

WASHINGTON STATE

TRACK & FIELD

2019 WSU OPEN INDOOR TRACK & FIELD MEET INFORMATION

DATES OF COMPETITION:	Jan. 20th, 2019 WSU Indoor Track Facility, Pullman, Wash.
SCHEDULE OF EVENTS:	See attached time schedule
TEAM PACKETS:	8:30 a.m. - Noon Friday at the clerk's tent. Coaches, please check in with the clerk immediately upon arrival on meet day to make any changes in any events; changes in events during the meet must be done at the Clerk's Tent by a member of your coaching staff.
MEET INFORMATION:	Contact Kayla Warren at kayla.warren@wsu.edu (509-335-0422) or Jason Drake at jzdrake2gamil.com
ENTRIES:	Submit all entries at www.directathletics.com . Entry deadline for all other entries is Tuesday, 1/15 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.
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 15th.
LANE DRAWS:	Assigned by WSU. Preferred lanes are: 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 - 4.00m (13') PV Women - 3.10m (10'2") HJ Men - 1.75m (5'8 3/4") HJ Women - 1.45m (4'9")
HORIZONTAL JUMPS & THROWS:	Long Jump will have four (4) attempts total with the highest seeds competing in the First Flight. Triple Jump will have three trial attempts and the top eight (8) will advance to final for three more attempts. Shot Put and Weight Throw 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:	<p>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 WIEGHTS WILL BE ALLOWED.</p>
BIB NUMBERS:	<p>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.</p>
OFFICIALS:	<p>Selected by WSU. Assigned by Ben Clarke, Officials Coordinator</p>
RULES OF COMPETITION:	<p>NCAA Track & Field Rules.</p>
SCORING:	<p>NCAA Division I teams will be scored using championship format (10-8-6-5-4-3-2-1)</p>
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:	<p>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.</p>
ACCESS TO TRACK AND FIELD EVENT AREA:	<p>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.</p>
OFFICIAL WARM-UP AND COMPETITIVE AREAS:	<p>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 By law]</p>

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TRAINING ROOM FACILITIES:	Main Training Facility: Bohler Gym M-4 Auxiliary Training Site: SE Corner of Competition Facility WSU Athletic Training Services Contact: Travis Edwards 209-602-5080
LOCKER ROOMS:	Locker rooms can be available, please contact Ben Clarke at (509) 335-5109 to make arrangements in advance of the meet.
RESULTS:	Results will be posted throughout the meet on a board near the facility entrance. 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.