

Air Force Holiday Open

INDOOR TRACK & FIELD MEET

Friday, December 9, 2016

US Air Force Academy
Cadet Field House

(open to any male or female athlete)

Please NOTE: Event competition will NOT be age-graded, i.e., all participants will compete with NCAA-weighted implements, hurdle heights and NCAA competition rules.

ENTRY INFORMATION

Individuals, Open, unattached (incl. college "redshirts")

- Go to www.directathletics.com to register individually;
- You may register anytime up until the entry deadline of 11:59 p.m., Wednesday, December 7;
- You will be required to pay online using credit card; entry fee is **\$10.00** per individual per event.
- **No entries will be accepted by phone or by fax at anytime.**
- **Late entries will be charged a \$20.00 per event late entry fee.**

College, University Teams

- Go to www.directathletics.com to register your team;
- Use "estimated" (speculative) performance since this is the first meet of the 2015 season for most competitors;
- If you have individuals associated with your program who are either:
 - (a) *redshirting* for 2016-17 indoor season, or
 - (b) post-graduate competitors, they must register individually at www.directathletics.com;
- College/university teams may pay when you arrive at Cadet Field House on Friday;
- Entry fee is **\$10.00** per individual per event on your team (maximum of \$250.00-men's team + \$250.00 – women's team = \$500.00).
- Make checks payable to AFAAC.

All entries must be received at www.directathletics.com by 11:59 pm, Wednesday, December 7.

Any questions? Call our office at (719) 333-2173 or e-mail us at ralph.lindeman@usafa.edu

SCHEDULE OF EVENTS

Field Events

3:00 pm W's Weight Throw (20#)
4:00 pm M's Pole Vault (13'7¼")
4:00 pm W's Long Jump
4:00 pm M's Long Jump
4:00 pm W's High Jump (4'11")
after W's WT: M's Weight Throw (35#)
after W's LJ: W's Triple Jump
after M's LJ: M's Triple Jump
after W's HJ: M's High Jump (5'10¾")
after M's PV: W's Pole Vault (10'11¼")
after M's WT: W's Shot Put (16#)
after W's SP: M's Shot Put (4kg)

Track Events

5:00 pm W's Mile Run
~5:12 pm M's Mile Run
~5:20 pm W's 60 Hurdles (33")
~5:30 pm M's 60 Hurdles (42")
~5:40 pm W's 500 meters
~5:50 pm M's 500 meters
~6:10 pm W's 60 meters
~6:20 pm M's 60 meters
~6:30 pm W's 1000 meters
~6:40 pm M's 1000 meters
~6:50 pm W's 300 meters
~7:05 pm M's 300 meters
~7:20 pm W's Mile Relay
~7:30 pm M's Mile Relay

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Technical Information

- **Parking**—enter USAFA at the North Entrance (exit 156B from I-25); drive west on North Gate Drive and follow signs to the Cadet Field House. Park on the east side of the Field House and enter through double doors on the East side of the building.
- **Registration**—entry fees for collegiate teams may be paid at the Registration Table near the East entrance to the Field House.
- **Weigh-ins**—will be done one hour prior to the start of each throwing event at the equipment room door.
- **Warm-up**—may be done (a) outside, (b) in the “active warm-up area” on the East end of the infield, or (c) on the backstretch of the track. Throwers may warm-up at the “Net” in the NE corner of the Field House.
- **Check-in**—for field events: 30 minutes prior to the event, or as soon as the previous event in that area is completed; for track events: as soon as the previous event has started, behind the starting line for the event.
- All races will be run as finals—there are **no qualifying rounds**.
- All events will be run using NCAA rules—the **No False Start** rule will be enforced; hurdle heights & spacing, shot and weight regulations will be per NCAA (IAAF) regulations and specs.
- All races will use **Fully Automatic Timing** (*FinishLynx*).
- All competitors in the **horizontal jumps** and **throws** will receive four (4) efforts only.
- **Starting heights:**
 - Women’s High Jump: 1.50m (4’11”); bar raised at 5 cm increments;
 - Men’s High Jump: 1.80m (5’10¾”); bar raised at 5 cm increments;
 - Women’s Pole Vault: 3.35m (10’11¾”); bar raised at 15 cm increments;
 - Men’s Pole Vault: 4.15m (13’7¼”); bar raised at 15 cm increments.
- Men’s **Triple Jump take-off board** is 41’0” from pit; women’s Triple Jump board is at 34’0”; Alternate, i.e., taped boards will not be allowed.
- Only tape may be used to mark checkmarks on runways. Do not use chalk!
- There are no awards.
- **Results**—will be posted on bulletin board at SW corner of Field House; “live results” will be uploaded after each event is scored; results will also be available online at www.goairforcefalcons.com shortly after the conclusion of the meet.