



# UW High School Invitational

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**February 4, 2017**

**Dempsey Indoor || University of Washington**



## **MEET AND ENTRY INFORMATION**

**Megan Morgan  
Meet Director  
University of Washington**

**Phone: (206) 221-4047**

**Email: [mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)**



## MEET INFORMATION

### University of Washington—Meet Management Staff

Greg Metcalf	Head Coach	<a href="mailto:gmetcalf@uw.edu">gmetcalf@uw.edu</a>	(206) 543-0811
Jason Drake	Associate Head Coach/Meet Director	<a href="mailto:jzdrake@uw.edu">jzdrake@uw.edu</a>	(206) 543-9880
Anita Campbell	Assistant Coach	<a href="mailto:anitac2@uw.edu">anitac2@uw.edu</a>	(206) 543-6644
Pat Licari	Assistant Coach	<a href="mailto:licari@uw.edu">licari@uw.edu</a>	(206) 616-8086
Jason Schutz	Assistant Coach	<a href="mailto:jschutz2@uw.edu">jschutz2@uw.edu</a>	(206) 685-7429
Eric Metcalf	Assistant Coach	<a href="mailto:emetcalf@uw.edu">emetcalf@uw.edu</a>	(206) 854-9014
Megan Morgan	Director of Operations	<a href="mailto:mmorgan7@uw.edu">mmorgan7@uw.edu</a>	(206) 221-4047

### About the UW High School Invitational...

The UW High School Invitational is open to ALL high school athletes. There are no entry standards, but please be mindful that we may need to limit entries in the interest of time restraints.

### Facility ...

The Dempsey indoor facility is a 307-meter Mondo track with a six lane straightaway, and a five-lane oval. For the field the Dempsey has two 160 ft. elevated long jump runways (132 ft. TJ) with Mondo overlay; two 150 ft. elevated pole vault runways with Mondo overlay; two 80 ft. right/left wooden high jump approach areas with Mondo overlay; two reinforced wooden throwing rings.

## ENTRY INFO, FEES, AND DEADLINES

### Entry Procedure ...

The ONLY METHOD of entering the UW High School Invitational is online through [www.DirectAthletics.com](http://www.DirectAthletics.com). Please make sure you include a VALID EMAIL ADDRESS within your registration profile. All communication with coaches/participants will be via email. **\*\*\*NEW FOR 2017: PLEASE NOTE FRIDAY ENTRY DEADLINES!!!\*\*\***

**PLEASE NOTE – HIGH SCHOOL ATHLETES/COACES ARE RESPONSIBLE FOR KNOWING THEIR STATE'S COMPETITION RESTRICTIONS. UW is no responsible for athletes who jeopardize their high school eligibility.**

### Entry Limits/Restrictions ...

Our ANTICIPATED FIELD SIZE is listed within the tentative time schedule. If the meet management staff has determined that an event has reached capacity, we will CLOSE THE EVENT ON DIRECT ATHLETICS. Please note—this may happen BEFORE THE ENTRY DEADLINE. **Early registration is highly encouraged.**

**Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted into the meet. Entry fees for athletes not accepted into the meet will NOT be refunded.**



