



AIR FORCE COMBINED EVENTS

Indoor Men's Heptathlon, Women's Pentathlon

U.S. AIR FORCE ACADEMY / Cadet Field House
Thursday-Friday, January 18-19, 2018

ADVANCE INFORMATION

FACILITY

Cadet Field House at the US Air Force Academy (elevation: 7048'). 6 laps/mile (268m) *Proturf* polyurethane surface; eight (8) 42" lanes on the straight, six (6) 36" lanes on the oval. See NCAA website for 2017 conversions of qualifying standards, which include indexing for both altitude and track size. High jump apron, Horizontal jump and pole vault runways are also polyurethane; throwing ring is wood. **(NOTE: 1/4" or shorter spikes are required and will be checked).**

ACCESS / SECURITY

Please enter USAFA at the North Entrance (I-25, exit 156) only. Every individual entering the base must be prepared to show a picture ID to the guard at the gate and designate their destination as the Cadet Field House for indoor track meet. Each person should have picture ID with them at all times (except during their competition).

ENTRY PROCEDURE

The *Air Force Combined Events* (Men's Heptathlon, Women's Pentathlon) are open to any individuals representing an NCAA or NAIA 4-year collegiate institution.

All entries must be submitted via e-mail to ralph.lindeman@comcast.net NLT 11:59 p.m., Tuesday, January 16. If you enter prior to Friday, January 12, please send an e-mail confirming your intent to participate

Entry fee is \$25.00 per competitor, (except for competitors from BYU, Colorado State, and Wichita State, who will not be subject to entry fee) and is payable on Thursday at Check-in. Checks should be made payable to "AFAAC."

TRAINERS

Air Force Academy athletic trainers will be stationed in an auxiliary training room on the track level (near SW stairwell/Men's restroom). Other institution's trainers may set up in this facility as well.

TECHNICAL INFORMATION

CHECK-IN

Check-in behind the scoring table on the mezzanine-level of the Field House overlooking the Indoor Track

WARM-UP

Early warm-up (jogging & stretching) can be done on the upper concourse, i.e., around the hockey and basketball arenas, or outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the *FieldTurf* surface. Throwers may warm-up on the practice ring in the NE corner of the track.

RULES

NCAA rules will be used in all cases. Fully Automatic timing (*FinishLynx*) will be used for all races.

RESULTS

Results of each event will be posted on the bulletin board in the SW corner of the Field House (track-level) and a scoring spreadsheet will be distributed to coaches after each event. Final results will be posted to the Air Force Academy athletic department website at <http://www.goairforcefalcons.com>, as well as on www.TFRS.com shortly after completion of the event

EVENT SCHEDULE

Thursday, January 18

1:00 pm	Men's	Heptathlon	60 meters
1:15 pm	Women's	Pentathlon	60m Hurdles
~1:40 pm	Men's	Heptathlon	Long Jump (2 runways)
~1:55 pm	Women's	Pentathlon	High Jump (2 pits)
~2:45 pm	Men's	Heptathlon	Shot Put (2 rings)
~3:45 pm	Women's	Pentathlon	Shot Put (2 rings)
~3:45 pm	Men's	Heptathlon	High Jump
~4:45 pm	Women's	Pentathlon	Long Jump (2 runways)
~5:45 pm	Women's	Pentathlon	800 meters

Friday, January 19

11:00 am	Men's	60m Hurdles	Heptathlon
~11:45 am	Men's	Pole Vault (2 pits)	Heptathlon
~2:00 pm	Men's	1000 meters	Heptathlon