

WWU RALPH VERNACCHIA TRACK & FIELD INVITATIONAL

SATURDAY, APRIL 27, 2019 • BELLINGHAM, WA

The **Ralph Vernacchia Track & Field Meet** is named in honor of the long-time mentor of the men's track & field and cross country programs at Western. Ralph's career included one cross country and seven track & field district titles, as well as countless NAIA All-Americans and NAIA Scholar-Athletes. Ralph retired in 2011 from Western, where he was a professor in the PE Department, and from USA Track & Field, where he was the co-chair of the Sports Medicine & Sciences' Psychological Services subcommittee. He served as psychologist for the 2000 USA Track & Field Olympic team in Sydney.

WWU used to hold two home meets every year — the Team Triangular or Quadrangular in late March, and the Invitational in early April. Occasionally a twilight meet would also be staged in May. The Team and Invite meets were merged in 1992 under the current name. The Twilight meet was held in the late 70s and early 80s, and was re-started in 2004. The likelihood for better weather continued to help it grow in popularity through 2013, when we combined the Vernacchia and Twilight meets on the later weekend. Due to the need for additional competitive opportunities for all events, the Team Meet was once again added to the schedule as a separate event in 2018.

WHY COME TO THE VERNACCHIA TRACK & FIELD MEET?

- Our level of competition continues to grow. Last year, we had three new meet records — not too shabby for a meet with a history of over forty years.
- Civic Field Stadium is a great place for a FIELD and track meet. Great care has been taken over the years to develop field event areas on the perimeter of the oval, and not to cram as many as possible into an already crowded infield.
- Our long-time meet management team has shown the ability to put on a meet for the athletes, creating the best competitive situations possible in all events.
- **NEW THIS YEAR**, we are highlighting several events during the noon to 2 p.m. portion of the meet.

GENERAL INFORMATION

- This is an open meet – send this information to anyone you think is interested! Please pass this information on to schools or clubs who may be interested. We are very supportive of club athletes! NOTE: The new team meet in early April is a closed meet for the four invited teams, but this meet remains open to all!
- Team scores will be kept again this year, although — due to limitations Hy-Tek doesn't recognize — we score it after the events are all over. There are no awards.
- All track events will be electronically timed.

FACILITY INFORMATION

- The City of Bellingham has an Atlas track at Civic Field Stadium, which includes the high jump area, dual pole vault and long/triple jump runways, and the javelin approach. A structural re-coating occurred in 2018. The facility requires a maximum of quarter-inch spikes for all running and jumping events, and 3/8" maximum for the javelin throw. The throwing circles are brushed concrete.
- All events can be contested within the facility's fences. Except for the high jump, the field events are on the outside of the perimeter of the track on the north side of the stadium.
- The track is eight lanes; multiple heats will be required in most events, including 800m, 1500m/mile, and 5000m.
- If teams need locker and shower space after the meet, Civic Field Stadium has very limited space. Please plan to give us plenty of advanced notice, and to supply your own towels.
- Upon your arrival to the stadium, please give us scratches that you know of at that time, and please keep us updated as to any which occur due to injury or fatigue during the meet.
- There will be an admission charge for spectators, along with a complimentary meet program with entries and records.

PARKING

- In order to maximize the limited parking space at Civic Field, we ask for buses and large vans to park at the top of the lot away from the main entrance once they have offloaded their occupants.

WEIGH-INS

- 8:00 a.m.-12 noon for all weight events, at the scoreboard building locker room at the west end of Civic Field Stadium.

YOUR ENTRIES AND SEEDING

- We are employing Directathletics.com for entries. All entries are due by Tuesday, April 23, by 11:59 p.m. NEW THIS YEAR: late entries will NOT be accepted at the meet site on meet day.
- We will only accept TFRS or other verifiable competition marks as seed marks for any event. Please do not submit seed marks which cannot be verified. As you can see by the time schedule, we have earmarked certain sections of events on the track and in the Javelin Throw as "Invitational" and others in those events as "Open." The Invitational events will be conducted wholly or partially within the Invitational window of noon to 2 p.m. We will select the athletes for the Invitational sections from the entry list, but reserve the right to add additional invited entries.
- The entry fee will be \$15 per person and relay team member, up to a maximum rate of \$200 per men's team and \$200 per women's team. If teams have trouble with paying just the maximum fee on-line, please let us know so that we can make other arrangements.
- While there are no limitations on most events, we may have to limit the total number of competitors in the men's and women's hammer and discus throws due to available daylight hours. NEW THIS YEAR: The 10,000-meters is mandated by the NCAA this year to be a gender-separated event. The races will be women at 9:30 a.m. and men at 10:20 a.m. Entry standards are 35:00 for the men and 42:00 for the women for the 10ks.
- Preliminary heat assignments will be drawn; however, final heat assignments will be based on check-ins, and final heats and lanes are not announced, and hip numbers not distributed, until check-in closes for each event. Our one-hour check-in system alerts us to late scratches so that we can adjust heats accordingly and make them as competitive as possible. It is imperative that your athletes check-in at the clerk's area for running events **at least sixty (60) minutes before the event is scheduled to begin**. This system has worked well every year for the last two decades.

