

TRACK AND FIELD

SOUTH CAROLINA



2017 WEEMS BASKIN INVITATIONAL

HOSTED BY THE UNIVERSITY OF SOUTH CAROLINA

SHEILA & MORRIS CREGGER TRACK | COLUMBIA, S.C.

MARCH 24-25, 2017

- All entries will be done via Direct Athletics.
- Entry Deadline 5:00pm Monday week of the meet.
- You may edit and update your entries online any time before the entry deadline.
- All submitted entries in the system at the entry deadline will be considered FINAL.
- Each event had a projected field size, so it is possible an entry may not be accepted.
- All questions concerning entries should be directed to Andrew Allden – allden@mailbox.sc.edu or 803-606-2091. All special requests are required to be submitted via email.

TIME	Field Events begin at 9:00 am both days. Track Events begin at 12:00pm on Friday and 10:00 a.m. Saturday. Final schedule attached.																											
LOCATION	Sheila & Morris Cregger Track • 1320 Heyward Street, Columbia, SC 29205																											
TICKETS	Fans can purchase tickets at Cregger Track during the meet. There will be no advance ticket sales. Admission is \$5 for a single day and \$8 for a two-day pass.																											
ENTRY FEES	There is an entry fee of \$20.00 per athlete with a maximum of \$450.00 per gender, \$900 for combined teams. There is an entry fee of \$20.00 per athlete unattached athlete. \$10.00 for unattached athletes that show a college ID. Unattached athletes will be issued a bib number and must wear that during competition as proof that your entry fee has been paid. Cash or check will be accepted at packet pick up. Checks should be written to the University of South Carolina Athletic Department. Fees may be either mailed to the address listed below or paid at packet pick up. Entry fees must be received before competition. No refunds for checks in excess of actual or accepted entries. University of South Carolina Track and Field Office, 1304 Heyward Street, Columbia, SC 29208																											
ENTRY RESTRICTIONS	<ul style="list-style-type: none"> • Entries must abide by NCAA Rules • Projected field sizes will be drawn from the top entered verifiable marks. • Unattached entries must use a mark achieved in the previous 12 months. Entries that cannot be verified or justified will be adjusted to a no time and seeded accordingly. If you have an entry mark that may be in anyway questionable you should email allden@mailbox.sc.edu with information to support or verify your entry.																											
NOTE TO POST-COLLEGIATE OPEN AND UNATTACHED ATHLETES	If you are entering yourself as an unattached/open INDIVIDUAL athlete, you must create an INDIVIDUAL athlete account at directathletes.com . Open/club relays must be entered through a club TEAM account – NOT an INDIVIDUAL athlete account. A list of those athletes that have qualified for the event will be posted on GamecocksOnline.com by 5:00pm Tuesday before the meet.																											
MINIMUM MARKS	The Games Committee has established minimum marks for all field events. Athletes will receive one measured attempt. All other attempts must meet the minimum to be measured. <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>M</th> <th>Event</th> <th>W</th> </tr> </thead> <tbody> <tr> <td>150'</td> <td>Hammer</td> <td>140'</td> </tr> <tr> <td>140'</td> <td>Discus</td> <td>120'</td> </tr> <tr> <td>160'</td> <td>Javelin</td> <td>110'</td> </tr> <tr> <td>45'</td> <td>Shot Put</td> <td>35'</td> </tr> <tr> <td>22'</td> <td>Long Jump</td> <td>17'6"</td> </tr> <tr> <td>45'</td> <td>Triple Jump</td> <td>34'</td> </tr> <tr> <td>12'</td> <td>Pole Vault</td> <td>9'</td> </tr> <tr> <td>6'</td> <td>High Jump</td> <td>5'</td> </tr> </tbody> </table>	M	Event	W	150'	Hammer	140'	140'	Discus	120'	160'	Javelin	110'	45'	Shot Put	35'	22'	Long Jump	17'6"	45'	Triple Jump	34'	12'	Pole Vault	9'	6'	High Jump	5'
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PARKING AND DROP OFF	Track Facility is located at 1320 Heyward Street. Please note that specific drop of directions for each meet will be provided by the Tuesday prior to each meet. Note Parking and Drop Off may vary from meet to meet.																											
FACILITY RULES	<ul style="list-style-type: none"> • NCAA rules will apply in regards to all headphone use • Please abide by coaching boxes on infield for safety reasons 																											
TENTS	Tents will only be allowed on the warm-up field. There may be no tents in the stands or in walking areas. This includes oversize umbrellas.																											
PACKET PICK-UP	Coaches and unattached athletes should pick up their packets at the table behind the press box two hours before the first event. Unattached athletes are required to wear a bib number. Collegiate athletes are only required to wear the numbers issued by the clerk.																											



