

Appalachian Indoor Open Split Track Meet
George Holmes Convocation Center and Varsity Gym
Appalachian State University
Friday, Feb. 17, 2017

Location of Events

We will have split competition in two buildings for this meet. We will have competition in the Holmes Center (running only) and Varsity Gym (Pole Vault, High Jump, Weight and Shot Put). Varsity Gym is about 500m away from the Holmes Center.

Entry Information

There is no fee for collegiate unattached athletes with valid current Spring 2017 college ID. An entry fee of \$10.00 will be charged to non-collegiate unattached athletes on the day of the meet. Non-collegiate unattached will not be allowed to compete until they have paid the entry fee and receive a ticket at the finish line area in the Holmes Center.

Collegiate Entries: Unlimited entry but an athlete can not enter more than 3 events. Only up to three relays per school. Enter through Direct Athletics for both collegiate teams and unattached. Meet management will require verifiable marks from TFRRS or a previous meet or the athlete will be entered as a no mark.

Entry will open on Friday, February 3rd at 8:00am and close on Monday, February 13th at 5:00pm.

Entry fee is \$80.00 per gender or \$160.00 per school for teams. If a team has 7 athletes or less, it will be \$10.00 per athlete. Men's and women's teams are separate. Make checks payable to ASU Athletics.

Event Schedule

We will start on time at 3:00 pm on Friday. We will have preliminary and finals for the 55m races. The athletes earning a slot to the finals will be announced over the PA system and posted at the results area. Any athlete not showing up for finals will not be replaced by the next on the list.

General Information

Enter the arena by the NW Entrance...it is clearly marked over the entrance outside. Enter Varsity Gym on the side doors near Rivers Street. You can park in the bike lane near the curb.

Holmes Center rules prohibit food or drink to be brought into the arena in boxes or coolers. (No chicken dinner boxes or plates, etc. You can bring wrapped sandwiches such as subs, etc. Bottled drinks only. Also, no pizzas are allowed in the arena and can not be delivered to the arena. If you try to bring in food or drink in boxes or coolers or any other container or try to bring in pizzas, you or the delivery people will be stopped and asked to leave them outside. There are sandwich restaurants nearby (Subway, Hardee's, etc). Our cafeteria Food Court is also available, they do take cash and credit cards.

Only 1/4" pyramid spikes will be allowed. There is no negotiation on this issue, please don't ask. We will check shoes at the starting lines and anyone without 1/4" pyramids will not be allowed to compete until they get the appropriate spikes.

In the shot put and weight there will be 3 throws for prelims and 3 throws for finals. The top eight throwers in the prelims will advance to the finals.

Implements will be weighed in at the event site (Varsity Gym) one hour prior to the first competition.

Coaches can pick up meet information at the finish line area prior to the meet and make entry payment there.

The ASU Trainers will be in an area near the finish line in the Holmes Center and in Varsity Gym.

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

Results will be posted on the wall near section 14/15 on the SW end of the Holmes Center. You can get full results by going to Bigkahunatiming.com by Saturday morning or go to the ASU website: appstatesports.com or Tffrs.

Hurdlers will be allowed to warm-up on the concourse starting at 3:00 pm. The straightaway area will be restricted to only hurdlers. At 3:40 pm we will allow block starts to the first two hurdles only... there will be two lanes for men, two lanes for women. At five minutes prior to the women's hurdles start block starts will cease.

Any further details you might need, get in touch with John Weaver by e-mail at : weaverjt@appstate.edu

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 3:15 on Friday at packet pickup. Packet pickup is located at the finish line area in the Holmes Center.

Tentative Schedule of Events (after entries close on Monday, Feb. 13th, we will send a final time schedule and updated information). Please be sure your email address is updated on Direct Athletics.

Field Events:

3:00pm Women's Weight followed by Men's Weight
Women's Shot Put follows Men's Weight, Men's Shot Put follows Women's Shot Put
Men's Pole Vault followed by Women's Pole Vault
Women's High Jump followed by Men's High Jump

Running Events

3:00pm	55m Hurdle Pre-Lims	Women then Men (8 best times to final)
	55m Dash Pre-Lims	Women then Men (8 best times to final)
	55m Hurdle Finals	Women then Men (2 heat final of 8 total)
	55m Dash Finals	Women then Men (2 heat final of 8 total)
	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