OFFICIALS AND VOLUNTEERS

- Western's Coaching Development classes in Track & Field Officiating and Track & Field Coaching will provide the skilled labor for most events, with WWU alumni and Whatcom County's chapter of USATF-Pacific Northwest's Officials Association providing lead roles. But – like most of you – we always need all the competent help we can get! We will page for volunteers if we need to keep the meet going, especially for things like hurdles and blocks!

VERTICAL EVENT HEIGHTS

Starting and subsequent heights for vertical jumps will be formulated after the close of entries and determined so that they align with NCAA 2 and GNAC standards where possible.

FIELD EVENT CALLS

With the help of our field event judges, we will make such calls as they deem necessary to gather the field for the next event in that area as we are informed. There is no need for field event athletes to report to the Clerk.

TRACK EVENT CALLS

Report to Clerk – sixty (60) minutes before the scheduled event start. Not every event will be called individually, but reminders will be frequent. ***Do not miss or fail to react to these calls and/or the one-hour time frame!*** You may check in early if you wish, but if fatigue or injury prevents you from competing in a subsequent event, early check-in obligates you to go to the clerk's table again to scratch.

First Call – will be made prior to the event which is two events before your event, e.g., after the Women's 4x100-meter Relay is finished, we will give FINAL CALL for the Men's 4x100-meter Relay, SECOND CALL for the Women's 1500-meter Run, and FIRST CALL for the Men's 1500-meter Run. ***It is likely that athletes waiting until the first call may have already been scratched.***

Second Call – prior to the event preceding the event. This alerts participants that they have only one more event – which may or may not have multiple heats – before their competition. Those who have not yet checked in have been scratched.

Final Call – is **only** for the benefit of spectators and officials. Competitors should be at or near their start or event area.

FOR MORE INFORMATION

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*A revised schedule will be released after the entry deadline. If an event is divided into sections, **OPEN** is for the shorter / lower / slower heat or flight and **INVITATIONAL** is for the top-seeded entries. Athletes must run in the section into which they are drawn!*

FIELD EVENTS

All field events are on an "area available" basis regardless of the scheduled time, meaning the second or later event in an event area may go ahead of schedule. If necessary, the Women's Pole Vault will use the second pit to start at or near the scheduled time.

- 9:00 Women's Hammer Throw**
Record: 56.99m (186-11) by Chanell Botsis, Kajaks, 2016
- 10:00 Dick Henrie Men's Pole Vault**
Record: 5.25m (17-2 3/4) Ryan Brown, WWU, 2011
- 10:00 Men's Long Jump**
Record: 7.19m (23-7) by Kevin Yates, WWU, 2016
- 10:30 Men's Open Javelin Throw**
- 11:00 Women's High Jump**
Record: 1.80m (5-11) by Michelle Laviolette & Kim Vanderhoek, SFU, 1992, and Ruky Abdulai, SFU, '05 & '06
- 11:15 Men's Hammer Throw**
Record: 66.38m (217-10) by Harold Willers, SFU, 1985
- 11:30 Women's Shot Put**
Record: 15.59m (51-1 3/4) Meg Jones, UW, 1987
- 11:30 Men's Invitational Javelin Throw**
Record: 68.70m (225-5) by Curtis Moss, UBC, 2009
- 12:00 Dick Henrie Women's Pole Vault**
Record: 3.85m (12-7 1/2) by Karis Anderson, WWU, 2012
- 12:15 Women's Long Jump**
Record: 6.04m (19-9 3/4) by Ruky Abdulai, SFU, 2007
- 12:30 Men's Triple Jump**
Record: 15.11m (49-7) by Justin Lawrence, CWU, 2004
- 12:30 Women's Invitational Javelin Throw**
Record: 54.69m (179-5) by Krista Woodward, unat, 2016
- 1:00 Men's High Jump**
Record: 2.18m (7-2 1/2) by Mike Mason, Valley Royals, 2012
- 1:30 Women's Discus Throw**
Record: 50.29m (164-11) by Quinn Erickson, Comox, 2016
- 2:00 Men's Shot Put**
Record: 16.88m (55-4 3/4) by Frank Catelli, WWU, 2014
- 2:00 Women's Open Javelin Throw**
- 2:15 Women's Triple Jump**
Record: 12.17m (39-11 1/4) by Karin Grelsson, SPU, 1992
- 3:15 Men's Discus Throw**
Record: 55.55m (182-3) by Nik Kay, Concordia, 2009

