

Mountaineer Indoor Track Meet George Holmes Convocation Center Friday-Saturday, January 20-21, 2017

Event Schedule

Events on Friday at 5:30 pm:

Weight Throw - Men then Women

Triple Jump - Men then Women...men's runway 75' ...women's 83'

5000m - Men then Women (minimum of 5 runners must enter per gender with minimum of two separate NCAA institutions represented for us to have this event.)

Field Events on Saturday:

10:30 am Long Jump - Men (women to follow) 105' Runway

Pole Vault - Men (women to follow) 100' Runway

High Jump - Women (men to follow)

Shot Put - Men (women to follow)

Running Events on Saturday: (We will send a time schedule with the first event at 11:00 am as soon as we have the number of athletes in each event. Be sure to send us an email address.)

11:00 am 55m Hurdles - Pre-Lims - Women then Men

55m Dash - Pre-Lims - Women then Men

55m Hurdles - Finals Women then Men (8 best times to two heat finals)

55m Dash - Finals - Women then Men (8 best times to two heat finals)

Mile Run - Women then Men

400m - Women then Men

800m - Women then Men

200m - Women then Men

3000m - Women then Men

4 x 400m Relay - Women then men

4 x 300m Relay - Women then Men

Meet Information

There will be an entry fee of \$150.00 per team, women and men separate as teams. **There will be unlimited entry per running event...three athletes per field event and unlimited relays per school per gender. However, no athlete can be in more than three events, not including the relay.** When you arrive, please go to the finish line area and check-in, pay fees and get your meet information. Make checks payable to ASU Athletics.

Make your entries through Direct Athletics. Entries will open on Monday Jan. 9th at 8:00am and close on Tuesday Jan. 17th at 12:00pm. Please send scratches prior to Thursday at 5:00 pm when possible to the email address weaverjt@appstate.edu. We request final scratches be made by coaches no later than 10:30 am on Saturday at packet pickup. Packet pickup is located at the finish line.

We will enter unattached athletes. **All unattached athletes must enter through Direct Athletics, but will pay their fee at the meet. Also, unattached athletes must have a verifiable performance from Direct Athletics or a previous meet or will be entered with a no mark.** This must be done prior to 12:00pm on Tuesday, Jan. 17th. An unattached athlete that presents a current (Spring 2017) college ID card will be free. Any unattached athlete without a current (Spring 2017) college ID card will be charged \$10.00. Unattached athletes of any kind will not be allowed to enter in more than two events.

Only 1/4" pyramid spikes...no other spikes of any kind. We will check shoes at the starting lines and anyone without 1/4" will not be allowed to run until they

change them and we will not wait...

In the long jump and triple jump there will be four jumps, no finals. Flights will be setup worst to best. The best entries in the last flights.

If an athlete leaves the event to compete in another event, they will lose whatever jumps they miss and will not be allowed to make them up at the end...they will be inserted in the correct order for whatever jumps they have left when they return...

The starting height for the men's high jump (5-10), women's (4-10)...starting height for the men's pole vault (13-6), women (10-0)...

In the shot put and weight there will be only four throws. Flights will be setup worst to best with the best entries in the last flights.

If an athlete leaves the event to compete in another event, they will lose whatever throws they miss and will not be allowed to make them up at the end...they will be inserted in the correct order for whatever throws they have left when they return...

Implements will be weighed in at the event site one hour prior to the start of competition.

The meet management will only accept the appropriate entries as designated in TFFRS or from a verifiable previous meet. Otherwise, the athlete will be entered as a No Mark in that event.

******Everyone must enter and exit the facility by the NW Entrance.****** It is clearly marked on the outside of the building above the steps.

The track is on the concourse, so please prepare your athletes to pay attention and obey any commands from officials during the day.

Buses may park near the Center in the area to the right of NW Entrance. Our traffic officers should be on hand to help. Vans may park in the area next to the arena (gated area). Otherwise, there is a parking lot above the arena between the arena and the Thomas Bldg next door.

There is only one way athletes and coaches can get to the arena floor for the field events (Section 7). We will indicate this when coaches get their packets. **Spectators will not be allowed on the arena floor.**

Team areas must be inside the arena in the seats. No teams will be allowed to put their stuff in the concourse, the window areas on the concourse or on the field event floor area. **In the stands only.**

No one will be allowed to place any gear or equipment under the results wall area or make equipment changes in that area. We must insist that area be free of any obstructions to the results wall.

Results will be posted in an area near the SW corner of the arena (Section). You can get full results from our website by the time you get home on Saturday. The website is: www.appstatesports.com... click on track and field. Please inform your sports information personnel about this website.

Results will also be available on the website: Bigkahunatiming.com by Sunday morning

Hurdlers will be allowed to warm-up on the concourse starting at 10:00 am. The women can warmup on the East side straight between sections 2 thru 4. The men can warmup on the West side straight between sections 10 thru 12. The straightaways area will be restricted to only hurdlers. There will be an area at the NW straightaway for the men hurdlers to continue a warmup process once the women start racing on the East side. We will explain this on meet day. Also, that same area (NW concourse) will be available for sprinters to do block starts prior to their races.

Food Requirements: There will not be a concessions stand...the Holmes Center officials will allow bottle drinks, not open cup drinks in the arena...they will also allow sandwich type food (subs, etc) but absolutely no meals on a plate, chicken boxes, seafood plate, pizza, etc...that type of thing...if we adhere to this policy and CLEAN UP our areas before we leave...they will continue to relax their food policy...which is no food at all...so help yourself by respecting this policy...

Any further details you might need, please call John Weaver at 828-262-3074 or e-mail at :
weaverjt@appstate.edu

Once we have all the entries, we will send an email to all teams and unattached entered athletes with a time schedule based on entries by Wednesday, Jan. 19th at 8:00pm. Make sure your email address is updated on Direct Athletics.

Check-In for Events:

We will send the check-in procedure when we send out the final meet information on Wednesday, Jan. 19th.