



UW INVITE Final Meet Information 2020

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Pre Meet Practice:

There will be **NO practice on the Dempsey Indoor** prior to competition as the venue will be set up late Thursday into Friday morning. The outdoor track will be available from 12-6pm on Thursday and beginning at 8am on Friday.

Packet Pick Up:

Friday, January 31 from 11am-7pm at Conibear Shellhouse (see attached map)
Saturday, February 1 from 8am-2:30pm at Conibear Shellhouse

Heat Sheets:

Heat sheets will be posted no later than Thursday morning, January 30. FINAL HEAT SHEETS (or as close as we can get to final) will be available online for coaches on Friday morning and on the timing app. **Please send all scratches to dempseymeetdirector@gmail.com. This is very helpful in adjusting heats.**

Dual Scoring:

Due to the new rule: 20.9.6.3.3 dual scoring is no longer necessary.

Parking:

Parking is South of Husky Stadium (Lot E12) w a permit or North of the Baseball Field (Lot E1/E18). Cars/vans will be charged in both lots. **DO NOT park in Lots E8 or E9, you will be ticketed/towed due to the Basketball game!** Please see attached map for bus drop off/parking. **Please Note bus drop off and athlete entry are now on the North side of the Dempsey. Please see attached map.**

Facility Entrance:

There will now be a **dedicated athlete/coach entrance on the North side of the Dempsey Indoor facility.** This will be where buses and vans now drop student athletes and coaching staff. Athletes and coaches can still use the South Entry as needed, but we highly encourage all athletes and staff to use this dedicated entrance for quicker entry. Dedicated athlete bathrooms will also be located just outside this entry. Spectators will only be permitted to enter through the traditional South entrance. Please see attached map for details.

Bathrooms:

In order to minimize lines for athletes, we will now have **designated athlete restrooms available outside of the dedicated team entrance on the North side of the Dempsey**. Athletes can also use the restrooms available to the South of the Dempsey facility in the Softball stadium. **Restroom facilities inside of the Dempsey will be CLOSED to everyone except meet officials**. Spectators will only be permitted to use the Softball Stadium restroom facilities as well as the FB Stadium East Stands restrooms, which are located past the softball facility adjacent to East practice field on your right. **Please see the attached map for further clarification.**

Check In:

ALL ATHLETES must check in at the Clerk's Station (**now located next to the Announcer's Stage at the FINISH LINE-see attached map**) 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 the start.

FIELD EVENT ATHLETES should check-in at the site of the event. 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 one hour prior to the event.

Team Camps/Designated Warm Up Space:

In an effort to create a dedicated warm up space for athletes, some adjustments have been made to the previous Team Camp area. **The previous Team Camp area has been expanded and reallocated as a designated warm up area**. We encourage teams who wish to spread out to utilize Conibear Shellhouse (see attached map) until they are ready to come warm up. That being said, teams will be permitted to set up camp on the bleachers that will be located within this warm up area. **Teams will NOT be permitted to set up camp or leave bags on the ground outside of the bleacher footprint**. Please see the attached map for clarification. We believe this will improve safety and create a better space for athletes to prepare for competition.

Wristbands:

Wristbands will be included in your packet. These must be worn at all times by COACHES AND TEAM STAFF ONLY. **Wristbands will allow you access at the athlete/staff ONLY entrance at the North side of the Dempsey**. Wristbands will also allow staff access to the catwalk for those who need to video races. We do ask that you clear the catwalk when not filming. A wristband will also allow coaches ONLY to bring coffee into the North entrance.

Showers:

Shower facilities will NOT be available.

60-Meter/60-Meter Hurdle Seeding Protocol **Prelims to Finals**

Qualifying Procedure – 60m WOMEN & MEN (6 Lanes Per Heat)

·The 7 HEAT WINNERS plus the next 2 FASTEST TIMES WILL ADVANCE to the 8-person 2 heat final.

Qualifying Procedure – 60H WOMEN (5 Lanes Per Heat)

·The 6 HEAT WINNERS plus the next 2 FASTEST TIMES WILL ADVANCE to the 8-person 2 heat final.

