



WASHINGTON TRACK AND FIELD

2007 Indoor Meet Information Packet (Saturday Division-I Meets)

Coaches,

We would like to make you aware of our Indoor Track and Field meet schedule for the upcoming 2007 season. We are very excited to enter into the sixth year of competition at Dempsey Indoor. Our meets have continued to improve in terms of quality and prestige since we first opened the facility in 2002, and we are looking forward to hosting some of the nation's highest quality indoor meets in 2007. Just glancing at the 2006 IAAF World Rankings reveals dozens of marks set on the facility's 307-meter MONDO track and our field areas; which have played host to numerous Olympians and witnessed several world-leading performances, as well as hundreds of NCAA Championship qualifiers. The following is a list of the Division-I Invitationals we will be hosting during the 2007 indoor season:

2007 Indoor Season Schedule

*** Athletes not on invited Division-I teams must meet entry standards to compete at Saturday invitational meets.
Entry standards for all meets can be viewed on page 2.*

Dempsey Indoor Preview: January 13, 2007
Entry Deadline: 12 p.m. (noon), Tues., Jan. 9, 2007

UW Indoor Invitational: January 26-27, 2007
[Friday Night Multi-Event, DMR, 5000m for men and women]
Entry Deadline: 12 p.m. (noon), Tues., Jan. 23, 2007

The Husky Classic: February 10, 2007
[Open to Invited Schools and Athletes only]
Entry Deadline: 12 p.m. (noon), Tues., Feb. 6, 2007

MPSF Indoor Championships: February 23-24, 2007
[Open to Mountain Pacific Sports Federation members only]
Entry Deadline: 12 p.m. (noon), Tues., Feb. 20, 2007

NCAA Last Chance Qualifier: March 3, 2007
Entry Deadline: 12 p.m. (noon), Tues., Feb. 27, 2007

If you are interested in attending any of these meets, please fill out the form on the last page and return it so that we can continue to work towards putting on the very best events possible. All meet information will be on our webpage, www.gohuskies.com, and we will once again be using www.directathletics.com for all meet entries. If you have any questions please email Jimmy Bean at jbxctf@u.washington.edu or call (206) 221-2625.

See you next winter,
Greg Metcalf
University of Washington - Head Track & Field/ Cross Country Coach

Direct Athletics Entry Procedure

All entries will be handled via DirectAthletics.com. Be sure to check the entry deadline for the meet you wish to enter. Late entries will not be accepted for all meets. If you not have a password for use at DirectAthletics, one will be provided for you once you begin the registration process.

Step 1: Examine standards (below) to decide who may enter.

1. Qualifying standards for Saturday Invitational meets apply to any athletes not on invited Division-I teams. Athletes on invited Division-I teams are not subject to qualifying standards for UW's Saturday Invitationals.

Step 2: Set up an Account with Direct Athletics.

1. Team Entry: If you are entering a team and do not have a TEAM account, you can create one at www.directathletics.com by clicking the New Users link on their homepage.
 2. Individual Entry: If you are an individual athlete, or are entering an individual athlete, you do not need an account. You may go directly to www.directathletics.com and following the links to enter as an INDIVIDUAL.

IMPORTANT NOTE: DO NOT WAIT UNTIL THE DEADLINE TO SET UP THIS ACCOUNT! THE PROCESS WILL TAKE A DAY TO COMPLETE!

Step 3. Enter Your Athletes Electronically on the Internet.

1. Use the directions, password, and userna.m.e acquired above to make your entries at DirectAthletics.com. You will also be able to create a password for yourself so that you can make changes later as you wish.
 2. There is no scratch/add procedure. You may go in and make changes as often as you wish up to the entry deadline, but after this time all entries are final.
 3. Entry Deadline is the Wednesday before each meet at Noon. You may make changes as often as you wish until the entry deadline.
 4. No Faxed or Phoned entries will be accepted.

Step 4: Review Your Entries For Accuracy

1. Upon completion of your entries, review your list to ensure that all athletes are listed, with their proper entry marks. No changes to these entries will be allowed after the entry deadline.
 2. The final list of accepted entries will be posted to the track and field page at GoHuskies.com after 4 p.m. on the Thursday prior to the meet.

