

**TIGER TUNEUP**  
**Friday Feb. 17, 2017**  
**Clemson, South Carolina**

**ENTRY INFORMATION**

**Entry Process:** Go to [www.directathletics.com](http://www.directathletics.com). Teams can enter 3 individuals per event and 2 relays.

**Entry Deadline:** Tuesday February 14 , 2017 at Noon.

**Collegiate Entry Fee:** \$500 per gender (14 or more athletes) \$30 per athlete/ relay if not bringing a full team.  
Please bring cash or check. Checks can be made to the order of: CUAD.

**Unattached Athletes & Olympic Development:**

**No High School Athletes.** A limited number of unattached athletes will be allowed to enter the meet, at the meet director's discretion. For all unattached athlete requests, please e-mail Coach Porter at [MPorte4@Clemson.edu](mailto:MPorte4@Clemson.edu) by **Monday, February 13, 2017**. We will notify you by e-mail by Wednesday, February 15, 2017 on the status of your request.

**Packet Pick Up & Information:**

Packets will be available for pick up at the check in table by the team entrance. Packets will be available.

Thursday Feb. 16th 5:30pm-7:30pm

Friday Feb. 17<sup>th</sup> 8:00am – 4:00 pm

Packets will include Coaches and Trainer Credentials and Athlete wristbands. Wrist bands will be issued to competing athletes for access to warm-up area, team seating, and trainers' area. Each team will receive 8 Coaches Credentials and 2 Trainer Credentials, the coaches' area on the back stretch is limited to coaches and trainers only- No athlete will be permitted.

**Spike Information:**

**ATHLETES WILL NOT RUN IF YOU DO NOT COMPLY WITH THIS RULE**

**No permanent spike shoes allowed.**

The only spike pin allowed for our facility is the ¼" pyramid spike  
NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED.

The use of ¼" pyramid spikes will be strictly enforced

The Omni-Lite ¼" spike is NOT ALLOWED. The spike measures longer than the Pyramid Spike we allow.  
Shoes will be checked when entering building and in the Clerk Area and prior to getting on the track.

**Practice Times:**

The facility will be open for practice from 5:30pm – 7:30pm on Thursday, February 16th.

Please enter through Lobby . Spikes will be check as entering facility, you will not be allowed to enter with spikes not permitted to be on the track.

### **Bus Drop Off/Team Parking:**

Team busses and vans will be able to drop off next to the Indoor Track Facility and then park in Jervey Meadows.

### **Warm-up Procedure:**

All warm ups will need to take place on the Outdoor Track (Weather Permitting). All individual final warm ups will be able to use the indoor warm up area **45mins prior to their event**. They must check in for their event before being able to utilize the indoor warm up area. Straight away events will be able to get on the straight away 30 mins prior to the start of their event (60m & 60 hurdles)

### **Athlete Check In:**

Athletes must check in with the Meet Clerk or Field Event Official **at least 30 minutes prior to the event**. Athletes not checked in by that time will be scratched from the event. Check in for running events is located at the start of the homestretch - near the rollup door. You must have your spikes checked during event check in. All field events will check in at the event site.

### **Medical Facilities:**

**Medical Facilities:** The indoor track facility is equipped with an Athletic Training Center located on the backstretch of the track. This facility will be open for the duration of the meet. All visiting trainers will have assigned spots on the adjacent corner from the training room on the west side of the Indoor facility. Power will be available.

For questions please contact Katie Rovtar, ATC, (440) 251 – 0359 or [KRovtar@Clemson.edu](mailto:KRovtar@Clemson.edu).

### **Dressing Room / Shower Facilities:**

Are not available to teams. Please plan accordingly.

### **Running Events:**

There will be prelims and finals in the 60m dash and the 60m hurdles. Preferred lanes: (straightaway) 4-5-3-6-2-7-1-8 (oval) 5-6-4-3-2-1. All other running events will be run in sections based on time. Heats will be seeded according to submitted times on [directathletics.com](http://directathletics.com). These entries will be checked on TFRRS to verify at will by meet management. The fastest sections will be run first. Meet management reserves the right to adjust heats as necessary.

**Field Events:**

There will be preliminaries in each of the field events. Each athlete will get 3 attempts in the preliminary rounds, with the top 9 advancing to the finals. Each athlete will get 3 additional attempts in the final.

**STARTING HEIGHTS**

**High Jump:** men-1.90m / women-1.55m

**Pole Vault:** men- 4.40m / women-3.30m

**MINIMUM MARKS: ATTEMPTS BELOW THESE MARKS WILL NOT BE MEASURED**

**LONG JUMP:** men- 6.40m / women- 5.20m

**TRIPLE JUMP:** men- 14.00m / women-11.50m

**SHOT PUT:** men- 14.00m / women- 12.00 m

**WEIGHT:** men- 16.00m / women- 14.00m

**Implement Weigh In:**

The weight in area is next to the throwing cage. Implement weigh in is on Feb. 17' 2017 from 9:00am-11:00am for all implements.

