



**Stanford University Presents the
Payton Jordan Cardinal Invitational
Saturday, May 2, 2009
Cobb Track and Angell Field**

***COLLEGE/OPEN/SPONSORED ENTRY
INFORMATION***



DIRECT ALL COMMUNICATION TO

**Meet Director
Payton Jordan Cardinal Invitational
641 East Campus Drive
Stanford, CA 94305-6150**

Email: stanfordinvite@gmail.com

Website: www.gostanford.com

Entries: www.ezmeets.com

Dear Coach,

On Saturday, May 2nd Stanford University will host the 2009 Payton Jordan Cardinal Invitational in memory of Payton Jordan (1917-2009). Jordan was a longtime Stanford Track & Field Coach (1957-79), producing seven Olympians, six-world record holders, six national champions and leading the Cardinal to an NCAA runner-up finish. He was the mastermind behind the 1962 U.S.A. Vs. USSR dual meet that drew 155,000 spectators over the two days to Stanford Stadium during the height of the Cold War. Most people talk about Payton in reference to track, but for those who had the opportunity to spend time with him, there was so much more to this great man. He was an outstanding leader, a father to all of his athletes and a wonderful human being. Payton had the exceptional ability to inspire people to expand their wings and fly to new heights. The Payton Jordan Cardinal Invitational, held at Cobb Track and Angell Field, is intended to provide athletes an opportunity to achieve high quality performances for the NCAA Division I Championships, the USA Outdoor Championships, the World Championships and other international competitions.

Cobb track and Angell field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction jump runways and several throwing sites. The facility is specifically designed to take advantage of favorable wind conditions and should provide all athletes with the best opportunity for outstanding performances.

Meet management will attempt to accommodate all athletes who can achieve either the USA National Championship standards, World Championship A standards, or the NCAA Division I automatic standard while maintaining reasonable field sizes. In order to achieve these objectives, we will accept only the top verifiable or speculative performances in all events and we will have a strict declaration process. The Payton Jordan Cardinal Invitational has developed into one of the premier track and field meets in the country. Hundreds of elite, college, and international athletes compete under the lights before a packed Cobb Track & Angell Field stadium. In 2001, Meb Keflezighi set the American record in the men's 10,000 meters with a time of 27:13.98 and winner Abraham Chebii of Kenya ran the fastest 10,000 meters ever on American soil at 27:04.20. In 2002, Deena Drossin set an American record in the women's 10,000 meters with a time of 30:50.32. In 2004, 15 Olympic A-qualifying standards were achieved in the men's and women's 5000 and 10,000 meters. In 2006, it came down to the last lap of the 10,000 meters as Allen Webb outkicked Dathan Ritzenhein and Anthony Famiglietti to run 27:24.72, 27:35.65, and 27:37.74 respectively, which were all A-qualifying marks for the 2007 World Championships. In 2007, the men's 10,000 meters, which had an incredible field, brought eleven runners under the Olympic "A" standard with personal bests. Ten-time All-American Galen Rupp of Oregon won the race in 27:33.48. Rupp ran an American Collegiate record placing him third on the all-time NCAA list and the seventh fastest in U.S. History. On the women's side, two-time Olympian Jen Rhines, New Zealand's Kim Smith and Katie McGregor took the top three spots posting career bests, running under the Olympic "A" standard in the 10,000 meters. Seventh place finisher, Sally Kipyego of Texas Tech University, set the collegiate record with a time of 31:56.72. And in 2008, four men ran under the Olympic "A" standard in the men's 5000 meters, with Bernard Lagat winning in 13:16.29. In the men's 10,000 meters, seven men ran under the Olympic "A" standard. Leading the way was Craig Mottram of Australia who ran a personal best of 27:34.48 and Guenterh Weidlinger from Austria was second with the Austrian Record, 27:36.46. In the women's 3000 Meter Steeplechase, three women ran under the Olympic "A", with Anna Willard winning in 9:37.73. Shalane Flanagan in her 10,000 meter debut set an American record with a time of 30:34.49. Kim Smith, finished second behind Flanagan, setting the New Zealand National record with a time of 30:35.49. Ten women ran under the Olympic "A" standard for the women's 10,000 meters. In total at the 2008 Payton Jordan Cardinal Invitational, 24 athletes ran under the Olympic "A" standard!!!