**Entry Fee ...**

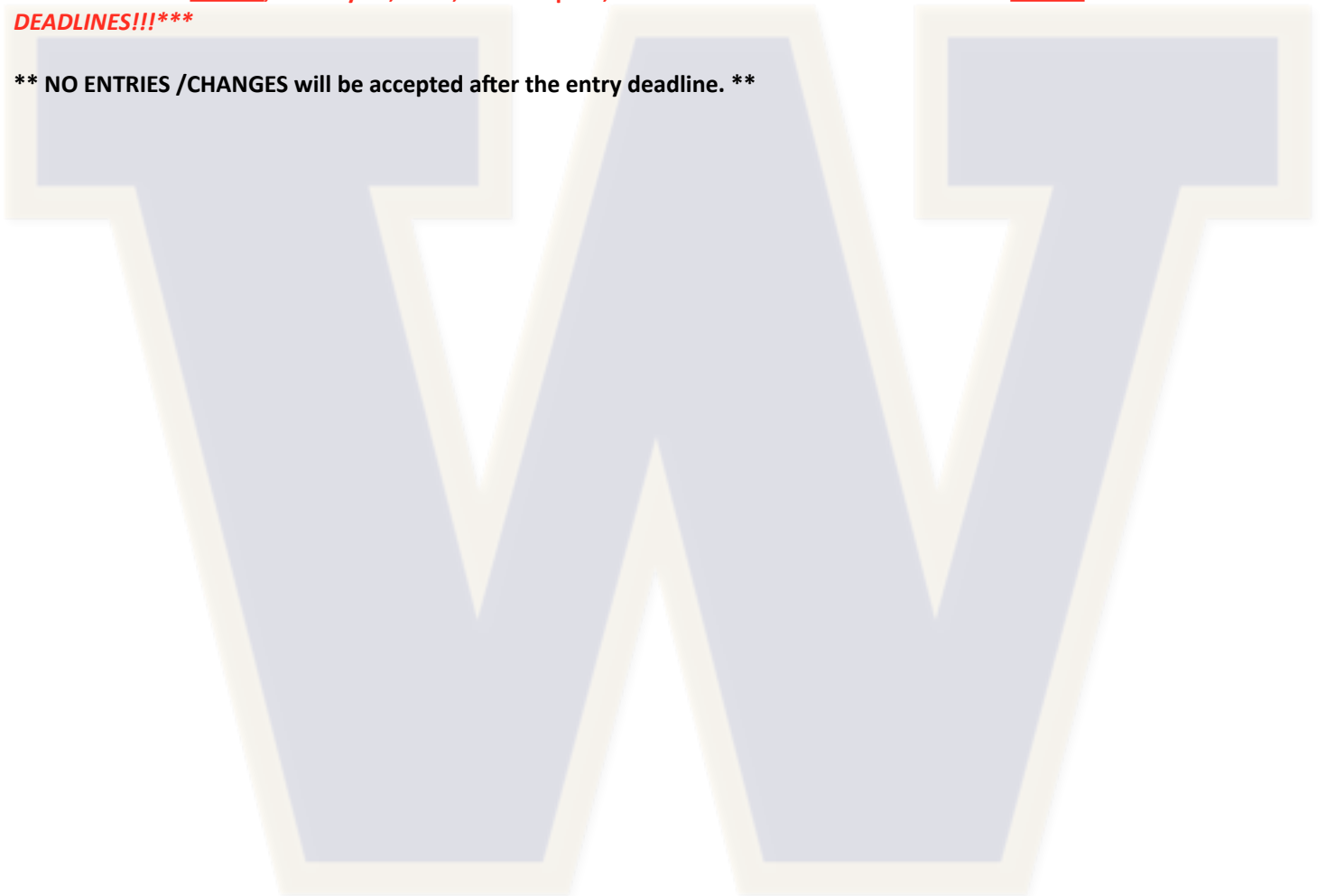
Individual entries are \$20 (per individual, per event), payable **ONLINE ONLY**. No entries will be accepted at the door.

**Important Entry Dates and Deadlines ...**

ENTRIES OPEN – Sunday, November 6, 2017

**ENTRIES CLOSE - FRIDAY, January 27, 2017, at 11:59 p.m., PT. \*\*\*NEW FOR 2017: PLEASE NOTE FRIDAY ENTRY DEADLINES!!!\*\*\***

**\*\* NO ENTRIES /CHANGES will be accepted after the entry deadline. \*\***





## PRE-MEET AND COMPETITION DAY INFORMATION

### Scratches...

In order to provide the most competitive heats/sections possible, please submit any scratches to Megan Morgan ([mmorgan7@uw.edu](mailto:mmorgan7@uw.edu)) by 12:00 p.m., PT, on Thursday, February 2nd.

