

TRACK AND FIELD

SOUTH CAROLINA



2017 USC OPEN
HOSTED BY THE UNIVERSITY OF SOUTH CAROLINA
SHEILA & MORRIS CREGGER TRACK | COLUMBIA, S.C.
APRIL 22, 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.
- Final Accepted entries will be e-mailed to all entrants and posted at GamecocksOnline.com by 5:00 PM Tuesday, April 11
- 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. Track Events begin at 10:00 a.m. FINAL time schedule attached.																											
LOCATION	Sheila & Morris Cregger Track • Spectator entrance at 1320 Heyward Street, Columbia, SC 29205																											
ENTRY FEES	Teams with 14 or more athletes per gender will pay a flat entry fee of \$450 per gender. Teams with 13 or fewer athletes will pay \$20 per athlete per gender. There is an entry fee of \$20 per unattached athlete and \$10 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 • Athletes are limited to 2 individual events (does not include relays). <p>This may only be exceeded with permission of the meet director Andrew Allden - allden@mailbox.sc.edu</p> <ul style="list-style-type: none"> • 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. <p>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.</p>																											
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"> <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	Dropoff at the parking lot at 152 S Marion Street, Columbia, SC 29205																											
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 starting two hours before the meet. Packet pickup is located outside of Beckham Field softball stadium by the large, black grilling gate. NOTE: this is the lower level of the parking lot at 200 S Marion St. 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 20 minutes prior. Heats are fastest to slowest. In the events 400m or less and the 4x400m relay, lane assignments and heats will be assigned after check-in. **IF YOU DO NOT CHECK IN 30 MINUTES PRIOR, YOU WILL NOT BE ASSIGNED A LANE, AND YOU WILL NOT COMPETE IN THE EVENT.** 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. Heats in these events will be posted on the large whiteboard next to the clerk area 20 minutes prior to the event's schedule start time. 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 protest table in the clerk's tent following the involved incident or decision per NCAA rules.

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. Shoes will be tagged once spike length has been approved.
- The only spike pin allowed for our track is the 1/4" pyramid spike (MF Athletics, 800-693-6052, Item # 463A 1/4" Pyramid Spikes or equivalent)
- The Omni-Lite 1/4" spike is NOT ALLOWED. The spike measures longer than the Pyramid Spike we allow.
- NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED.
- No Nike permanent spike shoes allowed.
- Shoes will be checked at last call in the Clerk Area and prior to the start of each field event.
- 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.

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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'

HEIGHT PROGRESSIONS

MEN'S POLE VAULT PROGRESSIONS	3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50
WOMEN'S POLE VAULT PROGRESSIONS	2.80, 3.00, 3.20, 3.40, 3.60, 3.75, 3.85, 3.95, 4.05
MEN'S HIGH JUMP PROGRESSIONS	1.83, 1.88, 1.93, 1.98, 2.03, 2.08, 2.11, 2.14
WOMEN'S HIGH JUMP PROGRESSIONS	1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81



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FINAL SCHEDULE

FIELD EVENTS

TIME	EVENT
9:00 a.m.	Hammer Women
9:00 a.m.	Javelin Men
10:00 a.m.	Long Jump Men & Women
10:00 a.m.	Pole Vault Women Followed by Men
11:00 a.m.	Hammer Men
11:00 a.m.	Javelin Women
1:00 p.m.	Triple Jump Men & Women
2:00 p.m.	Pole Vault Men
2:00 p.m.	High Jump Women followed by Men
2:30 p.m.	Shot Put Men
2:30 p.m.	Discus Women
4:30 p.m.	Shot Put Women
4:30 p.m.	Discus Men

RUNNING EVENTS

TIME	EVENT
10:00 a.m.	3000m Section 1 Women
10:15 a.m.	3000m Section 2 Women
10:30 a.m.	3000m Section 1 Men
10:45 a.m.	3000m Section 2 Men
11:00 a.m.	4x100m Women
11:10 a.m.	4x100m Men
11:20 a.m.	1500m Women
11:40 a.m.	1500m Men
12:00 p.m.	400m Women
12:20 p.m.	400m Men
12:40 p.m.	100mH Women
1:00 p.m.	110mH Men
1:20 p.m.	100m Women
1:40 p.m.	100m Men
2:00 p.m.	800m Women
2:20 p.m.	800m Men
2:40 p.m.	400mH Women
3:00 p.m.	400mH Men
3:20 p.m.	200m Women
3:40 p.m.	200m Men
4:00 p.m.	Senior Honors Ceremony
4:30 p.m.	3000m Steeplechase Women
4:50 p.m.	3000m Steeplechase Men
5:10 p.m.	4x400m Women
5:20 p.m.	4x400m Men

