will be available on the Hero's Timing web page:

<http://www.herostiming.com/>

The meet will be Live Streamed.

<https://www.hbsound.com/undtrack>

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COVID Guidelines:

Masks must be worn at all times unless you are warming-up or competing.

We ask that all Student-Athletes, Coaches, and Officials be physically distancing throughout the day when possible.

Each team will be COVID tested the week of the meet (Summit League Protocol).

Non Summit League School must fill our Attestation form and submit to Coach Christine Engel (Christine.engel@und.edu)

There will be designated team areas at each field events for each team designated with team signs. .