### Heat Sheets/Finalized Time Schedule...

Accepted entries (including wait list, if necessary) will be posted on the Tuesday prior to competition. Finalized information—including time schedule and heat sheets—will be posted at [www.GoHuskies.com](http://www.GoHuskies.com).

### Pre-Meet Practice ...

There will be no practice window for the UW High School Invitational. If this changes, participants will be notified via email.

### Packet Pick Up ...

Packet pick-up will be available in Touchdown Terrace. EACH ATHLETE will need to pick up THEIR OWN bib number. Because we are anticipating so many “individual” entries, numbers will not be sorted/distributed by team.

### Admission ...

**NEW POLICY** - Spectator admission is \$8. Both cash and credit card payment will be accepted. Spectators are not allowed on the track or in the warm-up area, and must stay in roped off areas. **Coaches, athletes and support staff will be issued wristbands at packet pick up.**

### Parking ...

Parking is south of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). Do not park in Lots E8 or E9, you will be ticketed. Parking maps will be emailed to competing teams prior to competition. UW is not responsible for tickets teams may receive for parking outside of these areas.

### Facility Entrance ...

Facility Entrance is located on the South end of the facility, nearest the football stadium. All other entryways are for official use only.

### Check In ...

Since we are on a rolling time schedule, athletes are encouraged to check in AS EARLY AS POSSIBLE. Final calls for each event will be made from the clerk’s station. Athletes who have not checked in after the final call will be scratched. Field event contestants should check-in with the head official of their event area 60 MINUTES PRIOR TO THE START OF THEIR EVENT.

### Implements/Weigh Ins ...

We will accept high school throwing implements ONLY (12lb SP; 20lb WT) for competition. Implements will be weighed in at the SE corner of the facility up to 30 minutes prior to the event. **Athletes/teams must provide their OWN IMPLEMENTS.**



**Team Camp ...**

Athletes who are preparing to compete/warming up are encouraged to use the designated “Team Camp” area in the infield. Athletes who have concluded competition, or are scheduled to compete in a later event are encouraged to utilize Touchdown Terrace.

**Touchdown Terrace ...**

Touchdown Terrace (East Endzone of Husky Stadium) will be open for concessions during the competition. Teams are also welcome to utilize this area for “Team Camp.”

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## RESTRICTIONS

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- **NO FOOD AND DRINKS ARE PERMITTED IN THE FACILITY.**
- NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.
- Only indoor shots and weights are allowed.
- Flats or track shoes with spikes no longer than one-quarter inch (1/4”). Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.



## 2017 UW High School Invitational | **TENTATIVE TIME SCHEDULE** Saturday, February 4, 2017

### FIELD EVENTS

Start	Event	Approximate # of Heats/Flights
9:00 a.m.	Girls' Long Jump	2 Flights (30 Entries)
~12:00 p.m.	Girls' Triple Jump (to follow Girls' Long Jump)	2 Flights (30 Entries)
9:00 a.m.	Boys' Long Jump	2 Flights (30 Entries)
~12:00 p.m.	Boys' Triple Jump (to follow Boys' Long Jump)	2 Flights (30 Entries)
9:00 a.m.	Girls' Weight Throw	1 Flight (15 Entries)
~10:00 a.m.	Boys' Weight Throw	1 Flight (15 Entries)
~11:30 a.m.	Girls' Shot Put (to follow Boys' Weight Throw)	2 Flights (30 Entries)
~11:30 a.m.	Boys' Shot Put (to follow Boys' Weight Throw)	2 Flights (30 Entries)
9:00 a.m.	Girls' High Jump	1 Flight (20 Entries)
~11:30 a.m.	Boys' High Jump (to follow Girls' High Jump)	1 Flight (20 Entries)
9:30 a.m.	Girls' Pole Vault	1 Flight (25 Entries)
9:30 a.m.	Boys' Pole Vault	1 Flight (25 Entries)

