



Grand Valley State University

Indoor Track Meets-*Kelly Family Turf Building*

1 Campus Dr. Allendale, Michigan 49401

- Track:** 300m Mondo Super-X 14mm Surface
Aluminum Curbing
6 Lanes on the Oval
9 Lanes on the Sprint straight
- Running:** 60m Dash and 60m Hurdles will have prelims and finals
Two heat finals. Top 9 times in fast heat, the next 9 fastest in the 2nd heat
All others events are timed finals
- Jumping:** Mondo rubber surface- Two pits (*East & West*)
LJ: Wood board at 8' from pit
TJ: Wood boards at 32' and 40' from pit. Taped boards TBA.
December meet will have 4 jumps and the rest of the meets will have prelims and finals
PV: 2 Raised runways on turf. Opening heights are TBA. (low pit/high pit)
Fields will be split in two with both women's sections jumping 1st men to follow
HJ: One pit with mondo take-off area with some approach on the track
Right approach over 107' and a left approach over 52' must start on the track
- Throws:** Cement circle with cage for the weight throw. Wood circle for shot-put on the turf.
Three throws with the top 8 throwers to finals
Weigh-in will be in the NW Corner of the LTB one hour prior to the event.
- Timing:** Finish Lynx
Large video board with results and live video
- Locker Rooms:** Lockers and showers available, bring your own towels and locks
- Food Services:** Team food will be stored in the East classroom marker "Team Food".
NO FOOD WILL BE ALLOWED ON THE TURF OR TEAM CAMP AREA.
Concession stand are located upstairs.
- Parking:** Buses can drop off in front of the LTB and will park in lots F and G across from the LTB entrance marked Team Parking.
- Spikes:** ¼ Spikes are the longest. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, the training room, locker rooms, or classrooms.
- Results:** Will be posted across from the concession stand upstairs and on track level underneath the stairs.
SID's can contact Tim Nott at sports information office @ (616) 331-3275 for additional results.
- Admission:** \$7 for all spectators. NO SPECTATORS ON TRACK LEVEL! Standing room around the railing or in the main bleachers only. NO ATHLETES IN THE BLEACHERS.

Entry Procedure:

Teams and individuals wanting to enter must register online through www.directathletics.com

No entries via fax, e-mail, Hy-Tek File, or phone will be accepted.

If you are entering yourself into the meet as an unattached individual athlete, you must create an INDIVIDUAL or "RED SHIRT" athletes must register on their own via www.directathletics.com.

Final Entries are due via DA the Wednesday prior to meet at midnight.

BIG MEET entries will be due Tuesday Feb 7th at midnight.

Scratches ONLY will be taken day of at the SCRATCH TABLE.

Entry Fee: All Meets **\$250 per team, Men and Women combined is \$500**

Feb 10-11 **\$350 per team, Men and Women combined is \$700**

A Team is any school with 14 or more athletes.

(All Meets) \$20 Per individual, Additional \$5 for each event over one. Max \$250 per team

(Feb 10-11) \$25 Per individual, Additional \$5 for each event over one. Max \$350 per team

NO DAY OF WALK-UPS. *Any athlete registered in the same event on different days will be charged an additional \$20 per event above team entry fee.

Enrolled Grand Valley Students with valid ID's are free if entered by deadline. Enter and pay on-line and you will get reimbursed when you pick your bib number.

Packets/Heat Sheets/Results:

Packets/Bib Numbers can be picked up in the ticket booth as you walk in on the concourse level.

Scratches will be taken at the timing booth up to 30 minutes prior to the beginning of running

Heats will be seeded right after scratches are made and posted 30 minutes before running begins.

Results will be posted both on the track level and on the window next to the concessions stand.

Warm-up/Team Camps:

Make all team camps on the turf inside the hurdles and cones. Keep a jogging oval around the team camps open for warm-ups and cool-down. No food on the turf!

Access to the track level will be restricted to coaches, athletes, trainers, managers, and officials.

NO ATHLETES IN THE UPPER BALCONY BLEACHERS!