Qualifying Standards for Non-Division I Athletes - UW Invitational Meets (Saturdays)*

	Men	Women
60m	7.15	8.00
200m	22.30	26.00
400m	49.15	58.50
800m	1:53.50	2:14.00
Mile	4:13.00	5:00.00
3000m	8:25.00	9:50.00
5000m	14:40.00	17:45.00
60m HH	8.35	8.90
4x400m	3:14.00	3:55.00
LJ	22'5" (6.83m)	18'6" (5.64m)
TJ	47'1" (14.35m)	38' (11.58m)
HJ	6'7" (2.01m)	5'7" (1.70m)
PV	15'7" (4.75m)	12'3 1/2" (3.75m)
SP	51'5" (15.67m)	45'1" (13.74m)
WT	55'0" (16.76m)	50' (15.24m)



Dempsey Indoor Policies and Procedures

Facility Details: 307 meter Mondo track. Six lane straightaway, five lanes on the curve. 160 ft. elevated wooden long jump runway (132 ft. TJ) with rubber overlay; 150 ft. elevated wooden pole vault runway with rubber overlay; 80 ft. right/left wooden high jump approach area with Mondo overlay; reinforced wooden throwing ring.

Entry Fee: \$20 per athlete, or \$300 per team, per gender. (\$300 for men, \$300 for women)

Qualifying Standards: Saturday Invitational meets will have qualifying standards for those individuals not on invited Division-I teams (see box on previous page).

Entry Procedure: All entries are to be submitted electronically via DirectAthletics.com. See page 2 for step-by-step instructions on this process. The final list of accepted entries and any revisions to the time schedule will be available on the UW website, www.gohuskies.com, on Thursday evenings after 4 p.m. on the week of competition. **Day of race entries are not accepted.**

Admission: Spectator admission is free. Spectators are not allowed on the track or in the warm-up area, and must stay in roped off areas.

Parking: South of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). *Do not park in Lot E8 or E9, you will be ticketed.* Parking is free after 12 p.m. on non-basketball Saturdays and all day Sunday.

Facility Entrance: Located on the South end of the facility, nearest the football stadium. All other entries are for official use only.

Event Check-In: Athletes in running events must report to the clerk of the course located at the NW corner of the facility when the announcer makes the first call for that event. Field event contestants should check-in with the head official in their event area when the announcer makes the first call.

Facility Availability: The facility will be available for shakeout/jog from 3 p.m. to 6 p.m. Friday afternoons (and earlier for the UW Invite), and before competition on meet days.

Food Services: **No food or drinks are allowed inside the facility.** The IMA, located 1/4 of a mile away, has a cafe at the entrance.

Headphones: **No headphones** allowed in the competition area.

Implement Weigh-in: Only indoor shots and weights are allowed. Implements will be weighed in at the SE corner of the facility beginning one hour prior to the event.

Results: Results will be posted throughout the meet, and packets of results will be available for coaches at the finish line immediately following the meet's conclusion. Results will also be available on the University of Washington web site: www.gohuskies.com.

Shower Facilities: Shower facilities will be available upon request, after the meet has concluded.

Track Shoes: Flats or track shoes with spikes no longer than one quarter inch. Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.

Trainers: Trainers may set up in the designated area between the High Jump and Warm-up areas.

What They're Saying About Dempsey Indoor ...



Washington's rise to prominence over the past four years can largely be credited to the opening of Dempsey Indoor, one of the finest competitive indoor track and field venues on the West Coast.

Home to up to eight indoor meets each winter, the 80,000-square foot home of UW indoor track and field has become one of the premier destinations for indoor competition, while also serving year-round as a training facility for Washington's track and field teams.

The facility has drawn the attention of the entire nation, with teams from as far away as Texas A&M, Wisconsin, Michigan and Colorado sending athletes to compete, in addition to regular visitors Stanford, Oregon and UCLA. In 2003, retired Georgetown coach Frank Gagliano was quoted as having called Dempsey Indoor "the best indoor track in America," an opinion echoed by 2004 U.S. indoor 800-meter champion and 2000 Olympian Michael Stember.

"I love this track," Stember told the Seattle Times in 2003. "It mimics running outdoors."

Stember is just one of more than a dozen U.S. and foreign Olympians who have raised the competitive bar at Dempsey Indoor, including such luminaries as three-time world shot put champion John Godina, and 2004 Olympic pole vault silver medalist Toby Stevenson. Since 2003, competitions at Dempsey Indoor have produced dozens of top-10 world marks, numerous U.S.-leading marks, 16 UW records and hundreds of NCAA qualifying efforts.

