



**Larry Ellis Invitational
Princeton University
April 22nd - 23rd, 2016**

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

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Collegiate Team Entry Process:

- All entries must be done online through the “College” section on direct athletics
- Collegiate Team Entry deadline is ***Monday, April 18th 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
 - For events contested on Friday and Saturday (800 and 1500), entries that are not accepted to Friday’s sections will automatically be reconsidered for Saturday’s sections. Coaches do NOT need to re-enter athletes. However, if you wish to have your athlete compete in one event each day, you must double enter them.
 - 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.
 - Final relay declarations can be made at the meet.
 - You may edit and update your entries anytime before the entry deadline.
 - All submitted entries will be considered final at the close of entries.
 - No unattached athletes can be submitted through your team account.
- ***Submitting an entry does not guarantee acceptance in the meet***
- A list of accepted entries will be posted on goprincetontigers.com by **Wednesday April 20th at 5:00 pm**

Entry Fee

- Teams (14 entries or more) \$400/ per gender. Individuals: \$20.00 per entry.
- Entry fee is based upon entry status at the close of entries, NOT by acceptance to the meet.
- Entry fee must be paid before the meet begins or your athletes will be scratched.
- 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.
- If mailing your check, please send it by **April 15th** to:

*Mike Henderson
Princeton University Track & Field
Jadwin Gym
Princeton, NJ 08544*

*** if your payment was mailed and not received in time, you will be required to pay at the meet***



Unattached/Open/Club Athlete Entry

The Princeton University track and field meets are primarily for collegiate competition. However, we will accept a LIMITED number of unattached or club athletes.

- All entries must be done on directathletics.com through the “unattached/ club” section
- Unattached individuals must enter using their personal direct athletics account.
- Club coaches can enter multiple athletes and relays using their team account.
- Unattached/open/club entry deadline is ***Monday, April 18th at 6:00pm*** (EST)
- Athletes must have met the entry standards listed below *within the past 12 months*.
- **Meeting the entry standard does NOT guarantee acceptance in to the meet.**
- Your entry must include a VERIFIABLE LINK to the result of your seed mark.
- If an entry mark cannot be verified, the entry will be changed to NT.
- You may edit and update your entries anytime before the entry deadline.
- All submitted entries will be considered final at the close of entries.
- You must pay with a credit card at the time of your entry.
- **NO REFUNDS.** The fee is for entry consideration, and will not be refunded if your entry is not accepted.

Unattached Minimum Standards	Men	Women
100m	11.25	12.80
200m	22.75	26.00
400m	50.25	59.00
800m Friday	1:52	2:13
800m Saturday	1:57	2:20
1500m Friday	3:51	4:30
1500m Saturday	4:05	4:45
3000m Steeplechase	9:25	10:40
5,000m	14:45	17:30
10,000m	31:00	37:00
100/110m hurdles	15.75	16.45
400m Hurdles	56.50	65.0
Hammer Throw	47.00m	42.00m
Discus Throw	42.00m	37.00m
Javelin Throw	50.00m	36.00m
Shot Put	14.00m	12.00m
Long Jump	6.50m	5.20m
Triple Jump	13.50m	11.00m
High Jump	1.90m	1.55m
Pole Vault	4.50m	3.35m

Submitting an entry does not guarantee acceptance in the meet
 A list of accepted entries will be posted on goprincetontigers.com by
Wednesday April 20th at 5:00 pm



Meet Information

Coaches Check-In: Team Check in will be located in the West stadium tunnel (near the finish line). Coaches can pay their entry fee and pick up final meet information.

Check-in for Friday Night distance events

1. Athletes must report to the clerking table at least **20 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 clerk's table 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 and 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

Athlete Check-in for Field events

1. Please check in **1 hour prior** to the start of your event, at the event site.
2. *If not checked-in athletes will be scratched*, and whenever possible flights will be combined.
3. All flights will be worst to best.
4. The top 8 performers will advance to the finals.
5. There will be 15-minute flight specific warmup. During that time, only athletes in that flight should be warming up in the circle/runway.
6. After the first legal mark for each athlete, a scratch line will be implemented. Scratch lines are established based on final entry seeds.

Implement Inspection: Will be in the East stadium tunnel, except hammer throw. Hammer inspection will be at West Windsor Fields near the hammer cage. Implement Inspection will run from 12:30-4pm on Friday and 9:30- 3:00 pm on Saturday. Implements for Saturday may be dropped off on Friday and picked up on Saturday.

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

Meet Schedule: A final meet schedule will be available at coaches check-in. Please note SATURDAY we will not go more than 20 minutes ahead of schedule, unless weather concerns push us to a complete rolling schedule.



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 or in the Football Stadium Visiting Locker room. 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)

Field Sizes

–Meeting an entry standard does not guarantee acceptance into the meet.

	Field Size	# of Heats
100m	48	6
200m	48	6
400m	48	6
800m Friday	72	8
800m Saturday	60	6
1500m Friday	72	6
1500m Saturday	60	4
3000m Steeplechase	40	2
3000m	40	2
5,000m	90	3
10,000m	35	1
110m hurdles	32	4
400m Hurdles	32	4

	Field Size	# of Flights
Hammer Throw	24	2
Discus Throw	24	2
Javelin Throw	24	2
Shot Put	24	2
Long Jump	24	2
Triple Jump	24	2
High Jump	24	2
Pole Vault	16	2

Questions: email mh15@princeton.edu



LARRY ELLIS INVITATIONAL Tentative Schedule
APRIL 22-23, 2016

FRIDAY

Pole Vault - Men	2:00 pm	
Hammer Throw – Women then Men	2:00	2 flights
Javelin Throw – Men then Women	2:00	2 flights
800m Elite – Women	5:00	8 heats
800m Elite – Men	5:30	8 heats
3,000m Steeplechase – Women	6:00	2 heats
3,000m Steeplechase – Men	6:30	2 heats
1,500m Elite – Women	7:00	6 heats
1,500m Elite – Men	7:30	6 heats
5,000m – Women	8:00	3 heats
5,000m – Men	9:00 pm	3 heats
10,000 – Women	10:00	1 heat
10,000m – Men	10:40	1 heat

SATURDAY

Larry Ellis Recognition	11:30 am	
4x100 Relay – Women	Noon	
4x100 Relay – Men	12:10 pm	
1,500 – Women	12:20	4 heats
1,500 – Men	12:45	4 heats
100 M Hurdles – Women Prelims	1:10	4 heats
110 M Hurdles – Men Prelims	1:25	4 heats
400 M – Women	1:40	5 heats
400 M – Men	2:00	5 heats
100 M – Women	2:20	6 heats
100 M – Men	2:40	6 heats
110 M Hurdles- Men Final	3:00	200m declarations open
100 M Hurdles- Women Final	3:05	
800 M – Women	3:10	6 heats
800 M – Men	3:30	6 heats 200m declarations close
400 M Hurdles – Women	4:00	4 heats 4x4 declarations open
400 M Hurdles – Men	4:20	4 heats
200 M – Women	4:40	6 heats 4x4m declarations close
200 M – Men	5:00	6 heats
3,000 M - Women	5:20	2 heats
4x400 M Relay – Women	5:45	
4x400 M Relay – Men	6:00 pm	

FIELD EVENTS

Shot Put – Men, Women to follow	11:00 am	2 flights
Discus –Women, Men to follow	11:00 am	2 flights
High Jump – Women, Men to follow	Noon	
Long Jump – Followed by Triple Jump	Noon	2 flights
Women outer runway, Men inner runway		
Pole Vault – Women	1:30 pm	