

WASHBURN ALUMNI INVITATIONAL

Meet:	Washburn Alumni Invitational
Site:	Washburn University: Indoor Athletic Facility 1785 SW Durow Rd. Topeka, KS 66621
Date:	Saturday, December 6th
Admission:	Spectators will be charged \$5 upon entry.
Participation:	The Washburn Alumni Invitational is open to teams by invitation only. Meet management reserves the right to evaluate and approve all other entry requests. Interested teams should contact (david.granato@washburn.edu).
World Athletics:	This meet will comply with all necessary requirements to meet World Athletics qualification standards. As such, there will be a shoe control officer to make sure the proper shoes are in use during competition. Selection of athletes/shoes to examine are at the discretion of the shoe control officer.
Unattached/Open:	Unattached/Open athletes will be accepted, and this meet is considered open to those wanting to compete, so long as they meet the Unattached/Open standards listed below with a verifiable mark. Entry requests must be sent to (david.granato@washburn.edu) and accompanied by a link to proof of performance within the last year.

Unattached Standards:

	60	200	400	800	Mile	3k	3200	5k	60H	LJ	TJ	HJ	PV	SP	WT
Men	6.90	21.8	49.5	1:56	4:19	8:50	9:30	15.40	8.5 (42")	6.75m	14.30m	1.98m	4.55m	15.25 (16lb)	16.45m
Women	7.90	25.0	57.0	2:21	5:20	10:59	11:45	18:30	9:30	5.50m	11:45m	1.65m	3.50m	13.0m	15.25m

Entries:	Entries will only be accepted through www.directathletics.com Entries site opens Monday, Nov. 24th, and closes Wednesday, Dec. 3rd at 7:00pm. At this time entries are final and considered declared. Marks must be verified on TFRRS and will include marks from the '24-25', and current track season. Speculative marks will only be accepted with supporting documentation (link to online results). For example, if you have a freshman athlete who has not competed in the event collegiately, but has a quality mark from high school, then enter the valid high school mark with those results, and leave this information in the "Entry Note/Additional Info" box in Direct Athletics. Unsupported speculative entries may be changed to 'No Mark' without a link to the online results. Additionally, accepted entries may be limited to keep the competition manageable. Detailed information in the Accepted Entries section below. Entry marks will be published on start lists.
Entry Fee:	\$500 per team/gender. \$50 per individual up to 9 athletes. Please Note: This is an entry fee... not a participation fee. There will be no refunds for those who register but don't compete. Please check your entries and information carefully!
Team Entrance:	Athletes and Coaches should enter the Indoor Athletic Facility via the East doors. You may drop off at the north drive off Durow Road, and follow the sidewalk around the east side. Doors will open 2 hours prior to the start of competition. No other doors will be open for access to the facility.
Parking:	Busses may drop off at the loop drive in front of the IAF. Bus parking is located at lot 7 off 19th and Macvicar. Busses will not be permitted to park anywhere else on campus. Spectator parking in lots 3, 5 (softball fields), and 8 (baseball field). There will be no spectator parking allowed in lot 6 (Art / student rec. & wellness center).
Check In:	Running athletes must check in and get hip numbers prior to their race. Please check in to get hip numbers at least 30 minutes prior to the start of the event. Field Event athletes check in at their event.
Relays:	You may enter multiple relays if desired. Enter speculative times to the best of your ability. Relay cards will be due a minimum of 30 minutes prior to the start of the race.
Clerking:	Hip number table will be near the track ramp between the track and turf. Athletes will be called for heats on the turf field near the check in table. Ushers will escort each heat to and from the start/finish areas.

