

WASHINGTON STATE

TRACK AND FIELD

2019 WSU COUGAR INVITE MEET INFORMATION

DATE OF COMPETITION:	Feb. 1-2, 2019 WSU Indoor Practice Facility, Pullman, Wash
SCHEDULE OF EVENTS:	See enclosed time schedule
PACKETS:	Packet pick up is Fri. 1 st , between Noon-6 p.m. at the WSU Indoor Facility. Coaches, please check in with the Clerk immediately upon arrival on meet day to make <u>any</u> changes in events. Changes <u>during</u> the meet must be done with the Clerk <u>by a member of your coaching staff</u> . Relay cards must be turned in to Clerk by 2:30 p.m.
MEET INFORMATION:	Contact Kayla Warren at kayla.warren@wsu.edu 509-335-0422 or Jason Drake at jzdrake@gmail.com
ENTRIES:	Submit all entries at www.directathletics.com . Entry deadline for all other entries is Tuesday 1/29 6:00pm(PT) . Please enter all athletes in all possible events by this time. Accepted Entry marks MUST be from the <i>2019 indoor and/or 2018 outdoor seasons only</i> . Athletes without marks from those seasons will enter a No Mark (NM). If you have any questions please contact Kayla Warren. Entries will be accepted on a space available basis and will be capped if necessary. This is a collegiate and post-collegiate meet only. <u>NO HIGH SCHOOL ENTRIES WILL BE ACCEPTED.</u> Contact Kayla Warren for Pentathlon, Heptathlon and wsu collegiate and post collegiate unattached entries. The events will be capped at 8 entries per pentathlon and 8 entries per heptathlon. Pent/Hept entries are due by Mon. Jan 28th 2018 at noon (PT) all unattached entire due TUE Jan 29th 2019 at 6:00pm (PT)
ENTRY FEE:	<ul style="list-style-type: none"> • \$20 dollars per participant • <u>FREE ENTRY FOR ALL WSU STUDENTS AND STAFF. STUDENT AND STAFF ENTRIES SHOULD BE SUBMITTED TO kayla.warren@wsu.edu.</u> • Spectators are free. • \$150 per team per gender for groups of 14 or more athletes per gender • NO REFUNDS • Entry deadline for all other entries is 6:00pm (PT) TUESDAY Jan 29th.
LANE DRAWS:	Assigned by WSU. Preferred lanes Straightway races: 5-4-6-3-7-2-8-1; Oval races: 200m – 5-6-4-3-2-1, and 400m – 4-5-6-3-2-1.
VERTICAL JUMPS:	Opening heights: PV Men - 4.30m/ 14'0" PVWomen - 3.35m/11' HJ Men - 1.80m/5'9" HJ Women - 1.52m/4'11"
HORIZONTAL JUMPS & THROWS:	LJ/TJ will have three trial attempts and the top 8 will advance to final for three more attempts. SP/WT will have three (3) trials, with the top nine (9) having three (3) final throws.

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CHECK-IN PROCEDURES:	<p>Running Events: All runners and RELAY TEAMS <u>must</u> check in and pick up hip numbers at the Clerk's Area (NE corner of the facility) following the <u>first and only call</u> for each event.</p> <p>Field Events: All field athletes <u>must</u> check in at the event site no later than 20 minutes before the scheduled start time of their event(s).</p>
IMPLEMENT WEIGH-IN:	Weigh-in will be located in the SW corner of the facility. All implements to be used in competition must be weighed-in at least 1 hour prior to the start of that event. Please label your implements for identification. Illegal implements will be taken, secured and may be picked up at the conclusion of that competition. DUE TO SAFETY CONCERNS, ONLY SOFT SHELL WEIGHTS WILL BE ALLOWED.
BIB NUMBERS:	Bib numbers must be worn on the front of the competitive uniform by all competing athletes (pole vaulters may wear on their backs). Hip numbers must not be covered by uniform top.
OFFICIALS:	Selected by WSU. Assigned by Ben Clarke, Officials Coordinator
RULES OF COMPETITION:	NCAA DI Track & Field Rules.
SCORING:	NCAA Division I teams will be scored using championship format (10-8-6-5-4-3-2-1)
FACILITY INFORMATION:	<ul style="list-style-type: none"> Track and Approach Surfaces - 14mm Mondo Super-X <ul style="list-style-type: none"> *6-42" Lanes on the large radius (69 feet) oval *8-48" Lanes on the straight (See Diagram) Required Spikes - 1/4 inch pyramid Throwing Circle - Brushed Concrete Starting Blocks - provided by WSU
WARM-UP AREA:	A final warm-up area is located at the east end of the competition facility, however this space is limited. In addition, the track will be available for warm-up until 9:55 a.m.
ACCESS TO TRACK AND FIELD EVENT AREA:	Only currently competing athletes, meet officials, authorized athletic trainers, authorized staff, and authorized photographers will be allowed on the track and in the infield area. When you are finished competing please exit the inner track area.
OFFICIAL WARM-UP AND COMPETITIVE AREAS:	NO HEADPHONES OR EARBUDS for personal electronic devices and cell phones are prohibited in the official warm-up and competitive areas. One warning will be issued by the Meet Referee. A second violation will result in disqualification from the meet. [NCAA Rules]
TRAINING ROOM FACILITIES:	<p>Main Training Facility: Bohler Gym M-4</p> <p>Auxiliary Training Site: SE Corner of Competition Facility (by warm up area) WSU Athletic Training Services Contact Person: Travis Edwards 209-602-5080</p>

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LOCKER ROOMS:	Locker rooms will be available. Contact Ben Clarke at (509) 335-5109 to make arrangements in advance of the meet.
RESULTS:	Results will be posted throughout the meet on the results board near the concessions. Final results will be available to coaches at the platform located at the finish line approximately 15 minutes after the last event. Results will be posted online at wsucougars.com approximately 45 minutes after the conclusion of the meet. The results will be uploaded to Direct Athletics/TFRRS the following day.