

## **2013 Southeast Regional Championship**

Friday-Saturday, April 19-20, 2013

Moretz Sports Complex/Irwin Belk Track

Lenoir-Rhyne University

### **Meet Information**

- Entries:** Entries will be available online at [www.bigkahunatiming.com](http://www.bigkahunatiming.com) between April 8 and April 17. **Teams are allowed 5 entries per track events and 4 entries per field events.** Performance lists will be posted at [www.bigkahunatiming.com](http://www.bigkahunatiming.com) by 9 PM on April 18. Meet results will be submitted to TFRRS so make sure your team rosters are registered at [www.tfrrs.org](http://www.tfrrs.org).
- Entry Fees:** An entry of \$20 per athlete or \$200 per team (team=10 or more) is required at check-in. Men's and women's teams from the same institution are considered separate. Make all checks payable to Lenoir-Rhyne Track & Field. Email [stewartjd@lr.edu](mailto:stewartjd@lr.edu) for approval of unattached entries.
- Scratches:** Once entries have been submitted any scratches/corrections can be done by emailing Ray Suddreth at [raysuddreth@gmail.com](mailto:raysuddreth@gmail.com) by 5 PM on Thursday, April 18.
- Schedule:** The final event schedule will be posted at [www.lrbears.com](http://www.lrbears.com) by April 18. Check-in is at the white tent on the right side of the sidewalk just after you enter the main gate at the Moretz Sports Complex/Irwin Belk Track. Athletes should check-in at least 30 minutes prior to the start of the event. Field events check-in at the event site.
- Location/Parking:** The Moretz Sports Complex/Irwin Belk Track facility is located on the Lenoir-Rhyne University campus. Buses and vans can park in the large parking lot between Irwin Belk Track and the football stadium.
- Facilities:** (2008) eight-lane Mondo SX surface with two bi-directional horizontal jump runways, One shot and hammer ring, two discus rings, and bi-directional vaulting boxes available. The hammer/discus area is located below our baseball field outfield adjacent to the track.
- Equipment:** **Maximum spike length is ¼" pyramids only and this will be enforced.** UCS starting blocks will be provided. Implement weigh in will be done in the track storage building just outside the track next to the 200m start line.
- General:** Moretz Sports Complex has very limited seating. Teams should set up tents and tarps in designated areas. Porta Jon's will be just outside the fence between the track and baseball fields. Athletes can change athletic wear in Shuford gym across from the parking lot. Horizontal jumps and throws will feature 3 attempts with the top 9 advancing to a final round of three more attempts. Preliminaries will be ran in the 100m and 100/110 hurdles. Unattached athletes will not be eligible to advance to the finals in the 100m and 100/110 hurdles. All other track events will be timed finals. The following are the starting heights for the jumps:  
**Women's high jump: 1.40m (4'7") Men's high jump: 1.70m (5'7")**  
**Women's pole vault: 2.15m (7'0") Men's pole vault: 3.05m (10'0")**
- Sports Med.** Athletic trainers will be available, please bring any supplies necessary.

Meet Director: Coach Jason Stewart  
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