Please read all of the enclosed information carefully and do not miss our entry deadlines at www.ezmeets.com. If you have any questions please email our Meet Director, Mary Jo Alexander, at paytonjordaininvite@gmail.com. We look forward to welcoming you and your athletes to Cobb Track and Angell Field for another incredible meet.

Thank you.

Sincerely,

Edrick Floreal

Edrick Floreal - The Franklin P. Johnson Director of Track and Field



Payton Jordan Cardinal Invitational Important Meet Information

IMPORTANT DATES TO REMEMBER IN 2009

Friday, March 20, 2009, 6:00AM PST – Password Requests/Entries Open
Monday, April 20, 2009, 11:59PM PST – Entries Close
Friday, April 24, 2009, 6:00AM PST – Declarations Open
Sunday, April 26, 2009, 6:00PM PST – Declarations Close
Wednesday, April 29, 2009, 1:00PM PST – Revised Entry List Posted
Thursday, April 30, 2009, 6:00PM PST – Entry Fee Received

HOW TO REQUEST A PASSWORD

1. You must request a NEW password in order to enter. If you have received a password from last year or other Stanford meets, it will NOT work.
2. To receive a new password, please visit www.ezmeets.com and completely fill out the online password request form. Incomplete information will only delay the process.
3. Please use an email address that will NOT be blocked when filling out your request form. If we have trouble sending a password to the email provided, we will send it to the Athletic Director's email address that you provide.
4. ALL passwords and entries must be submitted online at www.EZMeets.com.
5. Collegiate Teams ONLY:
 - a. Under affiliation write: Institution Name without the words University, College, Junior College....examples, Stanford and NOT Stanford University, Texas-El Paso, NOT University of Texas, El Paso, Sacramento CC and NOT Sacramento City College.
6. Club Teams ONLY:
 - a. Under affiliation write: Club name without the words track club, athletic club...example. West Valley TC and NOT West Valley Track Club, Impala RT and NOT Impala Racing Team.
7. Sponsored Athletes ONLY:
 - a. Under affiliation write: Sponsor Name-Last Name.First Initial (example: David Vidal runs for Nike, so he is entered, Nike-Vidal.D).
 - b. Since many athletes represent the same sponser, EACH athlete must request a separate password to enter him/herself separately. If, for example, you represent a CLUB TEAM, such as the Nike Farm Team, you would follow the Club Team ONLY instructions.
8. Unattached Athletes ONLY:
 - a. Under affiliation write: UNA-Last Name.First Initial. (example: David Vidal is entered, UNA-Vidal.D)
 - b. Each unattached athlete must request their own password and enter him/herself separately.

HOW TO ENTER

1. Once meet management receives your password request, you will receive an email asking for verified/speculative marks of the athletes you plan to enter. All entry marks **MUST** be verifiable; providing links may quicken the process for your team.
2. Passwords will not be sent without verifiable/speculative marks.
3. Please check your spam/junk box before assuming that you did not receive a password.
4. Once you receive your password, GO BACK to www.ezmeets.com and enter your athlete(s).
 - a. Select your team, club, unattached, or sponsored name from the drop down menu
 - b. Enter your password
 - c. Select gender
 - d. Click "Do It" Button
 - e. Repeat the process for each gender as they must be entered separately.
 - f. Print and keep a receipt for each gender.
5. For each athlete, you will be required to enter their full name, year in school, event, time/mark, and date/location of entered time/mark.
6. **IMPORTANT:** Valid times/marks must be provided for proper seeding. Participant's times/marks that cannot be verified will be moved to slower sections or subject to non-acceptance into the meet.
7. Coaches must **ONLY** enter **VERIFIABLE** times and marks in the space provided. In the box titled "Verifiable Justification" coaches have the option to use current **VERIFIABLE/SPECULATIVE** times/marks in other events to provide meet management with additional information for seeding. For example. An athlete without a 10K time, may use a current **VERIFIABLE/SPECULATIVE** 5K time as justification for their 10K. However, this does **NOT** guarantee acceptance into the meet. Seeding will be determined by meet management.
8. Please note minimum measurements and opening heights will be determined prior to the start of the invitational.
9. Schools may **NOT** enter more than 3 athletes in an event without prior approval from the Meet Director, Mary Jo Alexander. Requests must be made by email at PaytonJordanInvite@gmail.com. If no request is made, athletes will be removed based on best marks.
10. All entries must be completed online at www.ezmeets.com by 11:59PM PST on April 20, 2009.
11. Please remember to declare your athletes on April 24-26, 2009. It is imperative that you declare your athletes, as it helps assist meet management in creating the best possible competitive situation for each race. Declare/Scratch your athletes so that we have accurate entry information.
12. Please check www.gostanford.com at 1:00PM PST on April 29, 2009 for a list of accepted entries.
13. Entry fees or proof of payment from your university/college must be received by 6:00PM PST on April 30, 2009.