Qualifying Procedure – 60H MEN (5 Lanes Per Heat)

·The 5 HEAT WINNERS plus the next 3 FASTEST TIMES WILL ADVANCE to the 8-person 2 heat final.

RESTRICTIONS

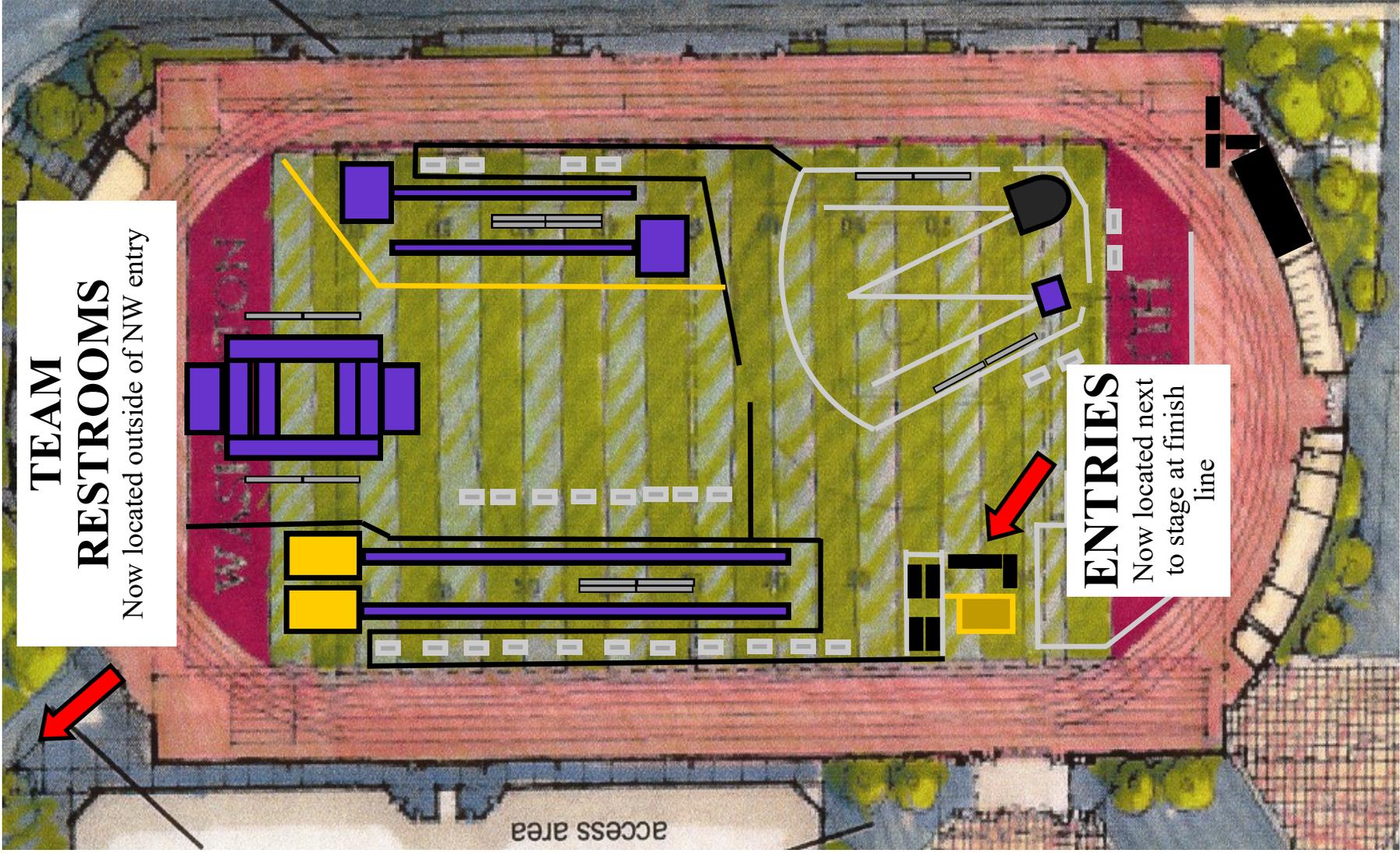
- **NO FOOD AND DRINKS ARE PERMITTED IN THE FACILITY.**
- NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.
- Only indoor shots and weights are allowed.
- Flats or track shoes with spikes no longer than one-quarter inch (1/4"). Spike length will be strictly enforced. **Only 1/4" inch pyramids may be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

