

**Western Carolina University
Track and Field Invitational
@ Western Carolina University
Thursday/Friday April 15 - 16, 2010**

Meet Information

General Info – The meet will be an invitational meet open to colleges and universities, along with approved un-attached athletes.

Facility: The Western Carolina University facility is an 8-lane, 400 meter Beynon 1000 System. There are two PV/LJ/TJ runways with pits on either end. The facility also includes a 66' X 108' HJ apron, two Javelin runways, one shot put and discus area located inside the track and one hammer/discus area located directly beside the track. The facility has seating for approx. 1500 spectators.

Entries: Entries will be available online at www.slipstreamtiming.com or www.directathletics.com. Entries are due on Monday April 12, 2010 by 9:00pm. No entries will be accepted after this date. Coaches, please be honest and accurate with your entries so that all athletes will be able to compete to their best ability. Each school is allowed up to 6 entries in each individual event and 3 relays. Unattached entries must be emailed to dwilliams@email.wcu.edu no later than 5:00pm on Monday April 12, 2010.

Entry Fees: An entry fee of \$20.00 per athlete or \$150.00 per team. A team is 8 or more. Unattached athletes cost is \$20.00. The fee is an entry fee, not a competition fee: fees are based on the number of entries not the number that actually competes. Fee can be paid at packet pick-up. Make all checks payable to **Western Carolina University Track and Field. Cash will be accepted.**

Scratches or corrections (no additions): emailed to dwilliams@email.wcu.edu by Wednesday April 14, 2010 by 7:00pm. Please be diligent in reporting scratches to avoid empty lanes.

Packet Pick Up: Will be at the building at the finish line end of the Track on Thursday April 15 @ 6:00pm or Friday April 16, 2009 beginning at 10:00am.

Athlete Check-In: All running events will check in at the purple tent located outside of the Track at the High Jump end 30 min. prior to the start of their event, and then re-check-in at the start line of their event 5 min. prior to the start of the event. Field events will check in at the site of the event 30 min. prior to the start of the event.

Running Events: All running events will be sections vs. time, with the fastest sections running first.

Field Events: In the shot put, Hammer, Discus, Javelin, Long Jump and Triple Jump all athletes will receive four (4) attempts, and there will be no finals. Athletes with the best entered marks will compete against each other in the flights with the best flight going first. All marks will be measured.

Field Event Starting Heights: Will be determined after the close of entries.

Implement Weigh-In: Located in the building at the finish line end of Track (far left door). All Implements will be weighed in at one time. Hammers will be able to be carried to the hammer circle by athletes, but will be re-checked before competition begins. All other implements will be taken to the event area by the officials.

Sports Medicine: Athletic Trainers will be available, please bring any supplies necessary. Visiting athletic trainers will have access to the training area.

Warm-Up Area: Soccer Field located off the track beyond the High Jump Apron. Hurdlers will be able to warm up on the hurdles using only the 4 outside lanes.

****NO ATHLETES WILL BE ALLOWED ON THE INFIELD AT ANY TIME DURING THE MEET. COACHES WILL HAVE FREE ACCESS TO THE FACILITY AS LONG AS THIS IS NOT ABUSED.**

Contact Information concerning the Meet:

Danny Williamson – Head Coach (828) 227-2026 dwilliams@email.wcu.edu
Brandy Venable – Asst. Coach (828) 227-2027 bvenable@email.wcu.edu

****Heat/Flight Sheets and Final Time Schedule will be posted at www.catamountsports on the Track and Field page on Thursday April 15, 2010 by 3:00pm.**

2010 Western Carolina University Track and Field Invitational **Thursday/Friday April 15 - 16, 2010 – Tentative Meet Schedule**

Thursday April 15, 2010

6:30pm Women's 10,000m

7:15pm Men's 10,000m

Friday April 16, 2010 – Field Events

11:00am Javelin – Women
Hammer – **Men, Women to follow**
High Jump – **Men & Women**

12:30pm Pole Vault – Men
Long Jump – **Men & Women**

1:30pm Javelin – Men

2:30pm Pole Vault - Women

3:00pm Shot Put – Men
Discus – Women
Triple Jump – **Men & Women**

4:30pm Shot Put – Women
Discus - Men

Friday April 16, 2010 - Running Events

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|---------------|---------------------|-------|
| 2:00pm | 3000m Steeple Chase | Women |
| 2:15pm | 3000m Steeple Chase | Men |
| 2:30pm | 4 x 100m Relay | Women |
| 2:35pm | 4 x 100m relay | Men |
| 2:40pm | 1500m Run | Women |
| 2:50pm | 1500m Run | Men |
| 3:05pm | 100m Hurdle | Women |
| 3:15pm | 110m Hurdle | Men |
| 3:25pm | 400m Run | Women |
| 3:30pm | 400m Run | Men |
| 3:40pm | 100m Dash | Women |
| 3:45pm | 100m Dash | Men |
| 3:55pm | 800m Run | Women |
| 4:10pm | 800m Run | Men |
| 4:30pm | 400m Hurdles | Women |
| 4:40pm | 400m Hurdles | Men |
| 4:55pm | 200m Dash | Women |
| 5:05pm | 200m Dash | Men |
| 5:15pm | 5000m Run | Women |
| 5:40pm | 5000m Run | Men |
| 6:00pm | 4 x 400m Relay | Women |
| 6:05pm | 4 x 400m Relay | Men |