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Facilities:	<p>200 meter, 6-lane banked oval with 8-lane sprint straight-away housed inside our 131,000 ft² Indoor Athletic Facility. All long jump, triple jump, & pole vault runways are 'raised' runways recessed into the ground.</p> <p>The surface is Beynon BSS 1000, Dual Durometer, with Hobart wear layer</p> <p>Long jump/Triple Jump Board Locations</p> <p>Long Jump - 8'6" (2.6m) from sand</p> <p>Triple Jump - 31'2" / 36'1" / 41'0" (9.5m / 11m / 12.5m) from sand</p> <p>Inside runway = 200 ft / Outside runway = 178 ft</p> <p>Pole Vault Runways are 147'7" (outside runway) and 151'8 (inside runway)</p>
Team Camps:	<p>Team camps will only be permitted along the walls on the turf field. Please keep your team together in one camp area.</p>
Warm Ups:	<p>Warm up area will be on the turf only. Barriers will be up to separate this area from team camps. <u>No warmups will be allowed on the track while there are athletes competing.</u></p>
Practice Session:	<p>The Indoor Athletic Facility will be available from 6-8pm Friday evening if teams would like to do a shake-out practice. Horizontal jump runways / pits will not be open for this session.</p>
Implement Weigh In:	<p>All implements will be weighed in at the throwing venue prior to the start of event.</p>
Spikes:	<p>1/8" or 1/4" pyramid spikes only please. No needle or compression spikes will be allowed.</p>
Results:	<p>Live Results will be available at www.blacksquirreltiming.com during the meet. Results will also be available at www.wusports.com.</p>
Trainer:	<p>Athletic trainers will be available during the meet to administer first aid. The training room is on the south wall of the IAF. Treatments available are primarily heat, ice, and any bandaging. If further treatment is needed and the team is not traveling with their own trainer, prior instructions from need to be emailed to our athletic training staff that detail the treatment needs (mark.ortiz@washburn.edu). Please bring your own athletic tape and other necessary supplies.</p>
Additional Info:	<p>David Granato – david.granato@washburn.edu</p>

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Saturday, December 6th 2025

Washburn Indoor Athletic Facility

Schedule of Events

Saturday

Running Events

We may follow a rolling schedule if necessary

1:30 60m Hurdle Prelims	Men
1:45 60m Hurdle Prelims	Women
2:00 60m Prelims	Men
2:25 60m Prelims	Women
2:50 Mile	Men
3:05 Mile	Women
3:25 60m Hurdle Finals	Men
3:30 60m Hurdle Finals	Women
3:35 60m Finals	Men
3:40 60m Finals	Women
3:45 600y	Men
4:00 600y	Women

