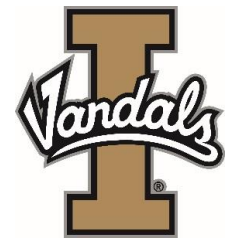


University of Idaho Invitational Outdoor Track & Field Meet

Last Revised: 3/24/2016



Date/Time: Saturday, March 26, 2016 Field events: 10:00AM Running events: 12:00PM

Facility: Dan O'Brien Track and Field Complex University of Idaho in Moscow, Idaho; Just West of Kibbie-ASUI Activity Center 875 Perimeter Drive. ¼" or shorter spikes are required except for high jump and javelin where 3/8" is acceptable.

Admission: Admission is free to the public.

Entry Entries will close on Wednesday, March 23, 2016 at 11:59 PM PST.

Procedure: No additions or changes may be made at meet. Use estimated marks due to the fact that this is an early season 2016 meet. Please email **scratches only** to cathleencawley@uidaho.edu by 12:00 noon on Thursday, March 24, 2016.

- **Teams & Unattached (Non-UI, Collegiate/Post-Collegiate/High School):** Entries will be taken only through www.DirectAthletics.com. No entries will be accepted by email or phone.
- **Current University of Idaho Students and Staff:** Enter by emailing events and entry marks to cathleencawley@uidaho.edu.

Entry Fee: \$10 per athlete, \$5 for all University of Idaho students/staff/track alums, \$150 max entry fee per team, per gender. Absolutely no refunds will be given for any reason.

- **Teams:** Teams have the option to pay by check or online – checks payable to: **University of Idaho Track and Field.**
- **Unattached (Non-UI, Collegiate/Post-Collegiate):** Unattached athlete entries **must** be entered and paid on DirectAthletics, plus DirectAthletics processing fees.
- **University of Idaho students/staff:** Pay cash at packet pickup, at least 1.5 hours prior to your race.

Rules: NCAA rules will be used in all cases. Fully automatic timing system will be used. NCAA throwing implements and hurdle heights will be used.

Scoring: This is a scored meet and will be scored according to NCAA rules. To satisfy NCAA sponsorship requirements, Divisions I schools will be scored separately using dual meet scoring (5-3-1; 5-0) per Rule 7, Section 1, Article 3 of the NCAA Rulebook. There are no awards.

Schedule: The time schedule is tentative and will change based on entries. The meet may be run on a rolling schedule but will run no more than 15 minutes ahead of the final schedule, to be posted on Friday, March 25, 2016 at www.govandals.com.

Weigh-Ins: Implement weigh-ins will take place on the East end of the track only during the following times:
Saturday: 8:30AM – Noon

Check-In: All competitors in track events should check-in with the clerk of course table 10 minutes prior to the start of the event. All field event athletes should check-in with the field event judge 30 minutes prior to the scheduled start of the event.

Starting Heights / Minimum Marks: Minimum marks in the throws and horizontal jumps will be used if fields are large. Triple jump boards are at W-32' & 36' and M-41'. There will not be any other takeoff boards available. Bar heights in the high jump and pole vault will be adjusted to hit Big Sky Conference and Division I National marks. Opening heights in the vertical jumps will be determined based on entries, but WILL NOT be lower than the following minimum heights:
High Jump: 4'7" (W) and 5'7" (M) Pole Vault: 9'6" (W) and 13' (M)

Results: Meet results will be available approximately 30 minutes after the last event. Results will be posted at www.govandals.com and at www.directathletics.com, and on the windows of the white building on E end of track.

Parking: Parking is free on Saturdays on the west end of the Kibbie Dome.

Showers: Showers may be available in the Kibbie Dome locker rooms. Email request to cathleencawley@uidaho.edu by 3/18/16.

Trainers: University of Idaho trainers will be available in the training room inside the Kibbie Dome's main training room and will also have a small setup on the southeast corner of the outdoor track. For special requests, please contact: Matt Townsend at mtownsend@uidaho.edu.

For additional information, cancellation or weather info, please call: Tim Cawley at (970) 988-4919 or tcawley@uidaho.edu
Meet official's information: Travis Floeck at (208) 310-5024 or tfloeck@uidaho.edu

University of Idaho Invitational

Outdoor Track & Field Meet

March 26, 2016



Saturday, March 26, 2016:

Field Events:

10:00am Women's Shot Put (Men to follow)
10:00am Men's Hammer (Women to follow)
After W HT Men's Discus (Women to follow)
After W DT Men's/Women's Javelin **Mixed – NCAA Rule 4, Article 8 (pg. 53)**
12:00pm Men's/Women's Long Jump **Mixed**
After LJ Men's/Women's Triple Jump **Mixed**
12:00pm Women's High Jump (Men to follow)
12:00pm Women's Pole Vault (Men to follow)

**TJ boards are W-32' and M-41'

**TJ will begin immediately after the completion of LJ

**Minimum Marks will be used if fields are large.

**Top nine marks will go to finals in the throws and horizontal jumps.

Running Events – **There is one heat of all races except the M 1500 which has 2 heats.**

11:45am National Anthem
12:00pm Men's **3000m** Run
12:10pm Women's **3000m** Run
12:30pm Men's 400m Relay
12:35pm Women's 400m Relay
12:40pm Senior Recognition Ceremony
12:50pm Men's 1500m Run
1:00pm Women's 1500m Run
1:10pm Men's 110m Hurdles
~~Women's 100m Hurdles~~
~~Greek Relays~~
1:15pm Men's 400m Dash
1:20pm Women's 400m Dash
1:25pm Men's 100m Dash
Women's 100m Dash
1:35pm Men's 800m Run
Women's 800m Run
1:45pm Men's 400m Hurdles
1:50pm Women's 400m Hurdles
1:55pm Men's 200m Dash
Women's 200m Dash
2:00pm Men's **2000m** Steeplechase
2:10pm Women's **2000m** Steeplechase
2:20pm Men's 1600m Relay
Women's 1600m Relay

*All races will be heats against time.

*All events and times are subject to change depending on the number of teams competing.

*Final schedule posted the day before meet will be a rolling schedule and will not run more than 15 minutes ahead.

Warm Ups and Finals Information for the Horizontal Jumps and Throwing Events

For the **horizontal jumps and throwing events**, the following procedures will be followed:

- **General Warm-up:** 20 minutes of general warm-up time for all competitors will be provided. This will occur 30 minutes prior to the start of competition. If another event precedes it in the same competition area, this warm-up time will begin immediately at the conclusion of the previous event.
- **Flight Specific Warm-up:** 10 minutes of flight specific warm-up time will be provided. This will occur 10 minutes prior to the start of competition.
- **Finals after only 1 flight:** If only 1 flight is run, there will be no warm-up period between prelims and finals.
- **Finals after 2 flights:** If 2 flights are run, there will be a 10 minute warm-up period ONLY if a participant from an earlier flight qualifies, otherwise if all competitors are from the last flight, there will be no warm-up period between prelims and finals.
- **Note:** If there is only 1 flight, a total of 30 minutes warm-up will be provided – 20 minutes general and 10 minutes for the 1 flight.
- **Advancing to Finals:** Top 9 will advance based on performance. If 9 or fewer competitors start the preliminary round of competition, each competitor that takes a legal ATTEMPT in the preliminary rounds will automatically advance, even if each preliminary attempt is a foul.