

**Mountaineer Indoor Open Track Meet**  
**George Holmes Convocation Center**  
**Saturday, January 22, 2011**

**Event Schedule**

Events on Friday, Jan. 21 at 5:30 pm:

Weight Throw - Men then Women

5000m - Women then men (must be more than two teams entered and 5 athletes per gender)

Field Events on Saturday:

11:00 am Long Jump - Women (men to follow) 114' Runway

Pole Vault - Women (men to follow) 114' Runway

High Jump - Men (women to follow)

Shot Put - Men (women to follow)

Follow LJ: Triple Jump - Women (men to follow) men 79' runway, women 89' runway

Running Events on Saturday: (We will send an updated time schedule with the first event at 11:00 am as soon as we have the number of athletes in each event. Be sure to give us an email address on your entry.)

11:00 am 55m Hurdles PreLims -Women then men

55m Dash PreLims -Women then men

55m Hurdles Finals - Women then Men (top 8 times in two heats of four)

55m Dash Finals - Women then Men (top 8 times in two heats of four)

Mile Run -Women then men

400m - Women then men

800m - Women then men

200m - Women then men

3000m - Women then men

4 x 400m Relay - Women then men (max of two teams per school)

All running athletes must check-in to the check-in table inside the arena above Section 9/10 a minimum of 30 minutes prior to their event. No check-in, no entry to the event. We will not add anyone after the heats have been set. Those making the final of the 55's need not check-in, but we will not fill the lane vacated by an athlete not showing up for the final. Check-in will start at 10:15 am. The athlete, coach or teammate can check-in an individual. Unattached athletes must check themselves in and show their "ticket". Field event athletes and unattached check-in at the event site. Unattached must still have their "ticket".

**Only 1/4" pyramid spikes will be allowed...no needle spikes or Christmas tree spikes of any kind. There is no negotiation on this issue. We will check shoes at the starting lines and anyone with needles or trees will not be allowed to run until they change them and we will not wait...**

In the long jump and triple jump there will be a certain number of jumps per flight, no finals. The best athletes will be in the first flight with four jumps, second flight will get three jumps, third flight and up will get only two jumps. If a jumper in the second or later flights jumps further than the 10th place jumper in the first flight, then that jumper will get additional jumps to total 4.

If an athlete leaves the event to compete in another event, they will lose whatever jumps they miss and will not be allowed to make them up at the end...they will be inserted in the correct order for whatever jumps they have left when they return...

The starting height for the men's high jump (6-0), women's (4-10)...starting height for the men's pole vault (13-6), women (10-0)...

In the shot put and weight there will be only four throws for the first flight, three throws for the second flight and two throws for any other flights, no finals. If a thrower in the second flight or any other throws farther than the 10th thrower in the first flight, that athlete will be given extra throws to total 4 throws.

If an athlete leaves the event to compete in another event, they will lose whatever throws they miss and will not be allowed to make them up at the end...they will be inserted in the correct order for whatever throws they have left when they return...

**There will be a maximum of three entries per individual event and two relays per relay event. (Please do not ask for more relays, it will not happen). No athlete can be in more than two events not including relays.** We expect and require all coaches to turn in correct performances from this year's indoor season or accurate predictions of what the athlete is capable of if they have not competed this season. We will use TFFRS for verification...we will not DQ an athlete, just put in the current performance.

**The Meet Director reserves the right to move athletes to whatever heat or flight he chooses prior to the meet if TFFRS for**

**the 2010-11 indoor season does not verify the performance you turned in. Coaches should be prepared to justify their entry performances.**

There will be an entry fee of \$150.00 per team, women and men separate for teams of 8 athletes or more. For teams with less than 8 athletes, the entry fee is a flat \$75.00. When you arrive, please go to the finish line area and check-in, pay fees and get your meet packet.

“All” unattached athletes must pay an entry fee of \$20.00 prior to their event. You must go to the finish line area and pay your fee to receive the “ticket” to your event. You will present this ticket to the check-in table when you check in...no ticket, no entry to the event.

**\*\*\*Everyone must enter and exit the facility by the NW Entrance.\*\*\***

The track is on the concourse, so please prepare your athletes to pay attention and obey any commands from officials during the day.

Buses may park near the Center in the areas around the to the NW Entrance. Our security officers should be on hand to help. Vans may park in the area next to the arena (gated area) or the Thomas Bldg next to the arena. Otherwise, there is a parking lot above the arena between the arena and the Thomas Bldg.

There is only one way athletes and coaches can get to the arena floor for the field events. We will indicate this when coaches get their packets. Spectators will not be allowed on the arena floor. Only Coaches and athletes involved in the competition are allowed on the arena floor.

Team areas must be inside the arena in the seats. No teams will be allowed to put their stuff in the concourse, the window areas on the concourse or on the field event floor area. **In the stands only.**

Results will be posted in an area near the SE corner of the arena..the set of doors that views the Hardee’s restaurant. We will have a composite copy of all the events within fifteen minutes after the last event. You can also get full results from our website by the time you get home on Saturday. The website is: **GoASU.com**...click on track and field. Please inform your sports information personnel about this website or:

Results will also be available on the website: Bigkahunatiming.com by Sunday morning

**To enter your athletes: go to Bigkahunatiming.com and click on entries for this meet...Mountianeer Indoor Open @ Boone, NC, 12-22-11 will be listed. Entries close on Monday, Jan. 17th at 11:00 pm...we will accept “forgot” entries by email to: Coach Weaver at weaverjt@appstate.edu until Tuesday at 5:00 pm...we will accept scratches at weaverjt@appstate.edu until Thursday, Jan. 20th until 7:00 pm...**

Trainers will be located on the arena floor under the tent.

**Food Requirements: There will not be a concessions stand...the Center officials will allow bottle drinks, not open cup drinks in the arena...they will also allow sandwich type food (subs, etc) but absolutely no meals on a plate, chicken boxes, seafood plate, pizza, etc...that type of thing...if we adhere to this policy and CLEAN UP our areas before we leave...they will continue to relax their food policy...which is no food at all...so help yourself and us with this...**

Any further details you might need, please e-mail Coach Weaver at :  
weaverjt@appstate.edu

