

WASHINGTON STATE UNIVERSITY

2016 WSU OPEN INDOOR TRACK & FIELD MEET INFORMATION

DATES/SITE OF COMPETITION: Jan. 22-23, 2016, WSU Indoor Track Facility, Pullman, Wash.

PARTICIPANTS: Open meet

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. A team fee of \$150 per Gender will be charged teams of 14 athletes or more. Spectators are free.

ENTRIES: Entries are made online at www.directathletics.com. The Entry deadline is Noon (PT) Wed., Jan. 20, 2016. Late entries will not be accepted. **Entry Fees are paid through direct athletics and are non-refundable. Entries will be accepted on a space available basis and will be capped if necessary.**

SCHEDULE OF EVENTS: (See time schedule)

PREFERRED LANES: Preferred Lanes on the straight-away: 5-4-6-3-7-2-8-1
Preferred Lanes on the oval: 5-6-4-3-2-1 (200m); 4-5-6-3-2-1 (400m)

CHECK-IN PROCEDURE:

Running Events: All runners and **RELAY TEAMS must** check in and pick up hip numbers at the Clerk's Area (NE corner of the 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).

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

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

HORIZONTAL JUMPS & THROWS:

LJ/TJ will have three trial attempts and the top 8 will advance to final for three more attempts. SP/WT will have three (3) trials, with the top eight (8) having three (3) final throws.

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")

RUNNING EVENTS: Heat and lane assignments will be determined from the entries and finalized during the clerking of each event at Clerk's Tent. Athletes with the best VERIFIED lifetime marks will participate in the first heats of the 60m and 60m Hurdles and the final heats of all circular races. **NOTE - MEN'S HURDLE RACES WILL BE RUN AT 42" HEIGHT**

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 taken, secured and may be picked up at the conclusion of that competition.

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

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

RULES OF COMPETITION: NCAA

FACILITY INFORMATION:

- 1) Track and Approach Surfaces - 14mm Mondo Super-X
 - *6-42" Lanes on the large radius (69 feet) 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 **final** warm-up area is located at the east end of the competition facility, however this space is limited. In addition, the track will be available for warm-up until 9:55 a.m.

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 which will be included in the team packet.

OFFICIAL WARM-UP AND COMPETITIVE AREAS: Personal electronic devices (e.g. iPods, headsets, etc.) 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. Final results will be available to coaches at the platform located at the finish line approximately 15 minutes after the last event. Results will be posted online at wsucougars.com approximately 45 minutes after the conclusion of the meet. The results will be uploaded to Direct Athletics/TFRRS the following day.

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