



Southern Illinois University

Don DeNoon Invitational



- Date:** Friday-Saturday, February 5-6, 2016
- Site:** Southern Illinois University, Student Recreation Center, Carbondale, Illinois.
- Divisions:** This meet is open to NCAA Division 1 schools and approved unattached athletes. Unattached entry requests should be emailed to terry.vanlaningham@siu.edu by February 2nd.
- Entries Open:** Monday January 25, 2016. **On-line entries ONLY!!! (unattached included)**
- Entry Deadline:** **Wednesday - February 3, 2016. You may make changes to your roster/entries until 12:00pm (Noon – Central Time).**
No one may be added to events after this time. Please make adjustments to your roster (if you know that an athlete is not going to compete in the event that they are entered in, please scratch them out before the Noon deadline. **Please make a copy of your final entry page and bring it along with you to the meet. NO late entries will be accepted!**
- How to Enter:** To enter **go online** to www.directathletics.com/ If you do not already have an account visit these links.
Team accounts - https://www.directathletics.com/new_coach_validate.html
Individual/Unattached athletes must have prior approval and password.
https://www.directathletics.com/new_athlete_front.html
- Entry Fees:** Teams - \$600.00 per School (men's & women's combined) or \$300.00 per team. Entry fees must be paid at the time of packet pick-up. Make checks payable **to SIU Track & Field**
Unattached/Club - \$15.00 per event. Entry fees must be paid at the time of registration online.
There will be no day of meet registration or entry fee payments for unattached. Teams will pay at packet pickup.
- Entry Limits:** No entry limits.
- Entry Limitations: Due to NCAA rules a non-collegiate participant will not displace a collegiate from any event final.**
- Rules:** NCAA Rules will apply! This includes hurdle height and throwing implements.
- Packets:** Packets will be available for pick-up at the check-in table Friday afternoon or Saturday morning.
- Heat Sheets:** Heat sheets can be picked up with the packet before the meet, and will be available online our website by 8:00pm on Thursday the 4th.
- Parking:** Parking will be on the north side of the building. Bus parking will be in lot 100.
- Showers:** Showers will be available in the Rec Center, but you must provide your own towels.

- Training Room:** **SIU athletic** trainers will be available on site. Space will be provided for athletic trainers from other institutions and they will have access to select modalities. Visiting athletes must have their athletic trainer with them or have a letter on file with the SIU athletic training staff. You can contact Kristin Trotter for more information at ktrotter@siu.edu or (618) 453-4855
- Facility:** **MONDO Super X 720 / 200m 6 lane oval and 60m 6 lane straight / Throw rings are wood**

¼” Pyramids ONLY – No other spikes will be permitted – Spikes will be checked! We will sell spikes for \$5.00 per bag of 16.

Event Check-in

- ❖ Check in for the running events at the hip number table approximately 30 minutes before the scheduled start of the event.
- ❖ Check in with the clerk at the starting line at the designated time for the event.
- ❖ Check in for field events at the event 30 minutes before the scheduled start of the event.
- ❖ *4x400m relay teams must declare their intention to compete prior to completion of the women's 3,000m run. Upon completion of the Men's 3,000m run, DECLARED teams must return to the athlete check-in table to get race assignments.*

Event Participation: **The scratch deadline is 30 minutes prior to the published start time of all track (EXCEPT 4 x 400 see above) events, and 10 minutes prior to the first flight of all field events. If an entrant fails to participate and has not scratched prior to the deadline they will forfeit entry into any subsequent event entered. NCAA Rule 4, Section 2, Article 2 a.,b.,c.**

- Warm-up** Athletes may warm-up on the upstairs track.
- Numbers** Bib numbers should be worn on the front (Pole Vault may wear front or back)
- Infield/Courts** **Please advise your athletes to stay off the infield area/basketball courts. Water is the only beverage allowed on the track surface.**
- Relays** Turn in relay cards at check-in for the event.
- Prelims/Finals** Prelims will be contested in the 60m dash and the 60m hurdles. Per recent NCAA rules, we will run a 1 section final (top 6 times advance).

The long jump, triple jump, shot put, and weight throw 9 advance to the final.
- Scoring:** **This is a scored meet.** Team Scoring – (only 1 relay per program may score points).
- Results** Will be updated online upon completion of events on the SIU Saluki website. <http://siusalukis.com>
Will be posted on the wall near the restrooms.
- Starting Heights:** High Jump: Men – 6'0" (1.83m) Women – 5' ½ " (1.54m)
Pole Vault: Men –14'0" (4.27m) Women - 10'2" (3.10m)
- Questions:** Terry VanLaningham @ terry.vanlaningham@siu.edu
Greg Raimondi @ graimondi@siu.edu

SIU Don DeNoon Invitational
February 5-6, 2016
(Tentative Time Schedule of Events)



FRIDAY - February 5, 2016

Multi-Events:

- 9:15 a.m. Men's Heptathlon (60m, LJ, SP, HJ)
9:30 a.m. Women's Pentathlon (60H, HJ, SP, LJ, 800)

Field Events:

- 3:15 p.m. Weight Throw Women / Open Weight Throw Women / Men to follow
3:15 p.m. Pole Vault Women/Men to follow
3:30 p.m. Long Jump Women/Men to follow

SATURDAY - February 6, 2016

Multi-Events

- 09:00 a.m. 60 Meter Hurdles Men's Heptathlon
Pole Vault Men's Heptathlon
1000 Meter Run Men's Heptathlon

Field Events:

- 10:00 a.m. Shot-Put Women/Men and Open Men to follow
High Jump Men (this event will follow men's shot-put)
High Jump Women (this event will follow Men's high jump)
12:30 p.m. Triple Jump Women / Men to follow

Running Events:

- 11:00 a.m. 60 meters – semi Women
60 meters – semi Men
60m hurdles – semi Women
60m hurdles – semi Men
Mile Run Women
Mile Run Men
60 meters – final Women
60 meters – final Men
60m hurdles – final Women
60m hurdles – final Men
400m Women
400m Men
800m Women
800m Men
200m Women
200m Men
3000m Women
3000m Men
4x400m Relay Women
4x400m Relay Men

FINAL TIME SCHEDULE WILL BE POSTED ON <https://siusalukis.com> by 8:00pm Thursday the 4th

LOT 100- Parking for Cars/Vans



Student Recreation Center



LOT 106-Bus Parking

