

CLERK / CHECK-IN

FIELD EVENTS: Athletes may report 1 hour up to 30' prior to the scheduled start of their event. All athletes in later flights are asked to check-in prior to the initial start.

RUNNING EVENTS: Please check-in at the Clerk Area (Track Bldg at 100 meter start) no later than 30' prior to the start of your event. Report to your respective start areas no later than 10' prior to the start of your event.

WEIGH-IN

All implements must be weighed in on Friday from 1:30 – 2:30 pm & Saturday 8:30 – 9:30. Any implements not weighed in by this time will not be allowed in the competition. Implements will be impounded and brought to the event site ½ hour prior to event start by event officials.

SPIKES

- **ATHLETES WILL NOT RUN IF YOU DO NOT COMPLY WITH THESE RULES**
- 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

WARMUP AREA

Primary warmup and stretching should be done on the Football practice and Soccer stadium fields. There will be minimal warmup on the track depending schedule and availability.

TEAM CAMPS / INFIELD

Please set up your tents and team camps on the practice football fields. Only athletes involved in an event are allowed in the infield. **The infield area must be kept clear at all times.**

RESTROOMS

Restroom facilities are located in the Soccer Stadium next to the warmup fields.

TRAINERS

Our main training area is located outside of the southwest corner of the track near the 200 meter start. Fluids will be available at numerous locations around the track.

WEATHER EMERGENCY

In the event of bad weather the meet will be postponed and athletes, coaches and staff are asked to use the **Student Recreation Center** next to the Track, the **McGugin Center** next to the warmup / practice field for evacuation or team Buses. **Please listen closely for all announcements and updates.**

PARKING

Please use the **Medical Center lots directly across from the track off of Natchez Trace.**

HOSPITALITY

We will provide three (3) coupons per program for coaches hospitality (lunch), located in the packet pickup tent from 11:00 – 3:00 p.m.

QUALIFYING

RUNNING EVENTS: Sections versus time (faster sections run first).

FIELD EVENTS: Advance 9 athletes to a final flight (3 attempts).

RESULTS

Results will be available on-line at vucommodores.com immediately after the meet.

MINIMUMS (FIELD EVENT)

	<u>WOMEN</u>	<u>MEN</u>
LONG JUMP	17'	21'
TRIPLE JUMP	35'	41'
SHOT PUT	36'	42'
DISCUS	115'	135'
HAMMER	115'	135'
JAVELIN	105'	135'