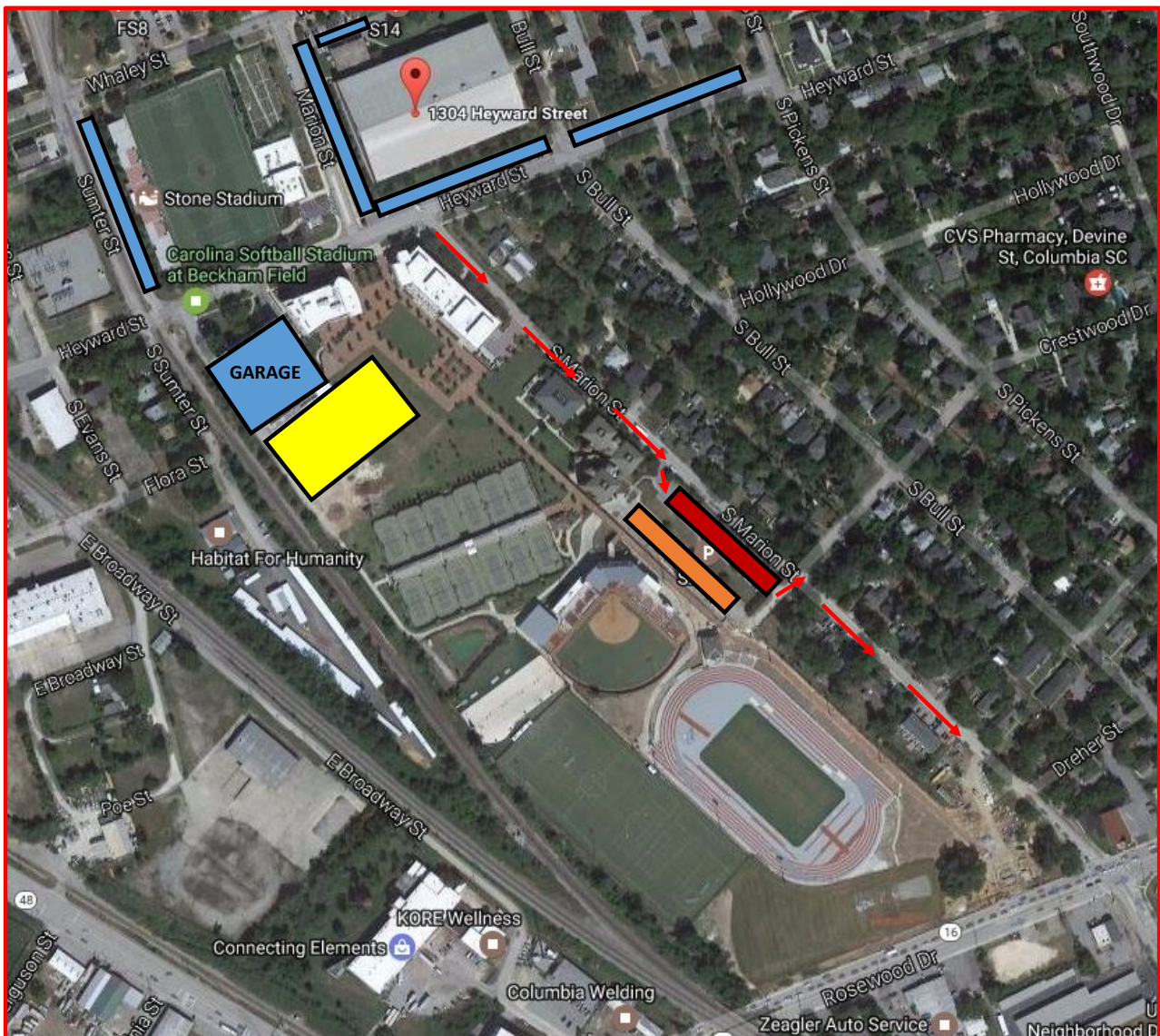
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PARKING MAP