INDOOR TRACK SPECTATOR RESTROOM MAP

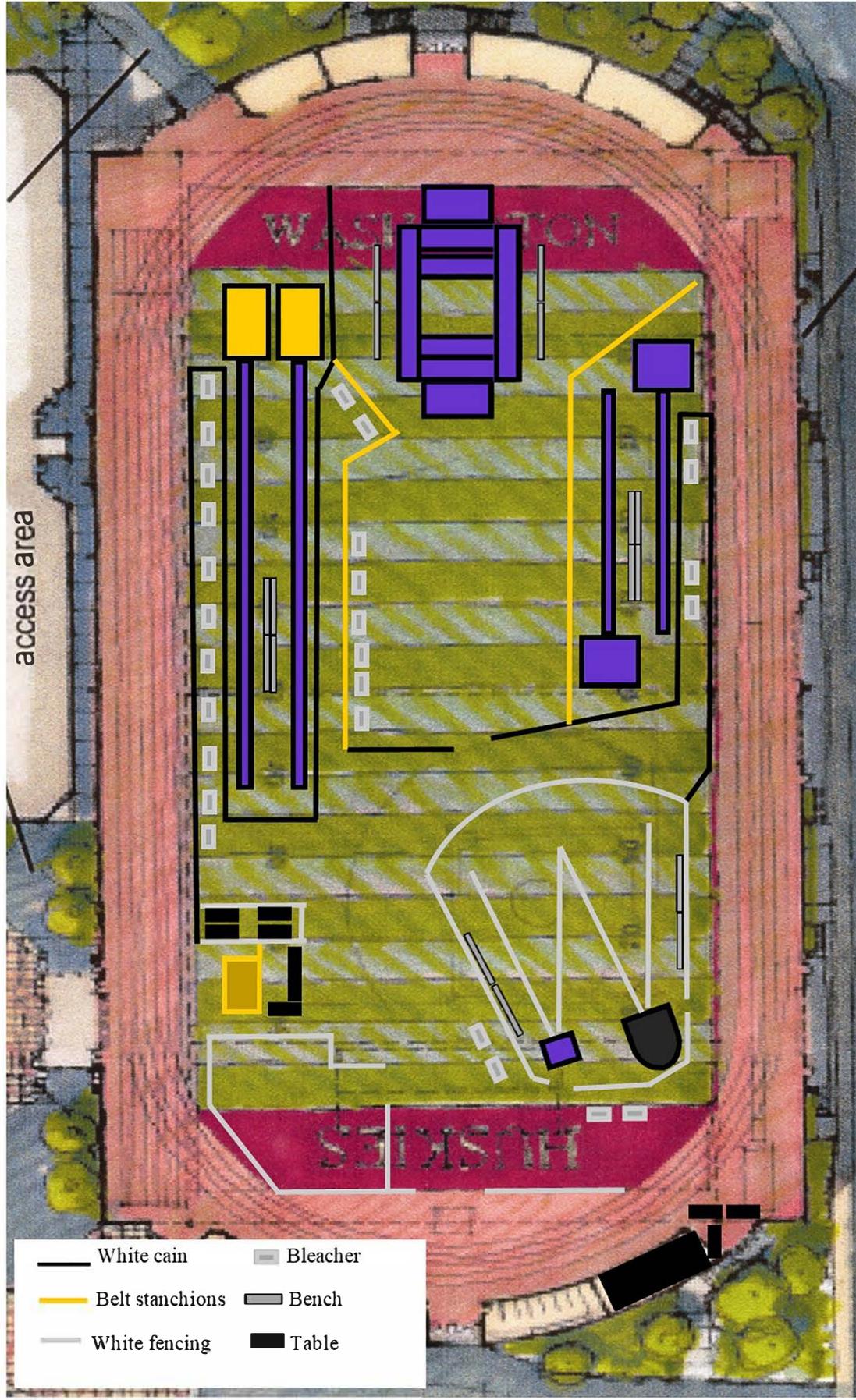


★ Male Restrooms	★ Spectator Entrance	★ Athlete/Coach Dropoff & Restroom	★ Team Camp Overflow
★ Female Restrooms	★ Ticket Booth	★ Packet Pickup & Team Camp	

2020 INDOOR TRACK & FIELD



2020 INDOOR TRACK & FIELD FACILITY SET UP



UW INVITATIONAL RECORDS (THROUGH 2019)

WOMEN

EVENT	TIME	ATHLETE	TEAM	DATE
60 meters	7.31	Geronne Black	Unattached	2/1/14
200m	23.57	Ashley Henderson	San Diego State	1/27/17
400m	52.24	Raevyn Rogers	Nike	1/27/18
800m	2:02.29	Kate Grace	NorCal Distance Project	1/28/17
Mile	4:27.27	Brie Felnagle	adidas	1/28/17
3000m	8:34.45	Sifan Hassan	Nike Oregon Project	1/27/18
5000m	15:09.31	Kim Conley	New Balance	1/29/16
60m Hurdles	8.06	Bridgette Owens	Unattached	1/27/18
4x400m Relay	3:38.68	Dencer, Purvis, Roesler, Okodogbe	Oregon	1/29/11
DMR	10:55.93	Sughroue, Dixon, Dodd, Johnson	Oklahoma State	1/26/19
High Jump	6-1 1/4 (1.86)	Sharon Day	Cal Poly	1/29/05
Pole Vault	14-11 (4.55)	Megan Clark	Oiselle	1/28/17
Long Jump	20-10 1/2 (6.36)	Arantxa King	Stanford	2/2/08
Triple Jump	44-11 3/4 (13.71)	Erica McLain	Stanford	2/2/08
