

JAYHAWK INDOOR OPEN



January 31, 2010

Held at Anschutz Pavilion/
Bill Easton Track.

Entry Information

This meet is open to all athletes, including high school athletes and younger, club teams and open runners. Please complete entries online at www.directathletics.com by 12 Noon (CST) on Thursday, January 21, 2010. Entry fee is \$10 per athlete. Please direct all online entry questions to support@directathletics.com. A final entry list will be posted on www.kuathletics.com by 5pm (CST) January 22nd. There are no entry standards, so please be honest with seed marks so that flights and sections can be put together fairly. Prelims will be run in the 60m dash and the 60m hurdles only. The top 8 preliminary times will advance to the final. All other events are timed section finals. Please make entry fee checks payable to "Jayhawk Track." Entry fees must be paid at the time of packet pickup. Club entries are welcomes, as are individual and unattached athletes.

Packet Pick up

Packet pick up begins at 11am on Sunday, January 31st at the meet headquarters area, which is by the starting line on the West side of the track.

Check In

Track Athletes must check in with the clerk of the course at the starting line of their event 20 minutes prior to their event.

Field events will have their own Head Official. Field event athletes will need to check in with the head official of their event, at the event area, 30 minutes prior to the start of their event. Weigh-in for the shot put is two hours before the competition at the competition site.

Results

Unofficial results will be posted after each event on the West wall of Anshutz Pavilion. Complete results will be available after the meet at <http://kuathletics.com/sports/c-track-body.html>.

Rules

NFHS rules will be in effect unless otherwise noted. This is not a NFHS sanctioned event; you may not compete in high school uniform or under you high school's name. Please do not use spikes longer that ¼ inch. Boys will throw the 12lb shot and girls will use the 4k shot. Athletes will throw from a 40 degree sector. Pole vault weight verification forms are required for all pole vaulters.

Awards

Jayhawk medals will be awarded to the top three finishers in each event. Awards can be picked up at the meet information table near the finish line on the West side of the Track.

Schedule

Running Events

60m Hurdle Prelims	Girls/Boys
60m Dash Prelims	Girls/Boys
Mile Run	Girls/Boys
600yd Run	Girls/Boys
200m Dash	Girls/Boys
800m Run	Girls/Boys
400m Dash	Girls/Boys
3000m Run	Girls/Boys
60m Hurdle Finals	Girls/Boys
60m Dash Finals	Girls/Boys

Field Events

Long Jump	Girls(south runway)/ Boys(north runway)
Triple Jump	Boys(north runway)/Girls(south runway)
Shot Put	Boys(north runway)/Girls(south runway)
High Jump	Girls(south runway)/ Boys(north runway)
Pole Vault	Boys(north runway)/Girls(south runway)

Track and Field events will start at 1pm and will follow a rolling schedule. The Girls horizontal runway is located at the south end of Anschutz Pavilion. The Boys horizontal runway is located at the north end of Anschutz Pavilion.

Driving Directions

Follow the red line into the parking lot just north of Anschutz Sports pavilion. Anschutz is West of Allen Fieldhouse.

From K-10: K-10 becomes 23rd Street in town. Take a right on to Naismith Drive (heading North) into campus. Take a left at the dead end at the top of the hill, then another left at the stop sign. Then turn left into the parking lot.

From I-70: Take the West Lawrence exit. McDonald Drive becomes Iowa Street (us 59 and Iowa are the same road). Take Iowa to 15th Street and take a left. After you are over the hill take your first right hand turn after Jayhawk towers. Go straight at the stop sign right into the parking lot.



Hotel Information

These Lawrence area hotels are active supporters of our Track & Field program.

Hampton Inn	785-841-4994
Holiday Inn Holidome	785-841-7077
Ramada Inn	785-842-7030
Best Western	785-843-9100
Quality Inn	785-842-5100

MARK YOUR CALENDARS

April 14-18, 2010, 83rd Kansas Relays

July 12-16, 2010 - Jayhawk Track & Field / XC Camp

Any meet inquiries should be done through email at mdonley@ku.edu

Sixth Annual JAYHAWK INDOOR OPEN

Sunday, January 31, 2010

Tentative Schedule

running events

60m Hurdle Prelims	Girls	1:00 pm
60m Hurdle Prelims	Boys	1:10 pm
60m Dash Prelims	Girls	1:25 pm
60m Dash Prelims	Boys	1:45 pm
Mile Run	Girls	2:15 pm
Mile Run	Boys	2:40 pm
600yd Run	Girls	3:10 pm
600yd Run	Boys	3:20 pm
200m Dash	Girls	3:35 pm
200m Dash	Boys	4:05 pm
800m Run	Girls	4:40 pm
800m Run	Boys	4:55 pm
400m Dash	Girls	5:20 pm
400m Dash	Boys	6:00 pm
3000m Run	Girls	6:35 pm
3000m Run	Boys	7:05 pm
60m Hurdle Finals	Girls	7:45 pm
60m Hurdle Finals	Boys	7:50 pm
60m Dash Finals	Girls	7:55 pm
60m Dash Finals	Boys	8:00 pm

field events

Long Jump	Girls	1:00 pm
Triple Jump	Boys	1:00 pm
Shot Put	Boys	1:00 pm
High Jump	Girls	1:00 pm
Pole Vault	Boys	1:00 pm
Shot Put	Girls	30 min after boys
High Jump	Boys	30 min after girls
Triple Jump	Girls	30 min after boys
Long Jump	Boys	30 min after girls
Pole Vault	Girls	60 min after boys

THIS IS AN APPROXIMATE SCHEDULE. BE PREPARED TO RUN AHEAD OR BEHIND THESE TIMES.