



**Princeton Outdoor Invitational**  
**Saturday April 16<sup>th</sup>, 2016**

**Revised 4.10.16**

**PLEASE READ ALL OF THE MEET INFORMATION  
BEFORE CONTACTING OUR STAFF WITH QUESTIONS.**

**Entry & Meet Information: pages 2-3 (entries due 4/13/16)**

**Tentative Meet Schedule: page 4**



### **Entry Fee:**

- Teams \$400 per gender.
- Cash or check accepted at the meet. You can also pay online with a credit card when you submit your entries. Make checks payable to ***Princeton University***.

### **Entry Information:**

- All entries must be done on direct athletics.
- Entry deadline is ***Tuesday, April 13<sup>th</sup> at 6:00pm*** (EST)
  - Coaches will only be allowed to enter a TFRRS verified performance
  - If an athlete has never competed in the event before, enter with NT and provide projected mark and justification in comments section.
  - Teams can enter 4 per track event and 3 per field event.
  - All athletes that you wish to have compete must be entered. This includes relay-only athletes and relay alternates.
  - For each relay, you must enter at least four athletes.
  - Changes to relays can be handled at the meet so that TFRRS is accurate.
  - No unattached athletes can be submitted through your team account.

**Coaches Check-In:** 10:00am on Saturday there will be a coaches seeding meeting to finalize heats for the track events. At least one coach from each team must be present to make final declarations. After the coaches meeting all heats and events will be drawn up (except for the 200meter dash. See below for more on 200 meter check-in).

**Scoring:** 10-8-6-4-2-1

### **Check-in for running events**

1. Athletes should arrive to the clerking table 15 minutes before the race begins to get hip numbers and final instructions.
2. 200-meter dash runners must report to the clerk's table 1-hour prior to the event to declare their intent to compete. Any athlete that does not report then will be scratched. Athletes should then report back 15 minutes before the event to get their heat and lane assignments.
3. The fastest sections will run last in all events.

### **Athlete check-in for field events**

1. Check in with the head official at the event site ***45 minutes prior*** to the scheduled start of your event.
2. All flights will be worst to best.
3. The top 8 performers will advance to the finals.
4. There will be 15-minute flight specific warm-up. During that time, only athletes in that flight should be warming up in the circle/runway

**Implement Inspection:** Will be in the East Stadium Tunnel, except hammer throw & Men's SP. Implement Inspection will run from 8:30am-Noon  
Hammer inspection will be at West Windsor Fields. Men's shot put will also be at WW

**Parking:** Teams can be dropped off near Jadwin Gym in Lot 21/East Visitor Parking Lot. Buses can then park near the Hammer Circle/Cross Country course off of Washington Road



**Meet Schedule:** A final meet schedule will be posted online and available at check-in.

**Facility Info:** Hammer throw will be held at the West Windsor Fields off of Washington road. The javelin runway is a track surface. Women's LJ/TJ will be on the outside pit. Men's LJ/TJ on the inside pit.

**Spikes:** ¼ in pyramid spikes only.

**Team Camps:** Can be set up in the bleachers, on the grass around the track, in the football stadium or indoor track. NO TEAM CAMPS on the infield.

**Warm-up Area:** Athletes may warm-up on the turf fields outside the track or the indoor track.

**Locker Rooms:** Visiting Men's Lockers are available on E Level of Jadwin Gym. Visiting women's locker rooms are in Caldwell Fieldhouse on the B level (enter through the glass doors between the indoor and outdoor track and follow the signs)



# Princeton Outdoor Invitational April 16, 2016

## Revised Schedule

**Teams:** Binghamton, Delaware (W), Manhattan, Monmouth, Princeton, Rutgers (M), St. John's (W), Temple (W)

Scoring- 10-8-6-4-2-1

### Thursday April 14th

Noon Men's Decathlon Day 1

2pm Women's Heptathlon Day 1

### Friday April 15th

11am Men's Decathlon Day 2

2pm Women's Heptathlon Day 2

4:30pm Men's Hammer. Shot put to follow (West Windsor Field)

### Saturday April 16th

#### Field Events

10:00 am	Women's Hammer Throw (West Windsor Field)
10:00 am	Javelin- men then women
11:00 am	Pole Vault- Women then men
11:30 am	Long Jump- Women outer runway, Men inner runway Triple jump to follow, on same runways.
Noon	High Jump- men then women
1:00 pm	Women's Shot Put
1:00 pm	Discus- Men then women

**Implement Inspection:**

- Hammer Throw & Men's SP at site
- All other events: East Tunnel of track 8:30am-Noon Saturday.
- Implements must be dropped off in tunnel at least 90 minutes before the event begins.

#### Track Events

- All events are Men followed by Women (except hurdle prelims)
- Sections go slowest to fastest.

10:00 am	Track Event Seeding Meeting
Noon	100H/110H Prelims
12:30	Steeplechase
1:10 pm	4 x 100 Meter Relay
1:20 pm	1500 Meters
1:45 pm	110H/100H Finals
1:55 pm	400 Meters
2:05 pm	100 Meters
2:20 pm	800 Meters
2:40 pm	400 M Hurdles
3:00 pm	200 Meters
3:30 pm	3k
3:45 pm	4 x 400 Meter Relay