



2024 Weber State Indoor Invitational January 19-20, 2024

1. Welcome to the 2024 Weber State Indoor Invitational. The throwing events will be held on Friday, January 19, at the Marquardt Field House (**4390 Harrison Blvd. Ogden, Utah 84403**). The fieldhouse is just west of the Dee Event Center. All jumping events will also be held on Friday, January 19 at Stromberg Arena in the Swenson Gym. All running events will be held on Saturday, January 20 at the Stromberg Arena (**1356 East 4100 South, Ogden, Utah 84403**).
2. **Registration** is due Thursday, January 18, at 10:00am MST on directathletics.com. Payment must be received before entry deadline.
3. **Team Fees** - \$200 per gender; \$400 per full team. Individuals/Unattached are \$15 per athlete
4. **Spectator Admission** – FREE
5. **Parking** – for the indoor track, please park in lot A7, to the south of the Swenson Gym. If you have a bus, please park the bus in Lot A6, up by the football stadium. Parking for the throwing events can be anywhere near the Marquardt Fieldhouse.
6. **Spikes** – 1/4 Inch Pyramid or smaller on the track. 3/8 Inch Pyramid are permissible in the high jump.
7. **Team Scoring** – New this year! We will be scoring the meet. The top 6 places in each event will score (10-8-6-4-2-1). Only 'A' Team Relays will be used for scoring.
8. **Entrance** – Please use the lower south entrance to the Swenson Gym for all athletes, coaches, and spectators. It is the entrance down the stairs from the A7 Parking Lot nearest the soccer field. There will be signs posted at the entrance. The entrance will be open at 1:00pm on Friday.
9. **PROGRESSIONS** –
Men's High Jump: 1.81, 1.86, 1.91, 1.96, 2.01, 2.06, 2.11, 2.14, 2.17...
Women's High Jump: 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81...
Men's Pole Vault: 4.25, 4.40, 4.55, 4.70, 4.85, 5.00, 5.10, 5.20, 5.30...
Women's Pole Vault: 3.25, 3.40, 3.55, 3.60, 3.75, 3.90, 4.00, 4.10, 4.20...
10. **LIVE FEED** – The Events will be live streamed on the Weber State Track & Field Instagram - [@weberstatetrack](https://www.instagram.com/weberstatetrack)

MEET SCHEDULE

Friday, January 19 (Marquardt Fieldhouse)

2:00pm Weigh-In – Closes at 5:00pm
3:00pm Women's Weight Throw
Men's Weight Throw
Women's Shot Put
Men's Shot Put
(Rolling Schedule)

Friday, January 19 (Stromberg Arena)

3:00pm Women's Pole Vault
3:00pm Men's Long Jump
4:30pm Women's Long Jump
5:00pm Men's Pole Vault
5:00pm Men's High Jump
5:30pm Women's Triple Jump
(Men to Follow)
6:00pm Women's High Jump

Saturday, January 20 (Stromberg Arena)

*The schedule is subject to change
*Women followed by Men in each event
10:00am 55m Hurdles (PRELIMINARIES)
*Top 12 Advance to Finals
10:20am 55m Dash (PRELIMINARIES)
*Top 12 Advance to Finals
10:40am Mile Run (FINALS)
11:10am 55m Hurdles (FINALS)
11:20am 55m Dash (FINALS)
11:30am 400m Dash (FINALS)
11:45am 800m Run (FINALS)
12:00pm 200m Dash (FINALS)
12:20pm 3000m Run (FINALS)
12:45pm 4 x 400m Relay (FINALS)
1:10pm DMR (FINALS)

Please contact us with any questions or concerns:

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