

ASU Invitational
Track and Field Meet

- Date:** Friday/Saturday January 27 and 28
- Site:** Arkansas State University Convocation Center
- Entries Open:** Monday, January 9– ONLINE ENTRIES ONLY
- Entry Deadline:** Tuesday, January 24. Noon is the deadline for final roster/entry changes. No one may be added to events after this time.
- Registration:** Entries will be done online at <http://www.directathletics.com>. Use the same user name and password as last year. If you do not have one, click on the meet that you want to attend and follow the instructions to set up your roster.
- Entry Fee:** \$300 per school or \$600 for a combined men's and women's program.
ENTRY FEES MUST BE PAID AT THE MEET
- Entry Limits:** For teams under 10 athletes, it will be \$30.00 per athlete
Only the top 20 entrants will be accepted for the horizontal jumps. Marks must be verifiable within one year from the date of competition.
INVITED TEAMS ONLY, THIS IS NOT AN OPEN MEET
NO UNATTACHED ATHLETES UNLESS AFFILIATED WITH TEAMS OR HAVE RECEIVED PRIOR APPROVAL. Schools who have unattached athletes are welcome to compete but must be entered under school account.
- Heat Sheets:** Heat Sheets will be posted under the red entrance. Results will be posted online after the event at www.halfmiletiming.com.
- Scoring:** This is a non-scoring meet. We can dual score the meet for those needing.
- Training Room:** ASU Trainers will be available on site. Space will be provided for other institution's trainers as well.
- Horizontal Jumping Events:** Field sizes will be limited to the top 20 verified marks. Each competitor will receive a measurement on the first fair jump. After that, a minimum mark of 6.5m for the men and 5.0m for the women will be required for measurement. Minimums for TJ are 13.5m for men and 10.5m for women
- Vertical Jumping Events:** STARTING HEIGHTS:
Men's High Jump – 6'2" (1.88m)
Women's High Jump – 5' (1.53m)
Men's Pole Vault – 14'6 (4.42m)
**A second warm up will be provided for those starting over 16' (4.90m)
Women's Pole Vault – 10'6 (3.20m)
**A second warm up will be provided for those starting over 12' (3.70m)
- Throwing Events:** There will be a 3 throw preliminary with the top 8 throwers advancing to the final. Each competitor will receive a measurement on the first fair throw. After that, a minimum mark of 13.70m (shot) 15.00m (weight) for the men and 11.60m (shot) 14.00m (weight) for the women will be required for measurement.
- Contact:** Jim Patchell- Head Track and Field Coach
Office: 870-972-3350 Email: jspatchell@astate.edu

ASTATE Invitational (Tentative Schedule) January 27 and 28, 2017

Friday

Field Events

4:00 PM Men's Weight Throw
 (Women to Follow)
 Mens Long Jump
 (Women to Follow)
 Men's Pole Vault

Running Events

6:00 PM Men's 200m
6:15 PM Women's 200m
6:45 PM Mens 5000m
7:05 PM Womens 5000m
7:30 PM Mens 3000m

Saturday

Field Events

11:00 AM Women's Triple Jump
 Men's Triple Jump to follow
 Women's Triple Jump

12:00 PM Women's Pole Vault
 Men's Shot
 Women's Shot to follow

 Women's High Jump
 Men's High Jump to follow

Saturday Running Events

(Rolling Schedule for the morning events)

11:30 AM Men's 55m Hurdles PRELIMS
 Women's 55m Hurdles
 PRELIMS
 Men's 55m Dash PRELIMS
 Women's 55m Dash PRELIMS

1:45PM Womens 3000m

2:00 PM Men's 55m Hurdles FINALS

2:10PM Women's 55m Hurdles
 FINALS

2:20PM Men's 55m Dash FINALS

2:30PM Women's 55m Dash FINALS

2:40PM Men's Mile

2:50PM Women's Mile

3:00PM Men's 400m Dash

3:15PM Women's 400m Dash

3:40PM Men's 800m

3:55PM Women's 800m

4:30PM Mens Distance Medley

4:45PM Womens Distance Medley

5:00PM Men's 4x400m Relay

5:10PM Women's 4x400m Relay