Even the media have jumped aboard, with the Seattle Times calling Dempsey Indoor "a catalyst for a resurgence for track and field."

In 2004, the facility became the host site of the MPSF Championships, the indoor conference championships for most major West Coast Division-I teams. This year's MPSF meet, scheduled for Feb. 23-24, is one of six on the 2007 Dempsey Indoor schedule, including five collegiate meets and one open meet.

The facility includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams.

The facility is named for California businessman Neal Dempsey, a 1964 Washington graduate who, along with his wife,

Facility Records

	Men		Women
60m Dash	6.63, Ja'Warren Hooker, Asics, 2/1/03	60m Dash	7.31, Janice Davis, Stanford, 2/25/05
60m Hurdles	7.77, Jeff Hunter, Arizona, 3/4/06	60m Hurdles	7.31, Chauntae Byrne, Stanford, 2/25/06
200m	21.10, Rubin Williams, Unattached, 2/15/03	200m	7.98, Virginia Powell, USC, 3/4/06
400m	46.17, Andre Ammons, Unattached, 2/15/03	400m	23.46, Janice Davis, Stanford, 2/25/06
800m	1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03	800m	53.57, Ashley Purnell, Stanford, 3/5/05
Mile	3:58.40, Michael Stember, NIKE, 2/15/03	Mile	2:02.91, Heather Henningar, Pacific Sport, 2/15/03
3000m	7:48.59, Bolota Asmeron, NIKE, 1/31/04	3000m	4:31.87, Courtney Babcock, MWTC, 2/11/06
5000m	13:36.48, Matt Tegenkamp, Wisconsin, 2/12/05	5000m	9:00.27, Malindi Elmore, Asics, 1/31/04
4x400m Relay	3:06.98, Oregon, 2/26/05	4x400m Relay	15:45.45, Amy Hastings, ASU, 2/11/06
DMR	9:34.21, UCLA, 2/14/04	DMR	3:35.06, UCLA, 3/3/03
High Jump	7-3 3/4, Jesse Williams, USC, 1/29/05	High Jump	11:05.16, Stanford, 1/31/03
Pole Vault	19-0 3/4, Toby Stevenson, Unatt., 1/31/04	Pole Vault	6-1 1/4, Sharon Day, Cal Poly, 1/29/05
Long Jump	26-6 1/4, Matt Mason, WSU, 2/27/04	Long Jump	14--9 1/2, Mary Sauer, Unatt., 2/11/06
Triple Jump	54-6 1/2, Julien Kapek, USC, 2/1/03	Triple Jump	21-6, Grace Upshaw, NIKE, 2/14/04
Shot Put	65-6 3/4, John Godina, adidas, 2/1/03	Shot Put	45-7 1/4, Erica McLain, Stanford, 2/26/05
Weight Throw	73-9 1/2, Derek Woodske, IWTC, 2/1/03	Weight Throw	58-6, Jill Camarena, Unatt., 2/11/06
Heptathlon	5,518, Robert Arnold, Arizona, 2/26/05	Pentathlon	67-8 1/4, Cari Soong, UCLA, 1/31/04
			4,207, Jackie Johnson, ASU, 2/24/06

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Invitational Time Schedules

NOTE: Time schedules below are tentative. A final time schedule for each meet will be posted to GoHuskies.com after 5 p.m. on the Thursday prior to competition. The schedule for the 2007 MPSF Championships will be determined in December 2006 by the MPSF Committee.

Time Schedule A

**(UW Indoor Preview, The Husky Classic,
Last Chance Qualifier)**

FIELD EVENTS

9:00 a.m.	20-lb. Weight Throw (W)
9:30 a.m.	Long Jump (W)
10:00 a.m.	Pole Vault (W)
10:30 a.m.	35-lb. Weight Throw (M)
10:30 a.m.	High Jump (M)
11:00 a.m.	Long Jump (M)
12:30 p.m.	Shot Put (W)
12:30 p.m.	Triple Jump (W)
1:00 p.m.	High Jump (W)
1:00 p.m.	Pole Vault (M)
2:00 p.m.	Shot Put (M)
2:00 p.m.	Triple Jump (M)

