



# Grand Valley State University

## 2008-2009 Indoor Track Meets

- 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 2<sup>nd</sup> 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: Raised runway on turf. Opening heights are TBA  
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:** 1/4<sup>th</sup> Spikes are the longest. No Christmas Trees 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:** \$5 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:

Contact meet manager lou andreadis with any questions or requests. Download either the Hy-Tek Events File or the MS Word Entry Form from our website. Entries in an e-mail format will not be accepted. Either fax the MS Word Entry form or e-mail the Hy-Tek entries file to me.

**Entries are due the Tuesday prior to @ 6PM.**

Hy-Tek meet entries are preferred, Email for events file or download of website.

lou andreadis [ANDREADL@gvsu.edu](mailto:ANDREADL@gvsu.edu) Phone:(616) 331-3042

Or Fax entries to:

lou andreadis (MEET DIRECTOR) at **(616) 331-3232**

**Entry Fee:** All Meets **\$200 per team, Men and Women combined is \$400**  
Jan 13-14 **\$250 per team, Men and Women combined is \$500**  
DII Challenge **\$125 per team, Men and Women combined is \$250**  
*Unattached runners welcome at all meets except DII Challenge*  
*Unattached Entry Fee \$15 Pre-Registered, \$20 Walk-ups*  
*GVSU Students are FREE if registered by the dead line.*

## 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!**

