



# Michigan Women's Open

## January 7, 2012

### Meet Information

#### **Meet Site**

The Michigan Women's Open will be held at the U-M Indoor Track & Field Building. Located off S. State St., behind Yost Ice Arena and adjacent to the outdoor track & field complex (Ferry Field).

#### **Parking**

Parking will be available in the parking lot adjacent to the U-M Indoor Track Building.

#### **Packet Pick Up**

Packet pick up will be located in the southeast corner of the track & field complex, in the cage area.

#### **Coaches Hospitality**

Hospitality will be provided to coaches and will also be located in the southeast corner of the track & field complex, in the cage area.

#### **Entry Fee & Procedures**

1. All team entries will be done through DIRECT ATHLETICS. Entries open on December 12<sup>th</sup>. Entry Deadline is January 4<sup>th</sup> at midnight.
2. Team entry fees are \$100.00 per team.
3. Checks should be made payable to The University of Michigan Athletic Department
4. Changes / Additions will be allowed until 10:00 a.m. on the day of competition. There will be a \$25.00 fee per change!

### **Unattached Entries**

1. Entry fee is \$25.00. All unattached athletes are welcome to enter the meet. You must enter via DIRECT ATHLETICS and payment must be made online via credit card. Entry fees are per individual (unattached). No refunds will be given for any reason.
2. Payment must be made at the time of the online entry via a credit card or entry will not be accepted! Walk-in entries will not be accepted.

### **Final Entries / Heat Sheets / Results**

1. A descending order list will be posted on Thursday, January 5th after 12 p.m. for you to confirm your entries.
2. Heat sheets will be posted by 12 p.m. on Friday, January 6th. Heat sheets will also be in your packet during packet pick up.
3. Individual event results will be posted on the result boards in the track & field complex.
4. Final results will be available for the coaches upon the conclusion of the meet and will be posted on [www.mgoblue.com](http://www.mgoblue.com).

### **Time Schedule**

A copy of the tentative time schedule is enclosed. A revised schedule will be in your packet and posted on our official site, [www.mgoblue.com](http://www.mgoblue.com).

### **Facilities**

The U-M indoor track and field complex is a six lane, 200-meter track facility with an eight lane straight away for the sprint and hurdle events. Weight and shot put circles are cement.

### **Dressing Facilities**

Showers will be available to teams but must be prearranged prior to your arrival. Please contact Sandra Fowler at 734-963-8044 (office), or [smfowler@umich.edu](mailto:smfowler@umich.edu).

### **Equipment**

Spike length is limited to 1/4 inch or 7mm spikes. No needles or Christmas trees allowed. Starting blocks will be provided. Relay batons will not be provided for relay events.

### **Warm Up**

The warm-up area for all events will be on the back stretch of the track & field complex. Sprints and hurdles will have time to do run-outs from the blocks prior to competition.

All athletes competing in field events will be allowed to warm up at the competition site.

### **Athlete Check in**

1. Running events must check in with the clerk of the course a minimum of 20 minutes prior to the start of their race. The clerk is located at the southwest corner of the track & field complex (south of the finish line).
2. Field event athletes must check in at the site of their event 45 minutes prior to the start of the event with the head judge of the event.
3. All 200-meter competitors will check in at the conclusion of the 60-meter hurdle final. At that time, heats will be set for the 200m.

### **Relay Cards**

Your relay personnel will be what you submit to the Direct Athletics online registration system. If you change any personnel in the 4 x 400-meter, the coach will need to fill out an updated relay card and give it to the announcer so that the correct personnel are reported to TFRRS. They will be in your packet.

### **Medical**

The University of Michigan athletic training staff will be available in the trainer's area at the southeast end of the track & field complex. Athletic trainers from visiting schools will have access to this facility. Emergency medical technicians, an ambulance and doctors will be on call. If you have questions on medical procedures contact Christy Miller at 734-615-0653(office) or deemill@umich.edu.

### **Implement Inspection**

All implements will be impounded and certified before the competition. If an implement is not certified, it will not be allowed in the competition. Implements that are not certified will be impounded until the competition ends. Implements that are approved will be marked for competition.

Certification of implements will begin at 10:00 a.m. -- one (1) hour prior to weight competition for both weight and shot put events, at the site of the event.

### **Contact Information**

<b>Sandra Fowler</b>	smfowler@umich.edu	904-936-8044
<b>Cardi Verner</b>	macariav@umich.edu	



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## Tentative Schedule

### Field Events

11:00 AM	Weight Throw / Followed by Shot Put
12:30 PM	High Jump
	Pole Vault
	Long Jump / Followed by Triple Jump

### Running Events

1:30 PM	60m Hurdles Prelim
1:45 PM	60m Dash Prelims
2:00 PM	1 Mile
2:10 PM	400m
2:25 PM	60m Dash Final
2:30 PM	800m Run
2:45 PM	60m Hurdles Final
Check In	200m (all Competitors)
2:50 PM	600m Run
3:05 PM	200m Dash
3:20 PM	3,000m Run
3:30 PM	4x400m Relay

Middle School/Elementary Clinic – 9:30-10:30 AM

