

**WASHINGTON STATE UNIVERSITY  
2012 COUGAR INDOOR TRACK AND FIELD  
MEET INFORMATION**

**DATES OF COMPETITION:** January 27-28, 2012

**CONFIRMED PARTICIPATING TEAMS:** Men - WSU, Idaho, Utah State, Montana, UCLA  
Women - WSU, Idaho, Utah State, Montana, UCLA

**ENTRY FEE:** No entry fee

**SITE:** WSU Indoor Track & Field facility on the Washington State campus

**SCHEDULE OF EVENTS:** See enclosed time schedule.

**PACKETS:** May be picked up on Friday between 2 p.m. and 6 p.m. at the indoor facility.  
**Coaches, please check in with the clerk immediately upon arrival on meet day to make any changes in running events. Field event changes are made at the event site. Changes in running events during the meet must be done with the Clerk by a member of your coaching staff.**

**MEET INFORMATION:** Contact Matthew McGee (509) 335-0288/FAX (509) 335-0344  
e-mail: [mdmcgee@wsu.edu](mailto:mdmcgee@wsu.edu)

**ENTRIES:** *Entries are to be made by logging onto [www.directathletics.com](http://www.directathletics.com). Entry deadline will be Wednesday, January 25, 2012 @ Noon PT. Please enter all athletes in all possible events by this time. If you have any questions please contact Linda Chalich, WSU Athletic Communications office (509) 335-0268.*

**PREFERRED LANES:** Lane assignments will be made by the host institution.  
Preferred Lanes on the straight- away: 5-4-6-3-7-2-8-1  
Preferred Lanes 200m: 5-6-4-3-2-1  
Preferred Lanes 400m: 4-5-6-3-2-1

Athletes will be placed in flights (field) and heats (running) based on lifetime best **INDOOR** marks, with the best athletes competing in the last heat/flight.

**Exception:** The 60m dash and 60m Hurdles will contest the fastest athletes in the first heat. There will be a "consolation" race before the final of the 60m Hurdles/60m. Lanes and heats for the "finals" will be determined from the qualifying times in the preliminaries. Places in all other running events are determined by the best finish times from the heats.

**CHECK-IN PROCEDURE:**

***Running Events:*** All runners and **RELAY TEAMS must** check in and pick up hip numbers at the Clerk's Area (NE corner of the facility) following the **first** call for each event.

***Field Events:*** All field athletes **must** check in at the event site no later than 20 minutes before the scheduled start time of their event(s).

**Competitors failing to comply with check-in procedure will not be allowed to participate in that event.**

**IMPLEMENT WEIGH-IN:** All implements to be used in competition must be weighed in at least 1 hour prior to the start of that event. Please label your implements for identification. Illegal implements will be impounded and may be picked up at the conclusion of the competition. Competitors may take their own throwing implements following competition.

**NOTE: DUE TO SAFETY CONCERNS, ONLY SOFT-SHELL WEIGHT WILL BE ALLOWED.**

**NUMBERS:** All competing athletes will wear bib numbers on the front (except for pole-vaulters, who will wear numbers on the back).

**OFFICIALS:** Selected by WSU, Assigned by Ben Clarke, Officials Coordinator.

**RULES OF COMPETITION:** NCAA Track & Field Rules.

**SCORING:** Dual meet scoring (5, 3, 1 and 5, 0 relays) Pentathlon and Heptathlon are not included in scoring. Each team will receive 3 contests on this date of competition for NCAA Division I sponsorship.

**FACILITY INFORMATION:**

- 1) Track and Approach Surfaces – 14mm Mondo-Super-X  
**6** - 42" Lanes on the large radius oval  
**8** - 48" Lanes on the straight (See Diagram)
- 2) **REQUIRED Spikes - 1/4 inch PYRAMID MAXIMUM**
- 3) Throwing Circle - Brushed Concrete
- 4) Starting Blocks - provided by WSU (UCS & GILL)

**WARM-UP /COOL DOWN:** The baseball practice field located outside the NE corner of the Indoor track will be available for warm-up and cool down weather permitting. **SPIKES ARE NOT ALLOWED ON THE BASEBALL PRACTICE FIELD, RUNNING FLATS ONLY.** A warm-up area is also provided at the East End of the facility however space in this area is limited. Blocks and hurdles will be available in this area.

**ACCESS TO TRACK AND FIELD EVENT AREA:** Only **competing** athletes, meet officials, authorized staff, and photographers will be allowed on the track or infield area. Three orange arm bands will be issued to each school for **coaches** to access the infield.

**OFFICIAL WARM-UP AND COMPETITIVE AREAS:** Personal listening devices (e.g. i-Pods) and **ALL cell phones** are prohibited in the official warm-up and competitive areas. The Meet Referee will issue one warning. A second violation will result in disqualification from the meet. [Per NCAA Rule 4 section 5]

**TRAINING ROOM FACILITIES:**

Main Training Facility: Bohler Gym M-4  
Auxiliary Training Site: SE Corner of Competition Facility  
Contact Person: Lacey Diamond (509) 335-8936

**LOCKER ROOMS:** Locker rooms are available if your team chooses not to dress and shower at the hotel. **If your team would like access to a locker room and towels contact Ben Clarke at (509) 335-5109.**

**RESULTS:** Will be posted throughout the meet. Final results will be available to coaches at the finish line stage approximately 15 minutes after the last event.