**\*\* BOYS' AND GIRLS' HORIZONTAL JUMPS WILL RUN CONCURRENTLY ON ADJACENT RUNWAYS . TRIPLE JUMP WILL FOLLOW LONG JUMP OF THE SAME GENDER. \*\***

**\*\* BOTH BOYS' AND GIRLS' SHOT PUT WILL BE CONTESTED ON ADJACENT RUNWAYS FOLLOWING THE CONCLUSION OF THE BOYS' WEIGHT THROW. ATHLETES IN THE THROWS SHOULD LISTEN CAREFULLY FOR ANNOUCEMENTS FROM THE THROW SECTOR \*\***

**\*\* START TIMES IN FIELD EVENTS (LISTED AS "TO FOLLOW") ARE ESTIMATED. EVENTS WILL BEGIN IMMEDIATELY AFTER THE CONCLUSION OF THE EVENT PRIOR. \*\***

### RUNNING EVENTS

Start	Event	Approximate # of Heats/Flights
10:00 a.m.	Girls' 60-Meter Hurdles, Prelim (Top 8 Times Advance to Two-Section Final)	6 Heats (30 Entries)
	Boys' 60-Meter Hurdles (39'), Prelim (Top 8 Times Advance to Two-Section Final)	6 Heats (30 Entries)
	Girls' 60 Meters, Prelim (Top 8 Times Advance to Two-Section Final)	10 Heats (60 Entries)
Boys' 60 Meters, Prelim (Top 8 Times Advance to Two-Section Final)	Girls' 60-Meter Hurdles, Final	10 Heats (60 Entries)
	Boys' 60-Meter Hurdles (39'), Final	2 Sections, 4 Per Heat
	Girls' 60 Meters, Final	2 Sections, 4 Per Heat
Boys' 60 Meters, Final	2 Sections, 4 Per Heat	2 Sections, 4 Per Heat
	Girls' Mile Run	4-5 Heats (60 Entries)
Boys' Mile Run	4-5 Heats (60 Entries)	
	Girls' 400 Meters	12 Heats (60 Entries)
	Boys' 400 Meters	12 Heats (60 Entries)
	Girls' 800 Meters	4-5 Heats (60 Entries)
	Boys' 800 Meters	4-5 Heats (60 Entries)
	Girls' 200 Meters	12 Heats (60 Entries)
	Boys' 200 Meters	12 Heats (60 Entries)
	Girls' 3000 Meters	2-3 Heats (50 Entries)
	Boys' 3000 Meters	2-3 Heats (50 Entries)
	Girls' 4x400 Meters	3 Heats (15 Entries)
	Boys' 4x400 Meters	3 Heats (15 Entries)

**\*\* EVENTS WILL BE CONTESTED ON A ROLLING TIME SCHEDULE. ATHLETES SHOULD BE AWARE OF THE EVENT ON THE TRACK, AS WELL AS ANNOUNCEMENTS FROM THE CLERK'S STATION. \*\***



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## UW HS INVITE SCHEDULING NOTES

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**\*\*The UW High School Invitational will run on a ROLLING TIME SCHEDULE! Athletes will be responsible for listening to announcements from the clerk's station, and report for their event when called upon!\*\***

**\*\*SECTIONS OF THE BOYS' AND GIRLS' POLE VAULT, HIGH JUMP, LONG JUMP AND TRIPLE JUMP WILL BE CONDUCTED SIMULTANEOUSLY ON ADJACENT RUNWAYS\*\***

**\*\*FOR SAFETY REASONS, ONLY ONE RING WILL BE UTILIZED DURING THE WEIGHT THROW. WE WILL RUN CONCURRENT RINGS FOR THE SHOT PUT\*\***

**\*\*We will allow HIGH SCHOOL IMPLEMENTS ONLY in the THROWING EVENTS! Athletes should also provide THEIR OWN IMPLEMENTS! We will NOT provide them!\*\***