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CHECK-IN FOR RUNNING EVENTS

Athletes may check-in 60 minutes prior to their event and are required to check in by 30 minutes prior. Heats are fastest to slowest. In the sprint events lane assignments and heats will be assigned after check-in. In the curved sprints slower athletes may be placed to fill the inside lanes in the earlier heats. Athletes in later heats may need to check back with the clerk as they may be reassigned. Athletes in running events should check in at the clerk's tent on the northwest corner of the track (located near center field of the softball stadium).

CHECK-IN FOR FIELD EVENTS

Field Event Athletes check-in at the event area. Pole-vaulters may begin check-in 90 minutes before the event (runway will open for warm-ups). All field events athletes must be checked in 30 minutes prior but may check-in with officials up to 60 minutes before the scheduled start.

PREFERRED LANES

- Straight Away Races: 5-6-4-7-3-8-2-9-1
- Oval Races: 6-7-5-4-8-9-3-2-1

WEIGH IN

Opens at 7:00 AM to 2:00 PM. Implements must be turned in no later than 2 hours before the events scheduled start time. The games committee has the discretion to withhold any throwing implements that may endanger anyone associated with the orderly and reasonable continuation of the meet.

HEIGHT PROGRESSIONS

Will be posted for each event by 5:00 p.m. Tuesday based on entries.

TRAINING ROOM

Standard training room modalities will be provided. For additional information please contact Andrew Allden, South Carolina Asst. Track & Field Coach | Allden@mailbox.edu
 Office Phone: 803-777-7925 | Cell Phone: 803-606-2091

RUNWAY MARKINGS

Athletic tape is the only acceptable runway marker per NCAA Rules

RESULTS

Results will be available online at GamecocksOnline.com and posted outside of the press box.

AWARDS

The top collegian in each event is eligible for an award.

PROTESTS

Protests must be filed, in writing, at the clerk's tent no later than 30 minutes following the involved incident or decision.

SPIKE LENGTH

- **ATHLETES WILL NOT RUN IF YOU DO NOT COMPLY WITH THIS RULE**
- Daily spike check will be conducted as athletes enter the facility. There will be a color of the day assigned upon approval.
- The only spike pin allowed for our facility is the ¼" pyramid spike from MF Athletics, 800-693-6052, Item # 463A ¼" Pyramid Spikes.
- The Omni-Lite ¼" spike is NOT ALLOWED. The spike measures longer than the Pyramid Spike we allow.
- The use of ¼" pyramid spikes will be strictly enforced.
- NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED.
- No permanent spike shoes allowed.
- Shoes will be checked at last call in the Clerk Area and prior to getting on the track.
- High Jump and Javelin will be allowed to use 3/8" pyramids



FACILITY ACCESS

Only athletes and coaches will be permitted inside the competition areas. Credentials will be required to have access to these areas. Running event contestants will be escorted into the facility after completing check-in with the clerk. Access to the infield and competition areas will be limited to immediate events. Spectators will be required to remain outside the fences at all times.

SPORTS MEDICINE

- Scott Gardner - Gardner01@mailbox.sc.edu For any questions regarding medical or training room questions
- A trainer credential will be included in the team packet
- Each participating team should provide its own taping supplies
- If a Certified Athletic Trainer will not be traveling with your team, please bring an authorization for modality form from your Certified Athletic Trainer or team physician
- The team physician will also be on call or present during competition
- An Athletic Training Tent will be located in the first curve near the clerking area.

DUEL MEET SCORES

Duel Meet Scores will be kept for Division I

T R A C K A N D F I E L D
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OPEN PRACTICE

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Visiting teams may use Cregger Track for open practice from 5-7:30 p.m. on Thursday, March 23



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FACILITY INFORMATION

LONG JUMP/TRIPLE JUMP RUNWAYS

Width of runway = 1.2m | 4'
Length of long jump runway = 46m | 150' 11"
Long jump board to edge of sand = 3m | 9'8"
Length of triple jump runways = 45m | 147'6"
Women's triple jump board to edge of sand = 11m | 36'
Men's triple jump board to edge of sand = 12.5m | 41'

POLE VAULT RUNWAYS

Width of runway = 1.2m | 4'
Length of runways (parallel to backstretch) = 45.73m | 150'00"
Length of runways (South D-Zone) = 45.73m | 150'00"

