



# **TYSON INVITATIONAL**

## **FRIDAY-SATURDAY, FEBRUARY 10-11**

### **MEET INSTRUCTIONS**

**PLEASE READ ALL OF THIS INFORMATION CAREFULLY.**

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#### **ENTERING AND EXITING THE COMPETITION TRACK**

- For the safety of everyone, only athletes contesting the event will be permitted inside competition oval. There will be NO exceptions to this policy. We appreciate your cooperation.

#### **RUNNING EVENTS INFORMATION**

- Please make all scratches as soon as possible for all events. To do this ahead of the meet, please email your scratches. During the meet, please scratch your athletes with the Clerk located near the southwest corner of the Fowler Center. We appreciate you making these scratches as soon as possible.
- Athletes in running events may check in for all events at any time **BUT NO LATER** than **30 minutes** before the scheduled start of the event.
- Athletes in all running events will follow the same protocol, which is outlined below.
  1. Athletes must report to the Clerks' table located near the southwest corner of the Fowler Center **NOT** later than **30 minutes** before the scheduled start of the event. Athletes failing to report by this deadline will be scratched.
  2. Athletes will be asked to report back to the Clerk's area approximately **15 minutes** prior to the scheduled start time of their event.
  3. Athletes will be escorted from the Clerk's area to the final staging area inside the Tyson Center near the finish line and then to the starting line.
  4. At the conclusion of the running event, athletes must exit the track on the backstretch and return the final staging area to collect any warm-ups or belongings.

#### **FIELD EVENT INFORMATION**

- Field event athletes should check in **NOT** later than **20 minutes** before the scheduled start of the event at the field event site. Events with multiple flights will utilize a 15-minute general warm-up period followed by 15 minutes flight specific warm-up periods directly preceding each flight. *For field events with multiple flights, athletes should check in with the event official twenty minutes before the first flight – during the general warm-up period.*
- Athletes in all field events will follow the same protocol, which is outlined below.
  1. Athletes must walk directly to the field event site by carefully crossing the track
  2. Athletes in field events must check-in with the appropriate official at the field event site and not with the Clerks.
  3. At the conclusion of the field event, athletes must exit the infield immediately.

#### **COMPETITOR'S BIBS**

- Competitor's bibs will be worn on the front in all events, except the vertical jumps where athletes may choose to wear the bib on their back.

#### **ADMISSION TO THE MEET**

- Athletes and coaches must wear the wristband included in the packet to enter the facility. Please use the entrance at the southwest corner of the Tyson Center.

#### **WARM-UPS**

- No warm-ups will be permitted in the Tyson Center at any time. Athletes should use the warm-up facilities located in the Fowler Center.

#### **DECLARATIONS**

- Final declarations for all events occur at initial check in for each event. For running events, this occurs at the clerking area not less than thirty before the scheduled start of the event. For field events, this occurs by checking in with the official at the field event site not less than twenty minutes before the scheduled start of the event. For field events with multiple flights, athletes should check in with the event official twenty minutes before the first flight – during the general warm-up period.

#### **IMPLEMENT INSPECTION**

- Implements must be inspected at the east end of the Fowler Center in the track storage room **NOT LATER THAN** ninety minutes before the scheduled start of the event. Implements will be impounded until they are brought by the officials to the event site.

#### **SPIKES**

- Athletes may use only pyramid spikes that are 9mm or shorter. Spikes will be checked and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition track.



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### Schedule of Events

#### **Friday Running Events**

<b>Time</b>	<b>Event</b>	<b>Gender</b>	<b>Section</b>
1:30 PM	1 Mile	Women	College
1:40 PM	1 Mile	Men	College
1:50 PM	400 Meters	Women	College
2:15 PM	400 Meters	Men	College
2:40 PM	60 Meter Hurdles Qualifying	Women	
3:05 PM	60 Meter Hurdles Qualifying	Men	
3:30 PM	60 Meters Qualifying	Women	
3:50 PM	60 Meters Qualifying	Men	
4:10 PM	800 Meters	Women	College
4:15 PM	800 Meters	Men	College

#### **INVITATIONAL EVENTS**

4:30 PM	60 Meter Hurdles Prelims	Women	
4:45 PM	60 Meter Hurdles Prelims	Men	
5:00 PM	1 Mile	Women	Invitational
5:07 PM	1 Mile	Men	Invitational
5:15 PM	60 Meter Hurdles Final	Women	
5:20 PM	60 Meter Hurdles	Women	Oly. Devel.
5:25 PM	60 Meter Hurdles Final	Men	
5:30 PM	60 Meters Prelims	Women	
5:45 PM	60 Meters Prelims	Men	
6:00 PM	800 Meters	Women	Invitational
6:05 PM	800 Meters	Men	Invitational
6:10 PM	60 Meters Final	Women	
6:15 PM	60 Meters Final	Men	
6:20 PM	400 Meters	Women	Invitational
6:30 PM	400 Meters	Men	Invitational
6:40 PM	400 Meters	Women	Oly. Devel.
6:45 PM	400 Meters	Men	Oly. Devel.

#### **Friday Field Events**

<b>Time</b>	<b>Event</b>	<b>Gender</b>	<b>Section</b>
1:00 PM	Pole Vault	Men	College
2:00 PM	Long Jump	Women	College
2:00 PM	Long Jump	Men	College
3:00 PM	Weight Throw	Women	
5:00 PM	Pole Vault	Men	Invitational
5:30 PM	Weight Throw	Men	
5:30 PM	Long Jump	Women	Invitational
5:30 PM	Long Jump	Men	Invitational

#### **Saturday Running Events**

<b>Time</b>	<b>Event</b>	<b>Gender</b>	<b>Section</b>
1:00 PM	200 Meters	Women	College
1:30 PM	200 Meters	Men	College
2:00 PM	3,000 Meters	Women	
2:15 PM	3,000 Meters	Men	
2:30 PM	200 Meters	Women	Invitational
2:40 PM	200 Meters	Men	Invitational
2:50 PM	200 Meters	Women	Oly. Devel.
2:55 PM	200 Meters	Men	Oly. Devel.
3:00 PM	5,000 Meters	Women	
3:20 PM	5,000 Meters	Men	
3:40 PM	Distance Medley Relay	Women	
3:55 PM	Distance Medley Relay	Men	
4:05 PM	4x400 Meter Relay	Women	Invitational
4:15 PM	4x400 Meter Relay	Men	Invitational
4:25 PM	4x400 Meter Relay	Women	College
4:40 PM	4x400 Meter Relay	Men	College

#### **Saturday Field Events**

<b>Time</b>	<b>Event</b>	<b>Gender</b>	<b>Section</b>
11:00 AM	Pole Vault	Women	College
12:00 PM	High Jump	Women	College
12:00 PM	High Jump	Men	College
12:00 PM	Triple Jump	Men	College
12:00 PM	Triple Jump	Women	College
1:00 PM	Shot Put	Women	
3:00 PM	Pole Vault	Women	Invitational
3:00 PM	Shot Put	Men	
3:00 PM	Triple Jump	Women	Invitational
3:00 PM	Triple Jump	Men	Invitational
3:00 PM	High Jump	Women	Invitational
3:00 PM	High Jump	Men	Invitational