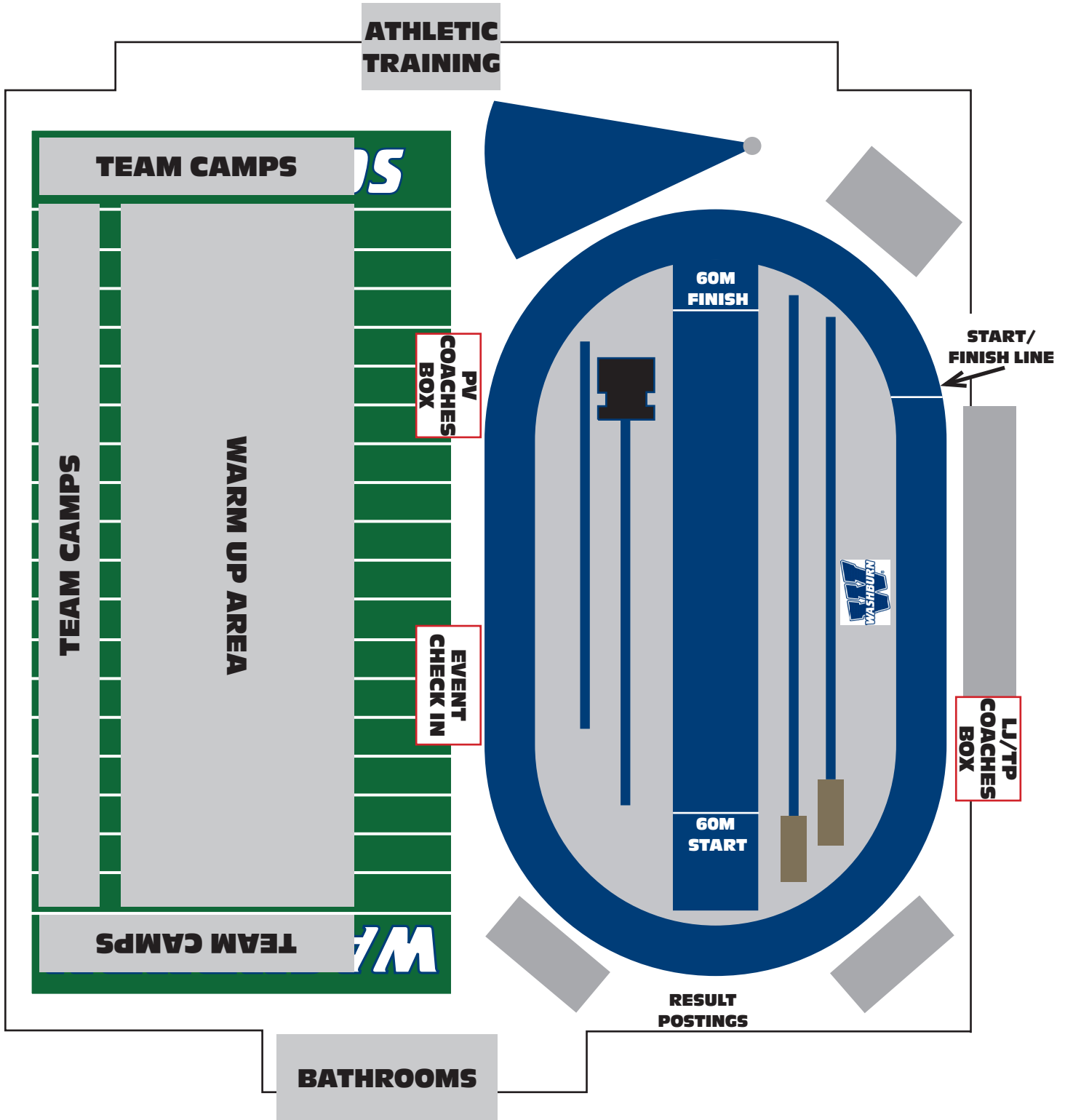
200m FINAL DECLARATIONS DUE AFTER 600y

4:15 400m	Men
4:40 400m	Women
5:05 800m	Men
5:10 800m	Women
5:15 1000m	Men
5:20 1000m	Women
5:25 200m	Men
6:05 200m	Women
6:45 5000m	Men
7:20 5000m	Women
7:45 4x400m Relay	Men
8:00 4x400m Relay	Women

Field Events

12:00 Long Jump	Women
Pole Vault	Women
Weight Throw	Women (Concrete Ring)
Shot Put	Men (Polanik Ring)
2:30 Long Jump	Men
4:00 Pole Vault	Men
Weight Throw	Men (Concrete Ring)
Shot Put	Women (Polanik Ring)
5:00 High Jump	Men & Women (2 pits)
Triple Jump	Women
6:30 Triple Jump	Men

WASHBURN ALUMNI INVITATIONAL



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WASHBURN UNIVERSITY CAMPUS MAP

1700 SW College Ave., Topeka, Kansas 66621 785.670.1010



A Team drop off area ...enter on east side of Indoor Athletic Facility

B Bus Parking

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DINING PARTNERS



Spin Pizza

Address: 2811 SW Fairlawn Rd, Topeka, KS 66614
Approximately 4 miles from campus.

Phone: 785-414-7746

Johnny's Taven

Address: 2821 SW Fairlawn Rd, Topeka, KS 66614
Approximately 4 miles from campus.

Phone: 785-239-5541



Hog Wild Pit BBQ

Address: 5330 SW 21st St., Topeka, KS 66604
Approximately 3 miles from campus.

Phone: 785-783-7071



Hy-Vee

Address: 2951 SW Wanamaker Rd., Topeka, KS 66614
Approximately 5 miles from campus.

Phone: 785-272-1763



Subway

Address: 1151 SW Gage Blvd, Topeka, KS 66604
Approximately 1 mile from campus.

Phone: 785-271-0782

Jason's Deli

Address: 6121 SW 12th St., Topeka, KS 66604.
Approximately 4 miles from campus.

Phone: 785-478-4144



Goodcents

Address: 4210 SW 21st St, Topeka, KS 66604
Approximately 2 miles from campus.

Phone: 785-272-4747

WASHBURN ALUMNI INVITATIONAL



DINING PARTNERS

Wings Etc.

Address: 2139 SW Fairlawn Plaza Dr, Topeka, KS 66614

Approximately 3 miles from campus.

Phone: 785-271-9464