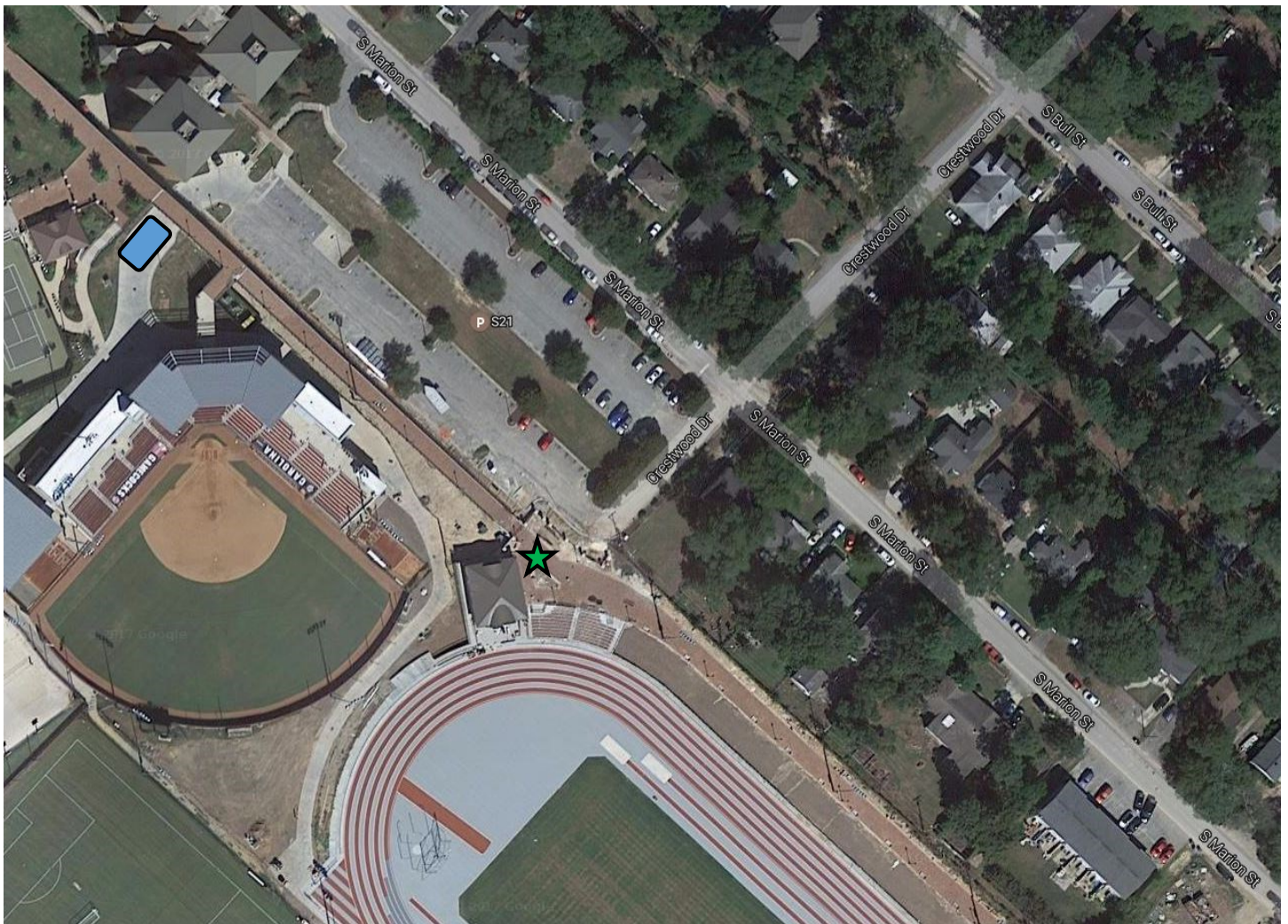
- OFFICIALS PARKING/ BUS OVERFLOW
- TEAM DROP OFF/ VAN PARKING
- STAFF PARKING ONLY
- FAN PARKING
- BUS DROP OFF ROUTE



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Friday Packet Pick up/Spike Check



Saturday Packet Pick up/ Spike Check