

Sam Howell Final Meet Information



Coaches Check-In: Team Check in will be located in the west stadium/finish line tunnel. Coaches can pay their entry fee and pick up a final meet schedule. Please scratches.

Athlete Check-in for Friday Night distance events

1. Athletes must report to the clerking table in the West tunnel at least **15 minutes prior** to the scheduled start of their event to receive their hip numbers.
2. Athletes should then report to the start line as instructed by the clerks.
3. The fastest sections will run first in all events.

Athlete Check-in for Saturday Track events

1. Athletes must report to the clerking table for an initial check-in a **minimum of 1 hour prior** to the scheduled start of their event to declare their intent to compete.***
- 2. If not checked-in one hour prior, athletes will be scratched.**
3. Heats will be made after the check-in period ends.
4. Athletes should then return to the clerking area **20 minutes prior** to the start of their event to receive their heat, lane assignment and hip numbers.
5. The fastest sections will run first in all events.

The Declaration window for the 200m & 4x4 will be listed on the final meet schedule

Check-in for Field events

1. Check in with the head official at the event site **45 minutes prior** to the event starting.
2. All flights will be worst to best.
3. The top 9 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. Implement Inspection will run from 1-4pm on Friday and 9:30-2:00 pm on Saturday. Implements for Saturday may be dropped off on Friday and picked up on Saturday. Hammer inspection will be at West Windsor Fields starting at 1pm Friday.

Parking: Teams can be dropped off near Jadwin Gym in Lot 21/East Visitor Parking Lot.

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.

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)



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SAM HOWELL INVITATIONAL **FINAL SCHEDULE** APRIL 8-9, 2016

Friday- Track Events

800 m- Women	5:00 pm	4 heats
800m- Men	5:20 pm	6 heats
3,000m Steeplechase – Women	5:40 pm	1 heat
3,000m Steeplechase – Men	5:55 pm	1 heat
1,500m – Women	6:10 pm	4 heats
1,500m – Men	6:35 pm	3 heats
5,000m – Women	6:50 pm	2 heats
5,000m – Men	7:30 pm	3 heats
10,000m – Women	8:30 pm	1 heat
10,000m – Men	9:10 pm	1 heat

Friday-Field Events

Hammer – Men then Women	2:00 pm
Javelin- Women then Men	2:00 pm
Pole Vault – Men	3:00 pm

Saturday-Track Events

4x100 Relay – Men	Noon	1 heat	
4x100 Relay – Women	12:05	1 heat	
1,500 – Men	12:10	2 heats	
1,500 – Women	12:20	1 heat	
100 M Hurdles – Women Prelims	12:30	2 heats	
400 M – Men	12:40	3 heats	
400 M – Women	12:50	3 heats	
100 M – Men	1:00	2 heats	
100 M – Women	1:10	2 heats	200 Declarations Open
100 M Hurdles – Women Final	1:20		
110 M Hurdles – Men Final	1:25		
800 M – Men	1:30	2 heats	4x4 Declarations Open
800 M – Women	1:40	2 heats	200 Declarations Close
400 M Hurdles – Men	1:50	2 heats	
400 M Hurdles – Women	2:00	2 heats	
200 M - Men	2:10	3 heats	4x4 Declarations Close
200 M – Women	2:20	4 heats	
3,000 M - Women	2:30	1 heat	
4x400 M Relay – Men	2:45	1 heat	
4x400 M Relay – Women	2:50 pm	1 heat	

Saturday FIELD EVENTS

Shot Put - Women then Men	11:00 am
Discus – Men then Women	11:00 am
Long Jump - Followed by Triple Jump	11:00 am
Women outer runway, Men inner runway	
Pole Vault - Women	Noon
High Jump - Women	1:00pm