

Texas Tech Track and Field
Meet Information—February 21, 2009

Meet:

Texas Tech Red Raider High School Meet

This meet is an open meet for anyone of High School age.

Where:

Texas Tech University, Athletic Training Center located South of the football stadium.

Clinic Fees:

\$200 per team per gender. There is only one division.

\$20 per individual

All fees are based on initial entries and are nonrefundable!

Entry Submission:

Entries will be submitted on line at www.directathletics.com. You will need to create a username and password, if you do not already have one on file.

COACHES: PLEASE ENTER ACCURATE SEED TIMES. USE BEST 100 METER TIME FOR 55 DASH, AND BEST 100/110 HURDLE TIME FOR 55 HURDLES. ATHLETES WILL BE SEEDED ACCORDING TO TIMES.

Entry Deadline for Clinic and Competition

NOON on Thursday, February 18, 2009. There will be no additions at this point. Only scratches will be allowed (NO REFUNDS FOR SCRATCHES MADE PAST DEADLINE). Scratches can be done up to this point on-line. This would be helpful in avoiding empty lanes if you scratch athletes you know will not be participating at www.directathletics.com. PLEASE BRING RECEIPT CONFIRMING YOUR ENTRIES.

SPIKES

Only ¼" pyramid or Christmas tree spikes will be allowed on the mondo surface. NEEDLE SPIKES ARE NOT ALLOWED! The clerk will check spikes at the starting line. Athletes attempting to run in illegal spikes will be disqualified. You will be required to purchase spikes at the packet pick-up table if you do not have spikes of the appropriate length & type.

Implement weigh in

One hour prior to the start of the event.

Opening Heights

Will be available at packet pick-up.

AWARDS

Medals will be awarded to the top 3 finishers in each event.

Time schedule: February 21, 2009

Field Events:

8:00 AM	Long Jump	HS Girls and HS Boys - 2 pits
	Shot Put	HS Girls & HS Boys - 2 rings

9:00 AM	Pole Vault	HS Girls- HS Boys to follow
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10:30 AM	Triple Jump	HS Girls - HS Boys to follow - 1 pit
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	High Jump	HS Girls – HS Boys to follow
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At conclusion of HS Boys Shot Put

Running Events: Will operate on a rolling time schedule

Upper Level:	11:00 AM	3000m	Girls – Boys to follow
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Lower Level:	12:00 PM	55m Hurdles	Girls – Boys to follow
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55m		Girls – Boys to follow	
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Upper Level:	1:00 PM	800m	Girls – Boys to follow
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		400m	Girls – Boys to follow
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		200m	Girls – Boys to follow
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		Mile	Girls – Boys to follow
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		4 x 400	Girls – Boys to follow
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PLEASE REMEMBER TO SEED YOUR ATHLETES ACCORDINGLY. USE BEST 100 METER TIME FOR 55 METER RACES AND BEST 100 HURDLE TIME (WOMEN), 110 HURDLE TIME (MEN) FOR 55 HURDLES.