



Dear Coaches & Athletes,

The University of Washington presents its 2008-2009 Dempsey Indoor Schedule in hopes of hosting yet another outstanding year of indoor track & field. In the following pages you will find all necessary information regarding our indoor meets. We will be hosting six indoor meets with the addition of the 2009 MPSF Indoor Championships. All six meets have descriptions on the following page so that all competitors have a greater understanding for each meet.

As we begin another year of track and field in the Dempsey, it is our goal to provide the best track & field meets possible. We will do our best to accommodate all those competing with the very best environment. With that being said, this year we have made changes to our schedule as well as our entry procedures. Due to new NCAA rules, we are required to publish entry marks. We request that all visiting teams and athletes submit times that are accurate to their personal bests or marks that within reach for the applicable meet. We will check all entries for accuracy to ensure great meets. Please check www.directathletics.com for more information regarding when and how to register for our meets.

Important information to be mindful of prior to reading the following information:

- Teams are asked to limit roster sizes to 25 for men and 25 for women. Coaches should also know that discretion will be shown in looking at heats and flights for athletes who are multiply entered.

- **Entries are due Saturday, 12:00 AM, one week in advance of all meets.**

- **Entry fees are \$400 per team per gender. Individual entries are \$20, payable online.**

- ****Schools with 14 or more athletes are considered to have a team. Teams with 13 or less athletes will pay 20 dollars per athlete.**

- All Schedules & Entries Are Tentative Until Accepted List of Entries on Thursday Prior to Competition

*In the men's and women's long jump and triple jump, we will confine our fields to no more than 28 athletes per field. Due to facility restraints (two runways and pits), we will stick to these numbers in order to run an efficient meet.

*In addition, we will confine fields on the track and in the field that allow us to contest the meet within the proposed time schedules. That may mean that we will take only a certain number of athletes in particular events. No entry at www.directathletics.com is guaranteed a spot in the meet. Each entry is at the discretion of the meet director.

- All Individuals Must Pay Online (Entries Will Not Be Accepted At the Door)

- Warm-up for Teams & Athletes will be from 2-6pm unless arranged through facilities via Dan Gaston at gastond@u.washington.edu

- All Meet Entry Concerns Should Be Directed To Meet Director Jimmy Bean at jbean@ica.washington.edu

- All Meet Entry Concerns Should Be Directed To Meet Manager Megan Nicholson at mnicholson@ica.washington.edu

- Below This Cover Page You Will Find In Order: Meet Schedules, Entry Standards, and Meet Descriptions

We Wish You All The Best On The 2009 Indoor Season

University of Washington Track & Field