TRACK EVENTS

- 9:30 Women's 10,000-meter Run**
Record: 35:49.5h by Kristina Proticova, NWC, 2004
- 10:20 Men's 10,000-meter Run**
Record: 30:52.7h by Chad Portwood, una., 2011
If entries or lack thereof warrant combining the two 10ks, they will be held at 10:10 a.m.
- 11:00 Women's Open 5000-meter Run**
- 11:30 Men's Open 5000-meter Run**
- 12:00 Women's 3000-meter Steeplechase**
Record: 10:50.24 by Suzie Strickler, SPU, 2007
- 12:20 Men's 3000-meter Steeplechase**
Record: 8:51.86 by Donn Cabral, Nike, 2013

- 12:40 Women's 4x100-meter Relay**
Record: 47.20 by Seattle Pacific (Baldwin, Brannan, Mitchell, Wochnick), 2014
- 12:45 Men's 4x100-meter Relay**
Record: 41.40 Western Washington (Pangilinan, Gruger, Tilley, Steffen), 2012
- 12:55 Women's Invitational 1500-meter Run**
Record: 4:23.17 by Jessica Pixler, SPU, 2007
- 1:00 Men's Invitational 1500-meter Run**
Record: 3:50.6h Gary Gustafson, CNW, 1984
- 1:10 Women's 100-meter Hurdles**
Record: 14.08 by Vanessa Fryer, SFU, 1997
- 1:25 Men's 110-meter Hurdles**
Record: 14.25 by Travis Milbrandt, WWU, 2016
- 1:40 Women's Open 1500-meter Run**
- 1:55 Men's Open 1500-meter Run**
- 2:10 Women's 400-meter Dash**
Record: 55.2h Rhonda Bell, Bellevue CC, 1981
- 2:25 Men's 400-meter Dash**
Record: 46.9h by Nathan George, Coquitlam, 2016
- 2:35 Women's 100-meter Dash**
Record: 11.8h Lisa Whitehead, Coquitlam, 2006
- 2:50 Men's 100-meter Dash**
Record: 10.3h Marty Krulee, Unattached, 1983
- 3:10 Women's 800-meter Dash**
Record: 2:07.90 by Rebecca Johnstone, SFU, 2006
- 3:25 Men's 800-meter Dash**
Record: 1:50.88 Nectaly Barbosa, Unattached, 2007
- 3:40 Women's 400-meter Hurdles**
Record: 59.9h by Michaela Colluney, SFU, 1992
- 3:50 Men's 400-meter Hurdles**
Record: 53.06 by Bernari Sternsen, CWU, 2016
- 4:00 Women's 200-meter Dash**
Record: 24.38 by Ruky Abdulai, SFU, 2007
- 4:15 Men's 200-meter Dash**
Record: 20.9h Marty Krulee, Unattached, 1983
- 4:35 Pfueller Family Invitational Women's 5000m Run**
Gale Pfueller (1965) was an NAIA national place winner, and Genevie Pfueller (1986) a multiple NAIA All-American and academic All-American. Genevie was inducted into the WWU Athletic Hall of Fame in 1999.
Record: 16:35.53 Katelyn Steen, WWU, 2015
- 4:55 Brent Golden Memorial Invitational Men's 5000m Run**
This race honors the late Western distance runner, a four-year letter winner for the Vikings from 1977 to 1980.
Record: 14:22.0h Ross Chilton, SFU, 1984
- 5:15 Women's 4x400-meter Relay**
Record: 3:49.58 Seattle Pacific (Valentine, Quatier, Johnson, Fricker), 2012
- 5:25 Alex Binkerd Memorial Men's 4x400-meter Relay**
This race honors the late Western sprinter, a promising sophomore-to-be who we lost in 2014.
Record: 3:14.15 by Western Washington (Poolman, Schmidt, Nokes, Smith), 2013