Shot Put	60-8 3/4 (18.51)	Tia Brooks	Nike	2/1/14
Weight Throw	71-1 1/2 (21.68)	Loree Smith	NYAC	1/31/09
Pentathlon	4,507	Brianne Theisen	Oregon	1/28/11

M E N

EVENT	TIME	ATHLETE	TEAM	DATE
60 meters	6.53	Joe Morris	Unlimited Speed Athletics	1/31/15
200m	21.12	Rubin Williams	Heritage TC	1/29/11
400m	46.43	Alex Harcourt	Washington	1/27/07
800m	1:46.97	Shaquille Walker	BYU	1/30/16
Mile	3:55.75	Chris Solinsky	Nike	1/30/10
3000m	7:44.20	Lawi Lalang	Arizona	2/1/14
5000m	13:34.67	Yomif Kejelcha	Nike Oregon Project	1/27/18
60m Hurdles	7.61	Ashton Eaton	Nike	2/1/14
4x400m Relay	3:07.77	Anderson, Iglehart-Sum- mers, Mutai, Betters	Baylor	1/27/07
DMR	9:28.35	McClary, Skidmore, Bilbrew, Ulrey	Arkansas	1/30/09
High Jump	7-6 (2.29)	Django Lovett	Unattached	1/27/18
Pole Vault	19-0 3/4 (5.81)	Toby Stevenson	Unattached	1/31/04
Long Jump	26-1 3/4 (7.97)	Reindell Cole	Cal St. Northridge	2/2/08
Triple Jump	54-6 1/2 (16.62)	Julien Kapek	USC	2/1/03
Shot Put	70-4 1/2 (21.45)	Jordan Geist	Arizona	1/27/18
Weight Throw	75-7 1/2 (23.05)	Michael Mai	US Army	1/30/10
Heptathlon	6,344	Jeremy Taiwo	Chula Vista OTC	1/30-1/31/15