**For questions please contact Michael Porter; (540) 845 – 3904 or [MPorte4@Clemson.edu](mailto:MPorte4@Clemson.edu)**

# 2017 CLEMSON LAST CHANCE MEET

CLEMSON UNIVERSITY INDOOR COMPLEX  
CLEMSON, S.C.

## Final Schedule

### FIELD EVENTS

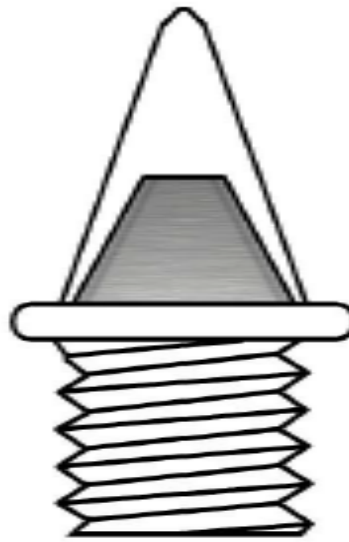
9:00 AM	W	HIGH JUMP	FINAL
11:00 AM	M	HIGH JUMP	FINAL
11:00 AM	W	POLE VAULT	FINAL
11:00 AM	M	LONG JUMP	TRIALS & FINAL
TO FOLLOW M LJ	W	LONG JUMP	TRIALS & FINAL
11:00 AM	W	WEIGHT THROW	TRIALS & FINA
TO FOLLOW W WT	M	WEIGHT THROW	TRIALS & FINAL
3:00 PM	M	POLE VAULT	FINAL
3:00 PM	W	SHOT PUT	TRIALS & FINAL
TO FOLLOW W SP	M	SHOT PUT	TRIALS & FINAL
3:00 PM	M	TRIPLE JUMP	TRIALS & FINAL
TO FOLLOW M TJ	W	TRIPLE JUMP	TRIALS & FINAL

### RUNNING EVENTS

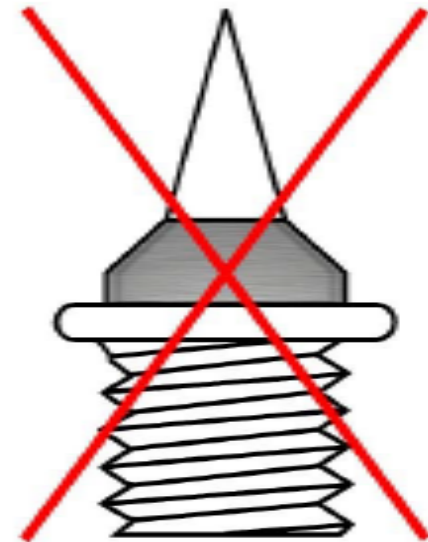
<del>12:30 PM</del>	<del>W</del>	<del>DMR</del>	<del>FINAL</del>
<del>12:55 PM</del>	<del>M</del>	<del>DMR</del>	<del>FINAL</del>
2:30 PM	W	60M HURDLES	PRELIM
2:40 PM	M	60M HURDLES	PRELIM
2:50 PM	W	600M RUN	SEC vs TIME
3:00 PM	W	60M DASH	PRELIM
3:10 PM	M	60M DASH	PRELIM
<b>3:20 PM</b>		<b>NATIONAL ANTHEM</b>	
3:30 PM	W	400M RUN	SEC vs TIME
3:50 PM	M	400M RUN	SEC vs TIME
4:10 PM	W	60M HURDLES	FINAL
4:15 PM	M	60M HURDLES	FINAL
4:20 PM	W	60M DASH	FINAL
4:25 PM	M	60M DASH	FINAL
4:30 PM	W	800M RUN	SEC vs TIME
4:35 PM	M	800M RUN	SEC vs TIME
4:45 PM	W	200M DASH	SEC vs TIME
5:00 PM	M	200M DASH	SEC vs TIME
5:20 PM	W	MILE RUN	SEC vs TIME
5:30 PM	M	MILE RUN	SEC vs TIME
5:40 PM	W	3000 METER RUN	FINAL
<del>6:15 PM</del>	<del>M</del>	<del>3000 METER RUN</del>	<del>FINAL</del>
5:55 PM	W	4x4 RELAY	SEC vs TIME
6:00 PM	M	4x4 RELAY	SEC vs TIME