MANDATORY DECLARATION PROCESS

1. A list of accepted entries will be posted to www.gostanford.com by 6:00AM on April 24th.
2. In order to establish appropriate sections/flights, ALL athletes must be declared or scratched.

3. Declarations will take place online at www.ezmeets.com from 6:00AM PST on April 24th until 6:00PM PST on April 26th.
4. Any athlete not declared by the deadline will be subject to removal “scratched” from the meet.
5. Updates and changes, including revised time schedule, lane assignments, and sections will be posted on www.gostanford.com after 1:00PM PST on April 29th. Check the website for updates or changes in the days prior to the meet.
6. ***Athletes will NOT be allowed to declare in more than one distance event***

ENTRY CONFIRMATION PROCEDURE

- Please print a receipt once you enter your athletes. Remember to print out a receipt for each gender. They will not be combined.
- Meet Management will attempt to accept all college entries submitted by the deadline and place them into appropriate sections or flights. Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted.
- On April 24th, you must declare your athletes. Athletes not declared will be subject to removal “scratched” from the meet.
- On April 29th, a revised entry list will be posted. If an athlete is not on the list, they are not in the meet unless you have an email from the meet director that states otherwise.

VERIFICATION OF ENTRIES

- ALL collegiate teams/Open Athletes/Club teams will need to email performance verification to meet management at paytonjordaninvite@gmail.com prior to receiving a password for entry.
- The entry committee will review performances before making decisions on which athletes have been accepted into the meet.
- Any mark that cannot be verified is NOT guaranteed and will be accommodated only if space permits.

ENTRY FEES and PAYMENT PROCEDURE

- Your entry fee is calculated based upon the status of your accepted entries at 1:00PM PST on April 29th.
- Teams and/or athletes accepted into the meet and are NO SHOWS the day of the meet:
 - o A letter will be sent to the school’s athletic director indicating that your team and/or individual athletes did not show for the Payton Jordan Cardinal Invitational. Therefore, in the future, your school maybe excluded from Stanford home meets.
- Entry fees or proof of a requested payment must be received by 6:00PM PST on Thursday, April 30th.
- ***Individuals: \$20.00 per person per event entered***
- ***Relays: \$40.00 for each relay team entered***
- ***Teams: (14 or more student-athletes) \$400 per gender per team***
- Please make checks payable to Stanford University.
- Send the entry receipt from the www.ezmeets.com website and fees to:
Meet Director
Payton Jordan Cardinal Invitational
641 East Campus Drive
Stanford, California 94305-6150

- There will be no refunds for scratches or no-show athletes.
- Please send your entry fee by Overnight Mail.

PACKET PICKUP

- All entry fees must be paid in full before your packet is issued.
- Meet management will distribute the team packet to the first coach who arrives at the packet pickup booth. This packet will contain the access credentials for the entire team.
- Please make arrangements to meet your team at a designated location outside the facility to distribute your team's credentials if you are planning to arrive at different times.
- We CANNOT hold the team packet at the packet pickup booth.
 - o Hours of Operation: Saturday, May 2nd – 2:30PM – 8:30PM

MEET FORMAT

- Stanford University is pleased to host the Payton Jordan Cardinal Track & Field Invitational for athletes attempting to qualify for the NCAA Division I Championships, USA Outdoor Championships, World Championships or other international competitions. The meet is conducted with this goal in mind. Therefore, the time schedule will be revised and available after all declarations are made.
- PLEASE NOTE: A revised time schedule, lane assignments, and sections will be posted to gostanford.com at 1:00PM on Wednesday, April 29th.

ENTRY STANDARDS FOR OPEN/CLUB/SPONSORED ATHLETES

- Open athletes should have met the standards listed below within the last 12 months of the password request date or provide a reasonable speculative time/mark in order to be CONSIDERED for acceptance. We CANNOT accept lifetime best performances for entry in the meet.
- NO entries will be accepted on the day of the meet without approval from the meet director, Mary Jo Alexander.
- Meet management reserves the right to limit the entry of open athletes in an event due to field size.

