



TRACK & FIELD

Plex Shootout
February 8, 2020
Tom & Helen Flynn Complex, Alvernia University
455 St. Bernardine Street
Reading, Pennsylvania 19607

- SCORING:** No Team Scores
- TIMING & RESULTS:** Fully Automatic Timing provided by MAC-FAT LLC (macfat.net)
- TEAM ENTRY FEE:** \$300.00 per team/gender or \$20 per individual athlete up to 15 athletes
Make checks payable to Alvernia University
- ENTRY DEADLINE:** Via Direct Athletics by 11:00pm Tuesday, February 4, 2020
- ENTRY LIMITS:** **This meet is by invitation only.** If you are interested in attending this meet contact Tim Hartung at timothy.hartung@alvernia.edu.
- Field Event Sizes will be capped at 3 entries/team**
- Minimum Marks – only legal marks will be measured**
LJ – 5.60/4.50
TJ – 11.60/9.45
- UNATTACHED:** Entries will be reviewed on a case-by-case basis to determine acceptance into meet. Contact Tim Hartung at timothy.hartung@alvernia.edu with all questions. To enter meet, please email *NAME, AGE, EVENT(S), PERFORMANCE MARK(S)*
- FACILITY:** 6 lane (8 lanes on home straight) Mondo Super-X 720 track surface; plywood throwing circles
1 Jump Runway (outside of track) – 5 boards, 24' 28' 32' 36' 40' selection based on entries
1 PV Runway (outside of track)
2 Throwing Circles (inside of track)
1/4 PYRAMID SPIKES ONLY - NO TAPE
Spike check upon check-in for event
CHALK ONLY ON SURFACES
(Chalk will be provided)

CHECK IN:

RUNNING EVENTS: Athletes must check in with the Clerk before final call of the event. Final call will be approximately 15 minutes prior to the start of the event. A spike check will be completed at this time. There will be no formal scratching of student-athletes, those who do not check in will be considered a scratch. We will not announce those who have not checked in, checking in is the responsibility of the student-athlete. After final call all checked in athletes will be seeded and lanes assignments will be communicated by the clerk to the athletes.

FIELD EVENTS: Check in at the event site 60 minutes prior to the start of the event.

IMPLEMENT CERTIFICATION:

Certification will be open approximately 60 minutes prior to the start of the first event and continue until up to 15 minutes prior to the first event. The implement certification area is located near the throw circles. All implements will be certified with officials prior to the start of each event and then collected and available at the beginning of each event. Please have your implements picked up after completion of the event.

WARM-UPS:

We ask that all warm-up activities take place outside the track or on the backstretch/turns when possible.

SPORTS MEDICINE:

A licensed athletic trainer will be available for the entire track and field meet. The first aid station will open on the main track level of the Flynn PLEX one hour prior to the start of the first event and will be closing the first aid station about 30 minutes after the end of the last event.

There will be no modalities available other than ice bags to visiting athletes. Pre-existing injuries will not be evaluated. Only acute issues will be addressed during the meet. Please send a list of the athletes' names with any specific instructions 24 hours prior to the meet via e-mail to JohnAnthony.Rossi, MS, LAT, ATC (johnanthony.rossi@alvernia.edu) and we ask that teams bring their own taping or wrapping materials.

Ice bags and emergency supplies will be available in the Flynn PLEX for the duration of the track meet. The athletic training staff will activate EMS in the case of an emergency. Tower Health is our primary hospital for emergency trauma care and Penn State Health St. Joseph is our primary hospital for non-trauma related injuries.

SAFETY & SPECIAL REQUESTS:

- Spike length and shape are subject to inspection. If an athlete is found to be using anything other than 1/4" pyramid spikes, his/her performance will not be published in the results.

TIME SCHEDULE:

Saturday, February 8, 2020

8:00am Facility Opens

FIELD EVENTS (9 to finals)

9:30am Men's Long Jump, Women to follow
Men's Pole Vault, Women to follow
Men's High Jump, Women to follow
Men's Shot Put
Women's Weight Throw

~1:30pm Men's Triple Jump, Women to follow
Women's Shot Put
Men's Weight Throw

TRACK EVENTS (Men then Women, 8 to Finals)

10:00am 5000m
DMR
60mH (prelim)
60m (prelim)
Mile
400m
60mH (finals, if necessary)
60m (finals, if necessary)
800m
200m
3000m
4x400m