2018 Wake Forest Outdoor Opener Information
Saturday, March 24, 2018

Where: Wake Forest University, Winston-Salem, NC. Kentner Stadium

Questions: Brian Mondschein, mmondsche@wfu.edu, 336-758-5630, 609-480-6427

Entries: On Direct Athletics. Entries are due Tuesday, March 20, 2018 11:59pm. Teams only. Please seed your entries honestly.

Timing: Timing Inc. of Cherryville, NC. Jimmy Stephens will post to TFFRS.org. He will try to post heat sheets by Friday at noon.

Entry Limits: Three per gender per school in Field, four per gender per school in running. Because of the throwing field time constraints, only eight athletes will proceed to the finals, and the throwing order will remain unchanged. Please keep in mind that the schedule will be very tight. There should only be one flight for each of the throws. Shot put will be held at the Kentner throwing circle. Weigh-ins will be held at the site. All the long throws will take place on the Clifford Neal upper throwing fields.

Entry Fee: $350 per gender per school, $700 per combined squad. Team fees only. Pay at packet pick up table. Checks only made payable to Wake Forest University. No cash. Packet Pick up will be available next to the Clerking table (see check in.)

Scoring: 10-8-6-5-4-3-2-1, (10-8-6-4-2-1 for the relays)

Check in: We will be using the water tower field for warm-ups, closest to Wake Forest road and the West end of the stadium. Athletes will check in to the clerking table, located on the East end (Miller building side,) of the track a minimum of 20 minutes before their event starts. We will check spikes. ¼ inch pyramid spikes only.

Sports Med: Our Sports med crew will have ice and water and Gatorade available. Teams should bring their own trainers for taping etc. Questions: David Chandler chandldo@wfu.edu, 336-758-3215

Coaching Boxes: There will be no coaching boxes. Coaches are free to move around the field as long as they don’t interfere with the officials or the competition. Please keep the athletes off the track except for the 15 minutes directly before their races. The Field hockey Astroturf field in the center of the track will be off limits. Please let your athletes know.

Parking: Parking is available in the lot at the intersection of Wake Forest Road and Carroll Weathers Drive, across from the HES building and Poteat Field.

Admission: There is no admission charge.

Runways: Both LJ runways run from south to north and our approximately 150 feet long, with boards 12’ from the pit. The triple jump runway has painted boards at 24, 30, 36, 40 and 42 but depending on wind conditions coaches and competitors would have the option to decide to jump from taped boards on the long jump runways.