Running Events	Men	Women
100 Meters	10.34	11.50
200 Meters	20.80	23.50
400 Meters	46.20	53.50

Running Events	Men	Women
110/100 Hurdles	14.00	13.65
400 M Hurdles	51.20	59.20
800 Meters	1:48.80	2:07.00
1500 Meters	3:45.00	4:23.50
3000 M Steeplechase	8:54.00	10:50.20
3K Time for 5K Entry	8:09.00	9:36.00
5000 Meters	14:07.00	16:48.00
10,000 Meters	28:45.00	33:30.00

Field Events	Men	Women
Shot Put	18.00	15.00
Discus	56.50	51.50
Hammer	61.00	56.00
Javelin	67.30	46.50
Long Jump	7.65	6.20
Triple Jump	15.70	12.60
High Jump	2.18	1.79
Pole Vault	5.30	3.75

WEIGHTS AND MEASURES

- Please advise your athletes that they must have their implements weighed and measured one hour prior to the event's start. Weights and measures will close 30 minutes prior to the event. The specific location for the weigh-ins will be posted on a facility map the week of the competition. The facility map can be downloaded from the Stanford Track & Field page at www.gostanford.com.

IMPORTANT SAFETY RULES

- In order for us to conduct a safe and quality meet for everyone, NO headphones, cell phones or radios will be permitted inside Cobb Track and Angell Field. These devices present a safety risk for everyone since several competitions will be contested simultaneously. Please notify your athletes in advance that they must confine these items to the areas outside the facility. All safety rules are in accordance with the NCAA rules.

COMPETITION ACCESS TO THE FACILITY

- Only athletes will be permitted inside the facility. Coaches and spectators MUST remain outside the fences at all times. Contestants will be escorted on and off the facility.

SPIKE LENGTH

- Pyramid spikes NOT longer than ¼" (9mm) can be worn on the track for ALL events, excluding the javelin and high jump. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

FACILITY SPECIFICATIONS

Track	9 Lanes on both oval and straightaway Lanes are 48 inches wide
LJ/TJ (Women)	185 foot artificial surface runway
LJ/TJ (Men)	215 foot artificial surface runway
Pole Vault	140 foot artificial surface runway
High Jump	Artificial surface runway
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Field
Discus	Contested on Chandler Field
Hammer	Contested on Hammer Field next to track
(Note: impact area on Hammer Field is Crushed brick dust)	

PRACTICE SCHEDULE

- Cobb Track and Angell Field will be available to College/Open athletes for practice on the Friday before the Payton Jordan Cardinal Invitational at designated practice times ONLY. To assure the safety of all athletes, practice times will be strictly enforced. Headphones are NOT permitted at any time inside the facility.
- If you have a need for practice times before Friday, please write paytonjordaninvite@gmail.com and request times.
- The weight room is available by appointment only. Please contact Brandon Marcello at 650-721-1187 or email him at bmarcello@stanford.edu.

PRACTICE TIMES

▪ Track & Hurdles	1:00PM – 7:00PM
▪ LJ/TJ/HJ	3:00PM – 5:00PM
▪ Javelin/Hammer	3:00PM – 5:00PM
▪ PV/Shot Put	4:00PM – 6:00PM
▪ Discus	5:00PM – 7:00PM

FUTURE DATE FOR CROSS COUNTRY 2009

Stanford Cross Country Invitational Saturday, September 26, 2009

The 36th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 26, 2009. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.

FUTURE DATES FOR TRACK AND FIELD 2010

Stanford Track and Field Invitational Friday, March 26th and Saturday, March 27th, 2010

The 37th Annual Stanford Track and Field Invitational will be held on Friday March 26th and Saturday March 27th! Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce incredible results. The schedule is thoughtfully constructed to provide the best opportunity for performance. We have exciting events for all athletes in the jumps, throws and on the track. Make sure to be a part of the action! It's a meet you surely don't want to miss!

Payton Jordan Cardinal Invitational Saturday, May 1, 2010

The Payton Jordan Cardinal Invitational has developed into one of the premier Track and Field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a packed Cobb Track and Angell Field stadium. Annually, this exciting meet produces some of the top performances in the NCAA, the USA, and the World.