



UW Indoor Preview

January 13th, 2018

FINAL NOTES

Pre-Meet Track Availability: Dempsey Indoor will be open for pre-meet practice from **3:00 – 7:00 pm** on Friday afternoon. Please be respectful of the posted times. The lights on the outdoor track will be on until 9:00 pm if you arrive later than 7:00 pm and need to shake-out.

Packet Pick-up Hours:

Friday, January 12th

4:00-6:00 pm Dempsey Indoor (near Announcer's Stage)

Saturday, January 13th

7:00 am – 4:30 pm Touchdown Terrace (Football stadium)

Parking is south of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). Cars/Vans will be charged in both lots. Do not park in Lots E8 or E9, you will be ticketed. Please see attached map for bus drop off/parking.

Facility Entrance is located on the South end of the facility, nearest the softball stadium. All other entries are for official use only.

Wristbands will be included in your packet. These should be worn by **COACHES, TEAM STAFF, AND ATHLETES**. *Coaches Wristbands* will allow you access to the catwalk for those who would like to video races (however, we ask that you please clear the catwalk when not filming). A coach wristband will also allow you to have coffee on the turf (AKA the Coach Metcalf Clearance).

Heat Sheets: Please keep in mind that the heat sheets attached to this email and posted online are **TENTATIVE**, and will likely see several revisions prior to Saturday. FINAL HEAT SHEETS (or as close as we can get to final) will be available for coaches at PACKET PICK-UP on both mornings of the competition.

Check-in: ALL ATHLETES must check in at the Clerk's Station no later than 60 MINUTES PRIOR TO THE START OF THE EVENT. Athletes who are not checked in will risk being scratched! Athletes will report to the starting line 10 minutes prior to start. Field event contestants should check-in at site. *Field event athletes may check in any time prior to the start of their assigned flight.*

Weigh-ins: Implements will be weighed in at the SE corner of the facility beginning 90 minutes prior to the event.

Starting Heights and Progressions:

High Jump:

Women-

Flight 1: 1.40 up 5cm to 1.80 then up by 3
Flight 2: start at 1.50

Men- 1.80 up by 5cm

Pole Vault:

Women-

Flight 1: 3.01 up by 15cm to 4.21 then up by 5cm
Flight 2: start at 3.46

Men-

Flight 1: 3.86 up by 15cm to 5.36 and then up by 5cm
Flight 2: start at 4.61

Team Camp: Athletes who are preparing to compete/warming up are encouraged to use the designated "Team Camp" area in the infield. Touchdown Terrace may be used for long-term camp for those athletes not yet warming up. The meet will be streamed via Flotrack into Touchdown Terrace for athletes to watch while they wait.

Shower facilities will be available upon request, after the meet has concluded.

Scoring: All Division 1 teams will be scored using invitational scoring, with the exception of those being scored with dual meet scoring. The following teams will be dual meet scored:

Oregon State University (W)

University of Hawaii (W)

University of Oregon

Gonzaga University

Seattle University

University of Washington

Stanford University

60-Meter/60-Meter Hurdle Seeding Protocol

Qualifying Procedure – 60m (6 Lanes Per Heat)

- We will automatically advance the TOP 8 SEED TIMES as **automatic qualifiers** to the SECOND ROUND (Listed as “PRELIMINARY ROUND” on time schedule). The list of automatic qualifiers are attached to this email.
- All other entries will run in the QUALIFYING ROUND, where **heat winners + time qualifiers** (16 TOTAL ADVANCERS) will advance – actual numbers will be finalized when final heats are set.
- The **16 qualifiers + the 8 automatics** will run in a 4-heat second round. The TOP EIGHT TIMES WILL ADVANCE to the 8-person final
- The 8-person final will be ran in two heats, seeded as follows:
 - Heat 1: Qualifiers 3, 4, 6, 8
 - Heat 2: Qualifiers 1, 2, 5, 7

Qualifying Procedure – 60mH (5 Lanes Per Heat)

- We will automatically advance the TOP 8 SEED TIMES as **automatic qualifiers** to the SECOND ROUND (Listed as “PRELIMINARY ROUND” on time schedule). The list of automatic qualifiers are attached to this email.
- All other entries will run in the QUALIFYING ROUND, where HEAT WINNERS + TIME QUALIFIERS (12 TOTAL ADVANCERS) will advance – actual numbers will be finalized when final heats are set.
- The 12 qualifiers + the 8 automatics will run in a 4-heat second round. The TOP EIGHT TIMES WILL ADVANCE to the 8-person final.

Restrictions

- **NO FOOD AND DRINKS ARE PERMITTED IN THE FACILITY.**
- NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.
- Only indoor shots and weights are allowed.
- Flats or track shoes with spikes no longer than one-quarter inch (1/4”). Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.