**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4"**  
**Pyramid**  
**"Cone Shape"**  
**Only**



**NO**  
**Needle**  
**Spike**  
**Pins**

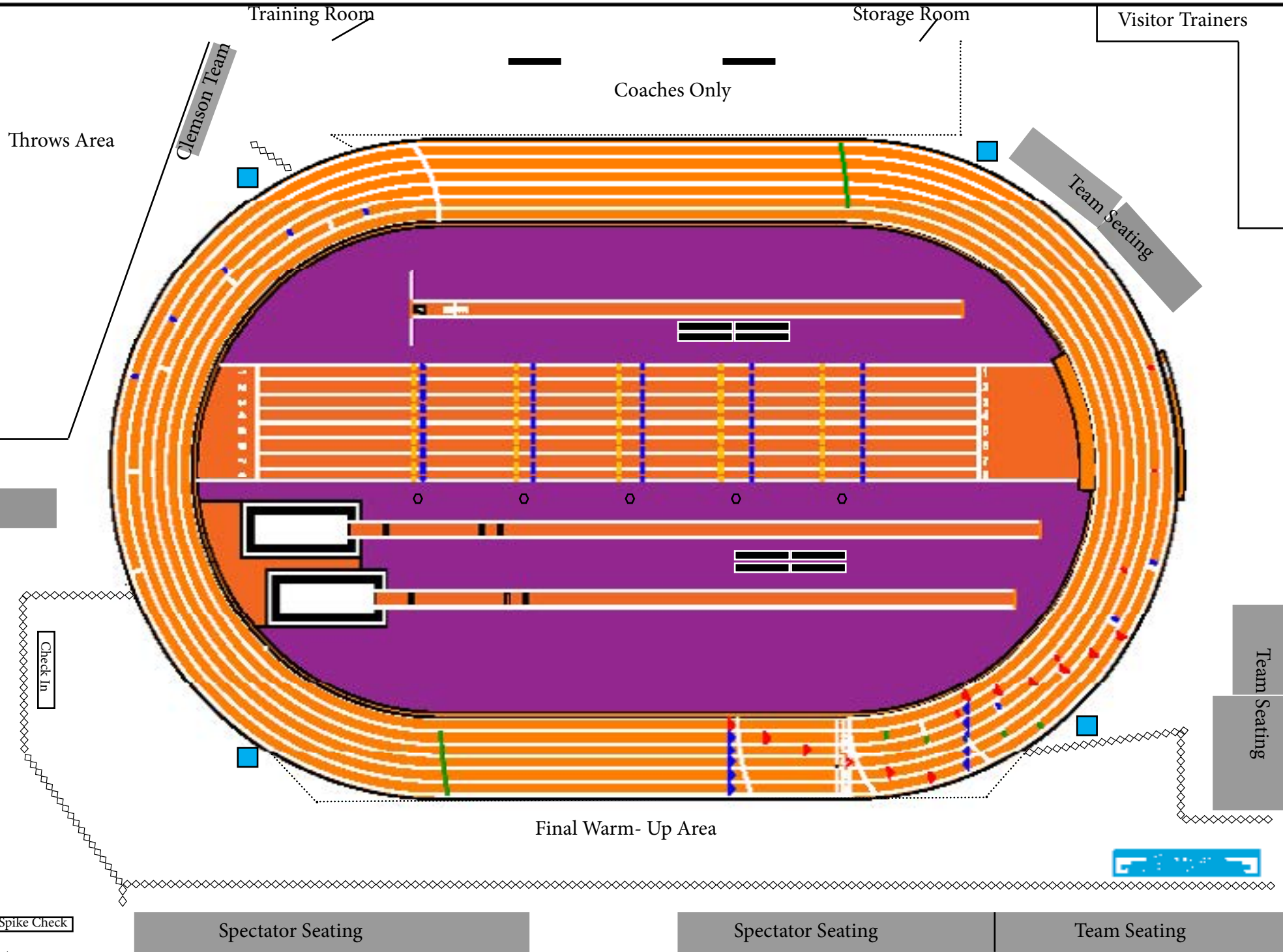
Shoes with permanent spikes are prohibited.



All Spikes need to be checked and tagged at initial spike check and at check- in for your event. Anyone with the wrong spikes will be disqualified from the meet and puts your team in jeopardy for returning for future meets.

## **PROHIBITATED ITEMS IN TRACK AREA**

- NO LIQUIDS OR PERSONAL WATER BOTTLES  
(WATER COOLERS WILL BE AVAILIABLE BY  
CLEMSON ATHLETIC TRAINERS)
- NO CHEWING GUM
- NO CHALK OR MARKERS  
(WHITE ATHLETIC TAPE ONLY FOR MARKING  
STEPS IN JUMPING EVENTS TAPE WILL BE  
PROVIDED)

IF YOU HAVE THE ABOVE ITEMS YOU  
WILL BE ASKED TO LEAVE THE FACILUTY.



 Metal Barricade  
 Rope Barrier