



Princeton Outdoor Invitational

Saturday April 16th, 2016

Final Information

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.

Implement Inspection:

- Will be in the East Stadium Tunnel, except hammer throw & Men's SP.
- Implement Inspection will run from 8:00am-Noon.
- Implements should be dropped off at least 90 minutes before the event begins.
- Hammer inspection will be at West Windsor Fields. Men's shot put will also be at WW Field

Team Camps: NO TEAM CAMPS on the infield. Please use the bleachers or indoor track.

Warm-up Area: The football field is being renovated. NO WARM-UP ON THE FOOTBALL FIELD. Athletes may warm-up on the first turf field to the East of the outdoor track. They may also warm-up on the indoor track.

Coaches Meeting:

- 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).
- Relay cards are available at the clerking table to change names of relay members

Scoring: 10-8-6-4-2-1. Only 3 per team can score in an event.

Check-in for running events

- Athletes should arrive to the clerking table 15 minutes before the race begins to get hip numbers and final instructions.
- 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.
- The fastest sections will run last in all events.

Athlete check-in for field events

- Check in with the head official at the event site *30 minutes prior* to the scheduled start of your event.
- All flights will be worst to best.
- The top 8 performers will advance to the finals.
- 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



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.

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)

Minimum Measure Lines:

After the first measurable mark the following scratch lines will be used

W JT-30.00 Meters

W DT-36.00 Meters

M DT- 40.00 Meters

W LJ- 5.20 Meters

W TJ- 11.00 Meters

W SP-11.50 Meters

M SP- 15.00 Meters

W HT- 40.00 Meters

M HT-50.00 Meters

Jumps Progressions

W PV 3.20-3.35-3.50-3.65-3.80-3.95-4.10-4.20....

M PV 4.25-4.40-4.55-4.70-4.85-4.95-5.05-5.15...

W HJ 1.45-1.50-1.55-1.60-1.65-1.70-1.75...

M HJ 1.89-1.94-1.99-2.02-2.05-2.08-2.11....



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Final 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
11:00 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
12:25	Steeplechase
1:05 pm	4 x 100 Meter Relay
1:15 pm	1500 Meters
1:35 pm	110H/100H Finals
1:45 pm	400 Meters
2:05 pm	100 Meters
2:20 pm	800 Meters
2:40 pm	400 M Hurdles
3:00 pm	200 Meters
3:20 pm	3k
3:45 pm	4 x 400 Meter Relay