

WASHINGTON STATE UNIVERSITY

2016 COUGAR INDOOR TRACK & FIELD MEET INFORMATION

DATES/SITE OF COMPETITION: Feb. 5-6, 2016, WSU Indoor Track Facility, Pullman, Wash.

PARTICIPANTS: This is a collegiate and post-collegiate meet. **Contact Angela Whyte for pentathlon/heptathlon entry by Mon., Feb. 1 (angela.whyte@wsu.edu) - these events will be capped at 8 entries per pentathlon and 8 entries per heptathlon.**

SCORING: This competition will be scored as Division I dual meets using this format: 5-3-1 for individual events and 5-0 for relays.

ENTRY FEE: \$20 per Participant, \$5 for all Washington State University students, Spectators are free. A \$150 team fee will be charged per gender for teams with 14 or more athletes.

ENTRIES: *Submit all entries at www.directathletics.com. Entry deadline for all other entries is Noon (PT) Wed., Feb. 3. Please enter all athletes in all possible events by this time. Accepted Entry marks **MUST** be from the 2016 indoor and/or 2015 outdoor seasons only. Athletes without marks from those seasons will enter a No Mark (NM). If you have any questions please contact Linda Chalich at the WSU Athletic Communications office (509) 335-0268 (lindak@wsu.edu). **Entries will be accepted on a space available basis and will be capped if necessary.***

VERTICAL JUMPS OPENING HEIGHTS: PV Men - 4.00m/13'0" PV Women - 3.10m/10'2"
HJ Men - 1.75m/5'8 3/4" HJ Women - 1.45m/4'9"

SCHEDULE OF EVENTS: See time schedule.

PACKETS: May be picked up Fri., Feb. 5, between Noon-6 p.m. at the indoor facility.
Coaches, please check in with the clerk immediately upon arrival on meet day to make any changes in events. Changes during the meet must be done with the Clerk by a member of your coaching staff. Relay cards must be turned in to Clerk by 2:30 p.m.

NUMBERS: All competing athletes will wear bib numbers on the front (except for pole-vaulters, who will wear numbers on the back).

PREFERRED LANES: Lane assignments will be made by the host institution.
Preferred Lanes on the straight-away: 5-4-6-3-7-2-8-1
Preferred Lanes 200m: 5-6-4-3-2-1
Preferred Lanes 400m: 4-5-6-3-2-1

Athletes will be placed in flights (field) and heats (running) based on lifetime best **INDOOR** marks, with the best athletes competing in the last heat/flight. **Exception:** The 60m dash and 60m hurdles will contest the fastest athletes in the first heat. Lanes and heats for the finals will be determined from the qualifying times in the preliminaries. Places in all other running events are determined by the best finish times from the heats.

CHECK-IN PROCEDURE: Competitors failing to comply with check-in procedure will not be allowed to participate in that event.

Running Events: All runners and **RELAY TEAMS must** check in and pick up hip numbers at the Clerk's Area (NE corner of facility) following the **first and only call** for each event.

Field Events: All field athletes **must** check in at the event site no later than 20 minutes before the scheduled start time of their event(s).

IMPLEMENT WEIGH-IN: Weigh-in will be located in the SW corner of the facility. All implements to be used in competition must be weighed in at least 1 hour prior to the start of that event. Please label your implements for identification. Illegal implements will be impounded and may be picked up at the conclusion of the competition. Competitors may take their own throwing implements following competition.

NOTE: DUE TO SAFETY CONCERNS, ONLY SOFT-SHELL WEIGHT WILL BE ALLOWED.

OFFICIALS: Selected by WSU and assigned by Ben Clarke, Officials Coordinator.

RULES OF COMPETITION: NCAA Track & Field Rules.

FACILITY INFORMATION:

- 1) Track and Approach Surfaces – 14mm Mondo-Super-X
6 - 42" Lanes on the large radius oval
8 - 48" Lanes on the straight (See Diagram)
- 2) **REQUIRED Spikes - 1/4 inch PYRAMID**
- 3) Throwing Circle - Brushed Concrete
- 4) Starting Blocks - provided by WSU

WARM-UP / COOL DOWN: A warm-up area is also provided at the East End of the facility however space in this area is limited. Blocks and hurdles will be available in this area.

ENTRANCE TO COMPETITION FACILITY: Center west door of the facility.

ACCESS TO TRACK AND FIELD EVENT AREA: Only **currently competing** athletes, meet officials, and authorized athletic trainers, staff, and photographers will be allowed on the track or infield area. Each **fully participating** team of 14 or more athletes per Gender will be issued infield passes for coaches which will be included in the team packet.

OFFICIAL WARM-UP AND COMPETITIVE AREAS: Personal electronic devices using headsets or earbuds and **ALL cell phones** are prohibited in the official warm-up and competitive areas. The Meet Referee will issue one warning. A second violation will result in disqualification from the meet. [Per NCAA Rule 4 section 5]

TRAINING ROOM FACILITIES:

Main Training Facility: Bohler Gym M-4
Auxiliary Training Site: SE Corner of Competition Facility
Contact Person: Jaimie Hoskins (509) 335-8963

RESULTS: Will be posted throughout the meet on a board near the facility entrance. Results will be posted online at wsucougars.com approximately 1 hour after the conclusion of the meet. The results will be uploaded to Direct Athletics/TFRRS the following day.

ADDITIONAL MEET INFORMATION: Contact Angela Whyte at 509-335-0260 (angela.whyte@wsu.edu).