OUTDOOR TRACK & FIELD CHAMPIONSHIP

MEET INFORMATION

Hosted by Nazareth College

Saturday, April 20th 2013

Meet Entry: All participating teams will enter the meet through Direct Athletics (www.directathletics.com). You must enter your team on Direct Athletics by the deadline in order to be entered in the meet.

Entry Information: Each team is limited to 6 entries per event and one entry per relay. Detailed instructions regarding entries will be available at www.directathletics.com. Any questions regarding entry instructions should be e-mailed to support@directathletics.com or coachyen@gmail.com.

Entry Fee: The entry fee will be $175.00 per team, $350 for both a men's and women's team. Teams can make checks payable to: **Nazareth College Track & Field.**

Entry Deadlines: All entry deadlines will be posted on www.directathletics.com. Entries will close at 12:00pm (eastern) on Wednesday, April 17th and will be strictly adhered to. No declaration is necessary. You will receive a summary of your entries and performance list by 4pm via Dave Yendrzeski of Yen Timing and coaches can make any corrections of errors up until 10am on Thursday, April 18th by e-mailing Dave at coachyen@gmail.com. At 12:00pm on Friday, April 19th heat sheets will be e-mailed and posted to the championship.

The Facility: The facility was completed in 2002 and resurfaced in the summer of 2011. The track features a top of the line 8 lane 120' degree turn radius polyurethane track with two-directional long jump, pole vault and high jump capabilities. Wind gauges will also be utilized in all the sprints and jumps. The throwing facilities feature two separate full hammer / discus cages and the javelin is thrown off a mondo runway.

Timing: Fully automated Hy-Tek timing will be used and directed by Yentiming Services. Live results will be available throughout the meet at: http://live.yentiming.com

Check-in: All track athletes MUST check-in **at least 30** minutes prior to the scheduled start of their event. Athletes are encouraged to check-in early if they know they will be running. Check-in will be at the large purple tent by the 100m start. Field event participants should report to their event starting area **at least 15** minutes prior to the scheduled start.

Warm-Up Area: Athletes will be able to warm-up prior to their competition on the turf field adjacent to the track, behind the 100m starting line.

Rules: We will follow all NCAA rules and Empire 8 Championship procedures. Absolutely no gum inside the fence! **Only athletes competing in an event and their coaches are allowed in the infield**. Please help us keep our stadium clean by cleaning up your teams area when you leave.

Scoring: We will follow Empire 8 scoring procedures.

Athletic Trainers: We will provide athletic trainers for the meet. The training room is located in the Stadium and an ATC will be on location.

Locker Rooms: Limited locker/shower facilities will be available in the Stadium and Shults Center. Please supply your own towels. Nazareth College is not responsible for lost or stolen items so please keep your valuables safe.

Spikes: Maximum spike length will be **¼ inch pyramids**. Judges and clerks will be spot checking shoes at check-in for each event.

Starting Heights: *Estimated starting heights. Subject to change based entries and what coaches would like to see the height progression go through to benefit the top performer.

Pole Vault:	(M) 3.05 / 10'0	(15 centimeters increments)
	(W) 2.15 / 7'0 ½	(15 centimeters increments)
High Jump:	(M) 1.65 / 5'5	(5 centimeters increments)
	(W) 1.32 / 4'4	(5 centimeters increments)

Implements: All implements will be weighed in at check-in, opening an hour and a half before the scheduled start of the women's shot / men's hammer at the facilities garage located next to the throwing field.

Awards: The meet champions for men and women will each be awarded a championship t-shirt for team members and one team trophy. The outstanding male and female track athlete and outstanding male and female field event athlete will also receive a trophy at the conclusion of the meet as voted by the coaches. Awards will be presented to the 1st and 2nd place finisher in each event distinguished as 1st team and 2nd team All-Empire 8. Also, the Rookie-of-the-Year (true freshmen) and Coaching Staff-of-the-Year will receive a certificate as voted by the coaches at the conclusion of the outdoor season. **During the meet the top two finishers will be able to pick-up their awards at the purple check-in tent following the posting of the official results.**

Advancement: We will advance the top 8 to the finals in all trial races and field events. Sectioned running events places will be determined by time and run fast to slow.

Eligibility: Empire 8 member institutions only. The meet will be conducted according to NCAA Track & Field and Empire 8 rules.

Results: Results will be posted after completion of each event on the concourse level of the Stadium (under the bleachers). Live results will be available throughout the meet at: http://live.yentiming.com. They will also be available at the conclusion of the meet on www.directathletics.com and at the Nazareth College championship website.

Parking: Parking will be available for buses, vans and spectators in the Stadium parking lot located next to the Stadium/Track Complex. Buses are asked to park in the back left portion of the Stadium parking lot, closest to the facilities building.

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SCHEDULE OF FIELD EVENTS *(top 8 advance to finals)*

TIME	EVENT	SECTION
9:00-10:00am	Implement Certification @ facilities building next to throwing field	---
10:30am	Hammer Throw (MEN) **women to immediately follow*	FINALS
	Shot Put (WOMEN) **men to immediately follow*	FINALS
11:00am	Long Jump (MEN) **women to immediately follow*	FINALS
	High Jump (WOMEN) **men to immediately follow*	FINALS
11:15am	Pole Vault (MEN) **women to immediately follow*	FINALS
1:00pm	Discus Throw (MEN) **women to immediately follow*	FINALS
	Javelin Throw (WOMEN) **men to immediately follow*	FINALS
3:00pm	Triple Jump (MEN) **women to immediately follow*	FINALS

SCHEDULE OF TRACK EVENTS *(top 8 advance to finals)*

TIME	EVENT	SECTION
11:30am	100 Meter Hurdles (WOMEN)	TRIALS
11:45am	110 Meter Hurdles (MEN)	TRIALS
12:00pm	100 Meter Dash (WOMEN)	TRIALS
12:15pm	100 Meter Dash (MEN)	TRIALS
12:30pm	3000m Steeplechase (WOMEN)	FINALS
12:55pm	3000m Steeplechase (MEN)	FINALS
1:10pm	4x100 Meter Relay (WOMEN)	FINALS
1:20pm	4x100 Meter Relay (MEN)	FINALS
1:30pm	1500 Meter Run (WOMEN)	FINALS
1:45pm	1500 Meter Run (MEN)	FINALS
2:00pm	110 Meter Hurdles (MEN)	FINALS
2:10pm	100 Meter Hurdles (WOMEN)	FINALS
2:20pm	400 Meter Dash (WOMEN)	FINALS
2:30pm	400 Meter Dash (MEN)	FINALS
2:40pm	100 Meter Dash (WOMEN)	FINALS
2:45pm	100 Meter Dash (MEN)	FINALS
2:50pm	800 Meter Run (WOMEN)	FINALS
3:00pm	800 Meter Run (MEN)	FINALS
3:15pm	400 Meter Hurdles (WOMEN)	FINALS
3:25pm	400 Meter Hurdles (MEN)	FINALS
3:40pm	200 Meter Dash (WOMEN)	FINALS
3:55pm	200 Meter Dash (MEN)	FINALS
4:10pm	5000 Meter Run (WOMEN)	FINALS
4:35pm	5000 Meter Run (MEN)	FINALS
4:55pm	4x400 Meter Relay (WOMEN)	FINALS
5:05pm	4x400 Meter Relay (MEN)	FINALS
5:30pm	Awards Presentation	---