JAVELIN RUNWAY LENGTH

Width of runway = 4m | 13'
Length of north runway = 34.67m | 113'9"
Length of south runway = 35.37m | 116'00"
Length of south throw complex runway = 38.31m | 125'8"

SURFACE

Mondo surface
9 Lanes: 1.2m | 48" each

TRACK RADIUS

36.59m | 120'

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FINAL SCHEDULE UPDATED 5:29 p.m. ET - March 21, 2017

FIELD EVENTS

TIME EVENT

FRIDAY

9:00 am	B Men Javelin (45.41m and less)
9:00 am	B Women Hammer (49.00m and less)
1:00 pm	A Women Hammer (50.00m and longer)
1:00 pm	A Women Javelin (34.00m and longer)
2:30 pm	A Men Javelin (45.62m and longer)
2:30 pm	A Men Hammer (55.45m and longer)
4:00 pm	B Men Pole Vault (4.59m and less)
4:00 pm	B Women Javelin (33.00m and less)
4:00 pm	B Men Hammer (55.44m and less)
4:00 pm	A Men Long Jump (7.23m and longer)
4:00 pm	A Women Long Jump (5.65m and longer)
6:00 pm	B Men Long Jump (7.22m to 6.29m)
6:00 pm	B Women Long Jump (5.62m to 5.17m)

SATURDAY

9:00 am	B Men Disc (47.50m and less)
9:00 am	B Women Shot (12.51m and less)
9:00 am	B Women Triple Jump (11.59m and less)
9:00 am	B Men Triple Jump (14.31m and less)
9:00 am	B Women High Jump (1.66m and less)
11:00 am	A Women Pole Vault (All)
12:00 pm	B Men High Jump (1.99m and less)
1:00 pm	A Women Shot (12.53m and longer)
1:00 pm	A Men Disc (47.64m and longer)
1:30 pm	A Women Triple Jump (11.60m and longer)
1:30 pm	A Men Triple Jump (14.32m and longer)
2:00 pm	A Men Pole Vault (4.60m and higher)
2:30 pm	A Men Shot (16.50m and longer)
2:30 pm	A Women Disc (39.01m and longer)
3:00pm	A Women High Jump (1.67m and higher)
4:00pm	B Women Disc (39.00m and less)
4:00pm	B Men Shot (16.49m and less)
4:30pm	A Men High Jump (2.00m and up)

TRACK EVENTS

(WOMEN FOLLOWED BY MEN, # OF SECTIONS RUN FAST TO SLOW)

TIME EVENT

FRIDAY

3:15 pm	B 400m Women (58.00 and slower)
3:35 pm	B 400m Men (49.05 and slower)
4:00 pm	B 100m Women (12.29 and slower)
4:20 pm	B 100m Men (10.90 and slower)
4:45 pm	4x800m Relay Women (All)
5:00 pm	4x800m Relay Men (All)
5:20 pm	4x300m Relay Women (All)
5:40 pm	4x300m Relay Men (All)
6:00 pm	3000m Women Steeplechase (All)
6:20 pm	3000m Men Steeplechase (All)
6:40 pm	5000m Women (All)
7:05 pm	5000m Men (All)

SATURDAY

10:00 am	B 1500m Women (4:40 and slower)
10:25 am	B 1500m Men (4:03 and slower)
10:55 am	Military 100m (Only Citadel, VMI and active duty)
11:00 am	4x100m Relay Women (All)
11:20 am	4x100m Relay Men (All)
11:40 am	100m Hurdles Women (All)
12:00 pm	110m Hurdles Men (All)
12:20 pm	Fort Jackson 150th Recognition and National Anthem
12:30 pm	Invite 1500m Women (4:39.00 and faster)
12:40 pm	Invite 1500m Men (4:02 and faster)
12:50 pm	A 400m Women (57.99 and faster)
1:05 pm	A 400m Men (49.04 and faster)
1:20 pm	A 100m Women (12.27 and faster)
1:35 pm	A 100m Men (10.89 and faster)
1:50 pm	A 800m Women (2:20.81 and faster)
2:05 pm	A 800m Men (1:57.99 and faster)
2:20 pm	400m Hurdles Women (All)
2:40 pm	400m Hurdles Men (All)
3:00 pm	200m Women (All)
3:30 pm	200m Men (All)
4:00 pm	B 800m Women (2:21.00 and slower)
4:15 pm	B 800m Men (1:58.00 and slower)
4:30 pm	3000m Women (All)
4:45 pm	3000m Men (All)
5:00 pm	4x400m Relay Women (All)
5:20 pm	4x400m Relay Men (All)