



OUTDOOR TRACK MEETS

- Track:** Laker Track and Lacrosse Stadium: 400m Laker Blue Beynon surface.
Opened spring 2012 equipped with new HJ/PV Pits, Hurdles, Blocks
- Timing:** Finish Lynx timing hooked up to new scoreboard with 8 lane results readout.
- Throws:** Located next to track with new cage and all weather javelin runway.
Laser measuring device for hammer and discus will speed long throws.
Weigh-in will take place in the equipment shed next to throw cage.
- Entry Fee:** \$250 Per Team, men and women's combined is \$500.
10 or more athletes are considered a team.
\$25 Per individual paid on Direct Athletics with a credit card.
NO DAY-OF WALK-UPS. 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.

Entries due via Direct Athletics before the meet by the following dates:

SVSU Dual- Thursday March 29th by midnight

Al Owen Classic- Wednesday April 18th by midnight

2nd to Last Chance/Last Chance- Wednesday May 9th by midnight

- Food:** Team food will be stored under the West pavilion between the west turf fields
NO FOOD WILL BE ALLOWED ON THE TURF OR TEAM CAMP AREA.
Concession stand is located under the press box.
- Parking:** Buses and team vans can drop off in front of the East Soccer fields.
- Spikes:** ¼ Spikes are the longest. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, the training room, locker rooms, or classrooms.



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 underneath the press box.

Warm-up/Team Camps:

Make all team camps on the turf field outside the track just west of the stadium. The west turf fields are for all warm-ups, drills, and cool downs. There will be no warm-ups, drills, or cool downs inside the track. No food on any of the turf! Access to inside the track will be restricted to coaches, athletes, trainers, managers, and officials.

NO ATHLETES IN THE MAIN STRAIGHT AWAY BLEACHERS

