

WASHINGTON STATE TRACK AND FIELD

2017 WSU OPEN INDOOR TRACK AND FIELD MEET INFORMATION

DATE OF COMPETITION:	Jan. 20-21, 2017, WSU Indoor Track Facility, Pullman, Wash.
SCHEDULE OF EVENTS:	See enclosed time schedule
PACKETS:	8:30 a.m. - Noon Saturday at the Clerk's tent. Coaches, please check in with the Clerk immediately upon arrival on meet day to make any changes in any events; changes in events during the meet must be done at the Clerk's Tent by a member of your coaching staff.
MEET INFORMATION:	Contact Andrea Sabbatine at andrea.sabbatine@wsu.edu (509-335-0422)
ENTRIES:	Entries are made online at www.directathletics.com. The Entry deadline is Noon (PT) Wed., Jan. 18, 2017. Late entries will <u>not</u> be accepted. Entry Fees are paid through Direct Athletics and are non-refundable. FEES WILL NOT BE ACCEPTED THE DAY OF THE MEET
ENTRY FEE:	<ul style="list-style-type: none"> • \$20 dollars per participant • FREE ENTRY FOR ALL WSU STUDENTS AND STAFF. STUDENT AND STAFF ENTRIES SHOULD BE SUBMITTED TO andrea.sabbatine@wsu.edu. • Spectators are free. • \$150 per team per gender for groups of 14 or more athletes per gender • THESE ENTRIES NEED TO BE SUBMITTED BY Noon (PT) Wed., Jan. 18, 2017 TO (AGAIN, NO LATE ENTRIES WILL BE ACCEPTED)
LANE DRAWS:	Assigned by WSU. Preferred lanes Straightway races: 5-4-6-3-7-2-8-1; Oval races: 200m – 5-6-4-3-2-1, and 400m – 4-5-6-3-2-1
VERTICAL JUMPS	Opening heights: PV Men – 3.65m (12') PV Women - 3.10m (10'2") HJ Men - 1.75m (5'8 3/4") HJ Women - 1.45m (4'9")
HORIZONTAL JUMPS & THROWS:	LJ/TJ will have three trial attempts and the top 8 will advance to final for three more attempts. SP/WT will have three (3) trials, with the top nine (9) having three (3) final throws.
CHECK-IN PROCEDURES:	<p>Running Events: All runners and RELAY TEAMS must check in and pick up hip numbers at the Clerk's Area (NE corner of the facility) following the first and only call for each event.</p> <p>Field Events: All field athletes must check in at the event site, wearing bib numbers, no later than 20 minutes before the scheduled start time of their event(s).</p>

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IMPLEMENT WEIGH-IN:	Weigh-in will be located in the SW corner of the facility. All implements to be used in competition must be weighed-in at least 1 hour prior to the start of that event. Please label your implements for identification. Illegal implements will be taken, secured and may be picked up at the conclusion of that competition. DUE TO SAFETY CONCERNS, ONLY SOFT SHELL WIEGHTS WILL BE ALLOWED.
BIB NUMBERS:	Bib numbers must be worn on the front of the competitive uniform by all competing athletes (pole vaulters may wear on their backs). Hip numbers must not be covered by uniform top.
OFFICIALS:	Selected by WSU. Assigned by Ben Clarke, Officials Coordinator
RULES OF COMPETITION:	NCAA Track & Field Rules.
SCORING:	NCAA Division I teams will be scored using championship format (10-8-6-5-4-3-2-1)
FACILITY INFORMATION:	<ul style="list-style-type: none"> • Track and Approach Surfaces - 14mm Mondo Super-X <ul style="list-style-type: none"> ○ *6-42" Lanes on the large radius (69 feet) oval ○ *8-48" Lanes on the straight (See Diagram) • Required Spikes - 1/4 inch pyramid • Throwing Circle - Brushed Concrete • Starting Blocks - provided by WSU
WARM-UP AREA:	A final warm-up area is located at the east end of the competition facility, however this space is limited. In addition, the track will be available for warm-up until 9:55 a.m.
ACCESS TO TRACK AND FIELD EVENT AREA:	Only currently competing athletes, meet officials, authorized athletic trainers, authorized staff, and authorized photographers will be allowed on the track and in the infield area.
OFFICIAL WARM-UP AND COMPETITIVE AREAS:	NO HEADPHONES OR EARBUDS for personal electronic devices and cell phones are prohibited in the official warm-up and competitive areas. One warning will be issued by the Meet Referee. A second violation will result in disqualification from the meet. [NCAA Rules]
TRAINING ROOM FACILITIES:	Main Training Facility: Bohler Gym M-4 Auxiliary Training Site: SE Corner of Competition Facility WSU Athletic Training Services Contact Person: Travis Edwards 209-602-5080
LOCKER ROOMS:	Locker rooms will be available, Contact Ben Clarke at (509) 335-5109 to make arrangements in advance of the meet.
RESULTS:	Will be posted throughout the meet on a board near the facility entrance. Final results will be available to coaches at the platform located at the finish line approximately 15 minutes after the last event. Results will be posted online at wsucougars.com approximately 45 minutes after the conclusion of the meet. The results will be uploaded to Direct Athletics/TFRRS the following day.

WSU Open Indoor Track & Field Meet

January 20-21, 2017 - WSU Indoor Track Facility

Schedule of Events

Field Events

Friday, Jan. 20

4:00 p.m. Triple Jump (W)
 Pole Vault (M)
 35# Weight (M)
 20# Weight (W)
*to immediately follow
 men's weight throw*

5:30 p.m. Triple Jump (M)

Saturday, Jan. 21

10:00 a.m. Long Jump (W)

10:30 a.m. High Jump (M)
 Shot Put (M)

12:00 p.m. Long Jump (M)

12:30 p.m. Pole Vault (W)
 High Jump (W)
 Shot Put (W)

Running Events

Saturday, Jan. 21

10:00 a.m. 1 Mile Run (M)

10:25 a.m. 1 Mile Run (W)

10:45 a.m. 60m Hurdles (M) Prelim

11:00 a.m. 60m Hurdles (W) Prelim

11:20 a.m. 60m Dash (M) Prelim

11:50 a.m. 60m Dash (W) Prelim

12:20 p.m. 60m Hurdles (M) Final

12:25 p.m. 60m Hurdles (W) Final

12:30 p.m. 60m Dash (M) Final

12:35 p.m. 60m Dash (W) Final

12:45 p.m. 400m Dash (M)

1:10 p.m. 400m Dash (W)

1:35 p.m. 800m Run (M)

1:55 p.m. 800m Run (W)

2:10 p.m. 200m Dash (M)

2:40 p.m. 200m Dash (W)

3:15 p.m. 3000m Run (M)

3:50 p.m. 3000m Run (W)

4:20 p.m. 4x400m Relay (M)

4:30 p.m. 4x400m Relay (W)