DEMPSEY INDOOR FACILITY RECORDS

(THROUGH 1/18/2020)

WOMEN

EVENT	TIME	ATHLETE	TEAM	DATE
60m Dash	7.15	Jasmine Todd	Oregon	1/17/15
	7.15	Hannah Cunliffe	Oregon	2/25/17
200m	23.09	Kendall Ellis	USC	2/24/17
400m	52.03	Phyllis Francis	Oregon	2/23/13
600m	1:26.34	Raevyn Rogers	Oregon	1/16/16
800m	2:02.29	Kate Grace	NorCal Distance Project	1/28/17
1000m	2:40.14	Mariah Kelly	New Balance	2/12/17
Mile	4:27.27	Brie Felnagle	adidas	1/28/17
3000m	8:34.45	Sifan Hassan	Nike Oregon Project	1/27/18
5000m	15:01.70	Jenny Barringer	Colorado	2/14/09
60m Hurdles	7.93	Virginia Powell	USC	3/4/06
4x400m Relay	3:32.54	Waggoner, Hailey, Trevisan, Watson	Arizona	2/27/16
	3:32.54	Pettigrew, Iuel, Ellis, Hill	USC	2/25/17
4x800m Relay	8:40.09	Johnson, Leinert, Feldman, Kesselring	Oregon Track Club	1/18/14
DMR	10:55.01	Orr, Carlson, Mires, Flood	Washington	2/24/12
High Jump	6-4 (1.93)	Brigetta Barrett	Arizona	2/25/12
Pole Vault	15-3 1/2 (4.66)	Olivia Gruver	Washington	1/18/20
Long Jump	21-6 (6.55)	Grace Upshaw	Nike	2/14/04
		Brittney Reese	Nike	2/19/13
Triple Jump	45-7 3/4 (13.91)	Andrea Geubelle	Unattached	2/27/16
Shot Put	62-3 1/4 (18.98)	Maggie Ewen	Arizona State	2/24/18
Weight Throw	73-6 (22.40)	Ida Storm	UCLA	2/27/15
Pentathlon	4,507	Brianne Theisen	Oregon	1/28/11

DEMPSEY INDOOR FACILITY RECORDS

(THROUGH 1/18/2020)

MEN

EVENT	TIME	ATHLETE	TEAM	DATE
60m	6.50	Ryan Bailey	Nike	2/14/15
200m	20.84	Ryan Bailey	Nike	2/13/10
400m	45.94	Rai Benjamin	USC	2/24/18
600m	1:17.49	Chris Low	Brooks Elite	2/12/17
800m	1:46.36	Andrew Wheating	Oregon	2/13/10
1000m	2:18.34	Yomif Kejelcha	Nike Oregon Project	1/12/19
Mile	3:52.61	Yomif Kejelcha	Nike Oregon Project	1/12/19
3000m	7:43.08	Ryan Hill	North Carolina State	2/11/12
5000m	13:29.94	Chris Thompson	Oregon Track Club	2/10/12
60m Hurdles	7.60	Devon Allen	Oregon	2/27/16
4x400m Relay	3:06.40	Samuel, Shinnick, Owens, Jewett	USC	2/23/19
4x800m Relay	7:26.20	Williams, Whitley, Soberanis, Bywater	Washington	1/14/12
DMR	9:21.77	Symmonds, Scherer, Mulder, Leer	Oregon Track Club	2/12/10
High Jump	7-7 (2.31)	Jesse Williams	Nike	2/13/10
Pole Vault	19-0 3/4 (5.81)	Toby Stevenson	Unattached	1/31/04
Long Jump	26-7 3/4 (8.12)	Norris Frederick	Washington	2/29/08
Triple Jump	54-6 1/2 (16.62)	Julien Kapek	USC	2/1/03
Shot Put	70-5 1/4 (21.47)	Ryan Whiting	Arizona State	3/1/08
Weight Throw	77-5 1/4 (23.60)	Conor McCullough	USC	2/27/15
Heptathlon	6,344	Jeremy Taiwo	Chula Vista OTC	1/30-1/31/15