

# Mountaineer Outdoor Track Meet

Friday-Saturday - April 28-29, 2017

## Information Sheet

Location	Appalachian State University Kidd Brewer Stadium - Eight Lane Eurotan Track
Packet and Fee Payment	When you arrive go to the tent at the entrance to the stadium. Unattached must pay their fee and receive an entry ticket for their event/events. Clerks will not allow you to compete without it.
Entry Fees	There is an entry fee of \$150.00 per team, women and men separate as teams. It is \$10.00 per athlete for teams with less than 15 entries. Make checks to: ASU Athletics  Unattached athletes not enrolled in a college or university (verified by a current school ID) will be charged \$20.00. An unattached athlete that presents a current (Spring 2017) college ID card will be free.
Spikes	Only 1/4" spikes are allowed.
Runways	There is plenty of runway distance for all runway events. Runways are Eurotan as well.
Field Events	We will have prelims and finals in the field events. The best athletes in each field event will compete in the first flights. The starting heights for the pole vault (men 13-6, women 10-0) and high jump (men 5-10, women 4-10). We will measure all jumps and throws.
Running Events	All events will be finals based on time going fast to slow in heats except the 100m and the 100H/110H events. We will have prelims and finals. If there are less than 9 entries in any of those events, we will have finals only in that event.
General Information	Tents can be placed in the stadium stands, but must be located at the top of the bleachers on the lower level or in the backed seat area just above it. We will not allow any tents in any other area.  Implements will be weighed in at the event site one hour prior to the start of competition.  Results will be posted in an area near the restrooms under the West Side stands. You can also get full results from our website by the time you get home on Saturday. The website is: <a href="http://www.appstatesports.com">www.appstatesports.com</a> ...click on track and field.

Please inform your sports information personnel about this website.

Results will also be available on the website: [Bigkahunatiming.com](http://Bigkahunatiming.com)  
by Sunday morning

Trainers will be located under the goalpost tent nearest the high jump area.

Information

If you need further information, please contact John Weaver by email to [weaverjt@appstate.edu](mailto:weaverjt@appstate.edu).

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## Schedule of Events - Friday

Field Events: 4:00 pm Javelin (women then men) - will be notified by Thursday evening  
Hammer (men then women) - will be notified by Thursday evening

## Schedule of Events - Saturday

Field Events: 11:00 am: Pole Vault (men followed by women)  
Opening Heights: Men 13-6 Women 10-0  
Long Jump (men followed by women)  
Triple Jump (women followed by men) after women's LJ  
High Jump (men followed by women)  
Opening Heights: Men 5-10 Women 4-10  
Shot Put (women followed by men)  
Discus (men followed by women)

## Running Events:

12:30 pm	100/110 Hurdle Prelims (women then men)
12:50 pm	100m Pre-Lims (women then men)
1:10 pm	Steeplechase (women then men)
1:40 pm	4 x 100m Relay (women then men)
1:55 pm	1500m (women then men)
2:20 pm	100/110m Hurdle Final (women then men)
2:35 pm	100m Finals (women then men)
2:45 pm	400m (women then men)
3:05 pm	800m (women then men)
3:25 pm	400m Hurdles (women then men)
3:45 pm	200m (women then men)
4:05 pm	5000m (women then men)
4:45 pm	4 x 400m Relay (women then men)

Field Events Check-In at the site no less than 30 minutes prior to start, or immediately after the event before them.

Running Events Check-In at the starting line area of the event. Clerks will check you in and hand out hip numbers. You want to be at that site no less than 10 minutes prior to the start of the event. We need women and men to check in at that time.