

WEBER STATE INDOOR INVITATIONAL

January 19-20, 2018

We are very happy to invite you to the 25th Annual Weber State University Developmental Indoor Track and Field Meet. The meet will be held in the Stromberg Health and Physical Education Center on Friday-Saturday, January 19-20, 2018. The field events will be competed on Friday beginning at 4:30pm and the track events will be competed on Saturday beginning at 9:00am.

MEET INFORMATION AND ENTRY INSTRUCTIONS

- 1. Registration** - Entries will be through www.runnercard.com – Registration will close at 8:00pm on Thursday, January 18. Registration is \$4 per event and \$12 per relay. Individuals who register will need to pay online at the time of registration; a transaction fee will be included. Teams who register will need to pay by check or cash at the meet (checks made out to “Weber State Track & Field”).
- 2. Late Registration** – Registration on the day of the meet will be \$10 for the first event and \$4 for any additional events. Late registration will take place at the bullpen.
- 3. Seeding** – We will seed the events based on the marks entered at registration. All heats will be seeded with the top athletes in the first heats. All flights in the field events will be seeded with the top athletes in the final flight.
- 4. Bullpen** – Athletes should report to the bullpen 20 minutes prior to the start of their event. The bullpen will be located at the north end of the arena. Field event athletes should report to the field event for check in 20 minutes prior to the event.
- 5. Entrance and Parking** – Entrance both days is at the south, lower level doors near the soccer field. Parking for buses and cars in the in the lot west of the football stadium.
- 6. Spectators** – Admission will be \$5 for all spectators (14 and older). Coaches will not be charged.
- 7. Results** – Results will be posted at the meet and will be available online at www.runnercard.com at the conclusion of the events.
- 8. Starting Heights** – Starting Heights and progressions will be as follows:
 - Girls Pole Vault – 6’06, 7’06, 8’06, 9’06, 10’06, 11’06, 12’00, 12’06, etc.
 - Boys Pole Vault – 9’06, 10’06, 11’06, 12’00, 12’06, 13’00, etc.
 - Girls High Jump – 4’02, increase by 2”
 - Boys High Jump – 5’04, increase by 2”*All Shot Put and Long Jump marks will be measured (no minimum marks)
- 9. Awards** – T-shirts will be awarded to the top 3 finishers in each event and the top team in the relays.
- 10. Spikes** – We have been given permission from the Stromberg Arena to allow the use spikes (1/4” pyramid) on Friday in the jumping events (High Jump, Long Jump, Pole Vault). **However, No Spikes will be allowed in the arena on Saturday** because of quantity of athletes and the risk of damage to the basketball courts. Please remove the spikes from your shoes prior to entering. We will check shoes at the bullpen and starting line.
- 11. Facility Regulations** – No food or drink will be allowed in the arena (other than water). Due to fire code, coaches and athletes will not be allowed on the suspended track or on the connecting walkway. Coaches: Please make sure your athletes are aware of these rules.
- 12. Shoe/Shirt Sale** – Running shoes, spikes, and Weber State t-shirts will be for sale at a discounted price.
- 13. Contact:**
 - Corbin Talley
 - 801-580-8713
 - corbintalley@weber.edu

SCHEDULE OF EVENTS

Friday, January 19

- 4:30pm Boys & Girls Shot Put: Trials and Finals (Two Rings)**
- 4:30pm Girls Long Jump: Trials and Finals (Boys to Follow)**
- 6:30pm Girls High Jump (Boys to Follow)**
- 6:30pm Pole Vault (Girls begin at 6'06, Boys join at 9'06)**

Saturday, January 20

NO SPIKES ALLOWED

Meet begins at 9:00am – Events will proceed in the following order:

Girls Run First in All Events

- 9:00am 55m Hurdles**
- 55m Dash**
- 3200m Run**
- 55m Hurdles Finals (1 Heat - Top 6)**
- 55m Dash Finals (1 Heat - Top 6)**
- 400m Dash**
- 800m Run**
- 200m Dash**
- 1600m Run**
- 4 x 400m Relay**
- 4 x 800m Relay**