



**UNIVERSITY OF FLORIDA
FLORIDA INTERCOLLEGIATE OPEN MEET
STEPHEN C. O'CONNELL CENTER
GAINESVILLE, FL
SUNDAY, JANUARY 15TH, 2006**

SCHEDULE OF EVENTS:

FIELD EVENTS:

11:00 AM	20lb Weight Throw (women – contested outside) Men to follow
11:00 AM	Long Jump (women) Men to follow
12:00 PM	Pole Vault (women) Men to follow
	High Jump (women and men)
4:00 PM	Shot Put (women) Men to follow
4:30 PM	Triple Jump (women) Men to follow

RUNNING EVENTS:

10:30 AM	5000 (women)
11:00 AM	5000 (men)
12:30 PM	55m Hurdles (trials) (men)
12:55 PM	55m Hurdles (trials) (women)
1:20 PM	55m (trials) (men)
1:40 PM	55m (trials) (women)
2:05 PM	55m Hurdles (FINALS) (women)
2:20 PM	55m Hurdles (FINALS) (men)
2:30 PM	55m (FINALS) (women)
2:40 PM	55m (FINALS) (men)
2:55 PM	Mile (women)
3:10 PM	Mile (men)
3:25 PM	400m (women)
3:50 PM	400m (men)
4:15 PM	3000m (women)
4:30 PM	800m (women)
4:45 PM	800m (men)
5:00 PM	200m (women)
5:30 PM	200m (men)
6:00 PM	3000m (men)
6:15 PM	DMR (women)
6:35 PM	DMR (men)
6:50 PM	4 x 400 Relay (women)
7:10 PM	4 x 400 Relay (men)

FACILITY:

- Track: 200m polyurethane track; 6-42” lanes on oval, 82’ radius makes the track one of the fastest in the U.S.; 9-42” lanes on the straight
- Field Events: The long jump, triple jump and pole vault runways are a mondo board surface.
- Maximum length of spikes: ¼”

CONDUCT OF MEET:

- 55m and 55m Hurdles: Trials and finals will be conducted.
- 200m and 400m: The top 16 athletes will be seeded in lanes 3-4-5-6. The remaining athletes will use all lanes.
- All other running events will be seeded and conducted as finals, in sections against time if more than one section required.
- In the long jump, triple jump, shot put and weight all participants will be allowed 3 trials with the top 9 marks advancing to the finals.

RULES/ELIGIBILITY:

- Events will be conducted under NCAA rules. All athletes representing intercollegiate programs must be eligible according to respective NCAA rules.

ENTRY INFORMATION:

- 1) \$20.00 per athlete entered (max \$250 per team/\$500 both). Entry fees must be paid at packet pick-up. Make checks payable to “**University Athletic Association**”
- 2) **Entry information is enclosed. All entries must be submitted through Direct Athletics. No PHONE or FAX entries will be accepted for collegiate teams. If you need your username and password, please e-mail Dave Stelnik at dave@directathletics.com**
- 3) **Entries are due by Thursday, January 12th, 2005 at 12:00PM (Noon).**

UNATTACHED COMPETITORS

- **Enter by fax (352) 373-1432 – Type your full name, address, phone number, events and P.R.**

PACKET PICK-UP:

- At GATE 3 of O’Connell Center

ATHLETE CHECK-IN:

- Athlete check-in and staging area will be at Gate 1.
- Athletes must check in one hour before scheduled event time.

FOR MORE INFORMATION:

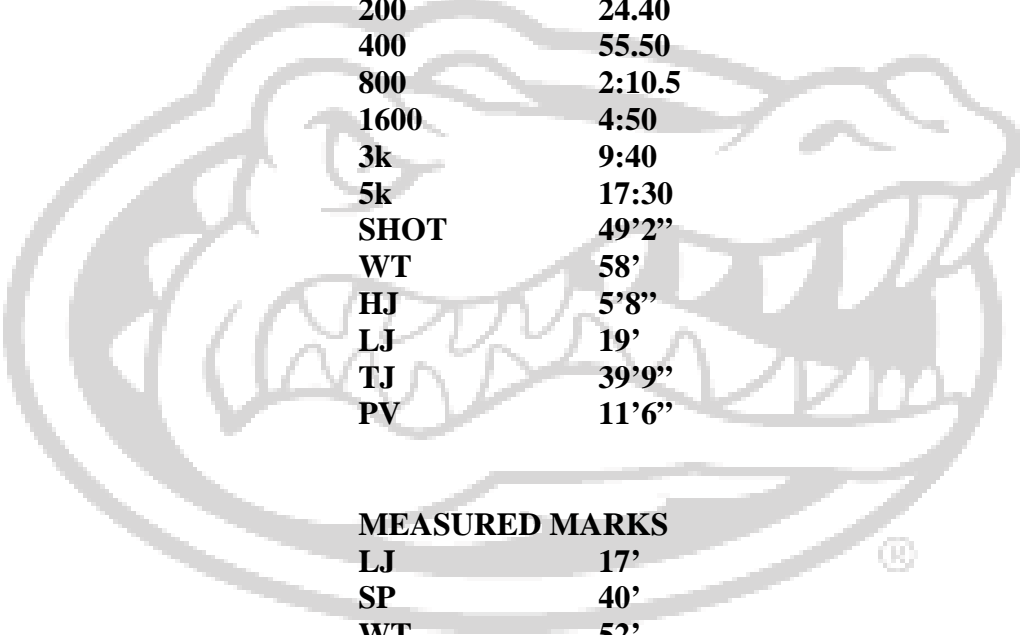
Men

Sprints and Hurdles -	Mike Holloway	352-375-4683 ext. 4458	mouse@gators.uaa.ufl.edu
Field Events -	Dan Pfaff	352-375-4683 ext. 4460	danp@gators.uaa.ufl.edu

Women

Sprints and Hurdles -	Tom Jones	352-375-4683 ext. 5504	tomj@gators.uaa.ufl.edu
Field Events -	Steve Lemke	352-375-4683 ext. 5548	stevele@gators.uaa.ufl.edu
Distance-	Jeff Pigg	352-375-4683 ext. 5549	jeffp@gators.uaa.ufl.edu

OPEN ATHLETE STANDARDS FOR WOMEN ONLY:



55m	6.95
55Hur	8.50
100H	14.40
200	24.40
400	55.50
800	2:10.5
1600	4:50
3k	9:40
5k	17:30
SHOT	49'2"
WT	58'
HJ	5'8"
LJ	19'
TJ	39'9"
PV	11'6"

MEASURED MARKS

LJ	17'
SP	40'
WT	52'
TJ	36'6"

STARTING HEIGHTS

PV	10'0"
HJ	5'2"