RUNNING EVENTS

10:45 a.m.	60m Hurdles Prelims (W)
11:10 a.m.	60m Hurdles Prelims (M)
11:30 a.m.	60m Dash Prelims (W)
11:50 a.m.	60m Dash Prelims (M)
12:10 a.m.	Mile Run (W)
12:20 p.m.	Mile Run (M)
12:35 p.m.	60m Hurdles Final (W)
12:45 p.m.	60m Hurdles Final (M)
1:00 p.m.	5000m Run (W)*
1:25 p.m.	5000m Run (M)*
1:45 p.m.	400m Dash (W)
2:00 p.m.	400m Dash (M)
2:15 p.m.	60m Dash Final (W)
2:20 p.m.	60m Dash Final (M)
2:30 p.m.	800m Run (W)
2:40 p.m.	800m Run (M)
2:50 p.m.	200m Dash (W)
3:10 p.m.	200m Dash (M)
3:30 p.m.	3000m Run (W)
3:45 p.m.	3000m Run (M)
3:55 p.m.	DMR (W)
4:10 p.m.	DMR (M)
4:25 p.m.	4 x 400m (W)
4:35 p.m.	4 x 400m (M)

* At the UW Indoor Preview, the 5,000m run will be contested at 9:45 a.m. for women and 10:10 a.m. for men. "B" sections of 5k will be contested at 9:45 a.m. for women and 10:10 a.m. for men at the Husky Classic and Last Chance Meets if necessary.

Establishing Heats and Lanes: Heats will be established using marks submitted on entry forms. Finals for the Women and Men's 60m Hurdles and Dashes will be made up of the five fastest times from the prelims. The next five fastest times will run in the Consolation final. Ties will be broken electronically

Time Schedule B

(UW Invitational)

Friday Jan. 26th

3:00 p.m.	— Pentathlon 60 Meter Hurdles (W)
3:10 p.m.	— Heptathlon 60 Meter Dash (M)
3:40 p.m.	— Pentathlon High Jump (W)
3:50 p.m.	— Heptathlon Long Jump (M)
4:20 p.m.	— Heptathlon Shot Put (M)
5:30 p.m.	— Pentathlon Shot Put (W)
6:00 p.m.	— Heptathlon High Jump (M)
6:50 p.m.	— Pentathlon Long Jump (W)
7:00 p.m.	— 5,000m Run (W)
7:25 p.m.	— 5,000m Run (M)
7:45 p.m.	— Distance Medley Relay (W)
8:05 p.m.	— Distance Medley Relay (M)
8:20 p.m.	— Pentathlon 800m Run (W)

Saturday Jan. 27th

FIELD EVENTS

9:00 a.m.	— 20-lb. Weight Throw (W)
9:30 a.m.	— Long Jump (W)
10:00 a.m.	— Pole Vault (W)
10:30 a.m.	— 35-lb. Weight Throw (M)
10:30 a.m.	— High Jump (M)
11:00 a.m.	— Long Jump (M)
12:30 p.m.	— Shot Put (W)
12:30 p.m.	— Triple Jump (W)
1:00 p.m.	— High Jump (W)
1:00 p.m.	— Pole Vault (M)
2:00 p.m.	— Shot Put (M)
2:00 p.m.	— Triple Jump (M)
3:00 p.m.	— Heptathlon Pole Vault (M)

RUNNING EVENTS

10:20 a.m.	— 1000m Run (W)
10:30 a.m.	— 1000m Run (M)
10:45 a.m.	— 60m Hurdles Prelims (W)
11:10 a.m.	— 60m Hurdles Prelims (M)
11:30 a.m.	— 60m Dash Prelims (W)
11:50 a.m.	— 60m Dash Prelims (M)
12:10 a.m.	— Mile Run (W)
12:20 p.m.	— Mile Run (M)
12:35 p.m.	— 60m Hurdles Final (W)
12:45 p.m.	— 60m Hurdles Final (M)
1:00 p.m.	— Heptathlon 60m Hurdles (M)
1:10 p.m.	— 400m Dash (W)
1:25 p.m.	— 400m Dash (M)
1:40 p.m.	— 60m Dash Final (W)
1:45 p.m.	— 60m Dash Final (M)
1:50 p.m.	— 800m Run (W)
2:00 p.m.	— 800m Run (M)
2:10 p.m.	— 200m Dash (W)
2:25 p.m.	— 200m Dash (M)
2:40 p.m.	— 3000m Run (W)
3:05 p.m.	— 3000m Run (M)
3:25 p.m.	— 4 x 400m (W)
3:35 p.m.	— 4 x 400m (M)
4:00 p.m.	— Heptathlon 1000m Run (M)