

2012 RALPH VERNACCHIA TEAM TRACK & FIELD MEET AND WESTERN INVITATIONAL COMBINED EVENTS MEET

FRIDAY AND SATURDAY, MARCH 30-31, 2012
CIVIC FIELD STADIUM / BELLINGHAM, WA

The Ralph Vernacchia Team Track & Field Meet is named to honor the long-time mentor of the men's track & field and cross country programs at Western. Ralph's career included one cross country and seven track & field district titles, as well as countless NAIA All-Americans and NAIA Scholar-Athletes. Ralph recently retired from Western where he was an assistant professor in the PE Department, and from USA Track & Field where he was the co-chair of the Sports Medicine & Sciences' Psychological Services subcommittee. He served as psychologist for the 2000 USA Track & Field Olympic team in Sydney. Our meet was previously known as the WWU Triangular or Quadrangular, depending on the number of teams, and meet records for several events were set during those early years.

The bulk of this year's meet will be on Saturday. The Combined Events Meet will be held jointly with the Ralph Vernacchia Team Meet, with an integrated schedule on Saturday. Teams needing housing may contact the WWU Track & Field Office for assistance on bookings and rates, 360-650-3103.

INVITED SCHOOLS

Bowerman Athletic Club, Central Washington University, Club Northwest, Concordia University, Everett Community College, Northwest University, Oregon Track Club Elite, Pacific Lutheran University, Saint Martin's College, Seattle Pacific University, Seattle University, Simon Fraser University, Skagit Valley College, the University of British Columbia, the University of Puget Sound, the University of Washington, and Western Washington University. Please let us know if you are aware of other schools or clubs who may be interested.

OPEN EVENTS

Please note that the 10k run, hammer throw, and combined events are open to athletes not on the scoring teams. All 10k runners who plan to contest the event should be able to compete at sub-35:00 (men) or sub-42:00 (women). ALL OTHER EVENTS are limited to the team members from the invited school and club teams.

SCORING

Individual events: 10-8-6-5-4-3-2-1, considering the top three finishers for each school. Relays events: 10-8-6-5-4-3-2-1, considering only the fastest team for each school ("B" teams are eligible to score if they beat your "A" team, but both teams may not score.)

SITE

All events are at Civic Field Stadium. The facility requires a maximum of quarter-inch spikes for all running and jumping events, and 3/8" for the javelin throw. The throwing circles are brushed concrete. Teams may arrange for locker and shower space at WWU's Carver Gym, approximately three miles from Civic Field Stadium. Please plan to supply your own towels.

SCRATCHES

For all events: 10:30 a.m. at the clerk's area. Preliminary heat assignments will be drawn; however final heat assignments will be based on the outcome of the scratches, and specific heats and lanes are not announced until check-in closes for each event. It is imperative that your athletes check-in at the clerk's area for running events *at least 30 minutes before the event is scheduled to begin - this worked well last year, so we will continue to do it.*

WEIGH-INS

Saturday at 10 a.m.-2:30 p.m. for the all weight events, at the scoreboard building locker room at the west end of Civic Field Stadium.

OFFICIALS AND VOLUNTEERS

We always need all the help we can get! We hope to avoid it, but we will page for volunteers if we need to keep the meet going! Many thanks to the dozens of Western students in our PE programs for assisting over the years, and to our small, but stalwart, band of regulars from our newly-formed PNTFOA branch in Whatcom County!

ENTRIES

Each team may enter up to four athletes in each field event and each track event up to and including the 400-meter dash, and may compete up to three, although we will attempt to accommodate all entered athletes. The best eight athletes will comprise the fast section of lane events, which will be run as the last heat. Up to six athletes may be entered in events

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800-meters and longer and four may compete for scoring places. In the 800-meters, up to 12 athletes will run the fast section, consisting of the fastest individuals. There is no team limitation in relay events, other than we will only hold two sections of each relay. The team fee is \$100 per men's and women's team each.

ENTRY PROCESS

We will use directathletic.com. Please have your entries in by Tuesday, March 27, 2011. We will be using a data transfer program to input the information into Hytek. If you are entering a seed time for someone not in the TFRRS system, please list times to the hundredth only where the athlete was timed using fully-automatic equipment. Where you are "guesstimating" a performance for an athlete in an event where the athlete has not performed this year, indicate that by a question mark "?" after the performance. *Please be honest with your seed times* – everyone wants the advantage of the best race possible for their athletes, and inflating performance marks is a bad science at best.

FIELD EVENTS

Starting and subsequent heights for the verticle jumps will be:

- Women's Pole Vault - 2.75m (9-0 1/4) - bar will be raised in 15cm (6") increments
- Women's High Jump - 1.45m (4-9) - bar will be raised in 5cm (2") increments
- Men's Pole Vault - 3.90m (12-9 1/2) - bar will be raised in 15cm (6") increments
- Men's High Jump - 1.80m (5-10 3/4) - bar will be raised in 5cm (2") increments

CALLS

Report to Clerk - 30 minutes before event start. Not every event will be called individually, but reminders will be frequent.

First Call - two events prior to the event. *Athletes waiting until the first call may have already been scratched.*

Second Call - prior to the event preceding the event.

Final Call - is only for the benefit of spectators and officials.

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TIME SCHEDULE AND RECORDS

FRIDAY, MARCH 31

COMBINED EVENTS

(Times approximate, depending on field size and rest minimum)

12:30	Decathlon 100-meter Dash
1:00	Heptathlon 100-meter Hurdles
1:15	Decathlon Long Jump
1:45	Heptathlon High Jump
2:15	Decathlon Shot Put
3:15	Decathlon High Jump
3:15	Heptathlon Shot Put
4:15	Heptathlon 200-meter Dash
4:45	Decathlon 400-meter Dash
5:00	Men's Hammer Throw 66.38m (217-10) by Harold Willers, SFU, 1985
6:30	Women's 10,000-meter Run 35:49.5h by Kristina Proticova, NWC, 2004
7:00	Women's Hammer Throw 54.69m (179-5) by Taylor Hacker, PLU, 2009
7:30	Men's 10,000-meter Run 30:52.7h by Chad Portwood, una., 2011

SATURDAY, MARCH 31

COMBINED EVENTS

(Times approximate; in addition to field size and rest minimum, men's javelin may be held in two sections)

9:00	Decathlon 110-meter Hurdles
9:45	Decathlon Discus Throw
10:00	Heptathlon Long Jump (Pit 1)
10:45	Decathlon Pole Vault
11:00	Heptathlon Javelin Throw
12:00	Heptathlon 800-meter Dash
12:45	Decathlon Javelin Throw
2:00	Decathlon 1500-meter Run

FIELD EVENTS

10:00	Women's High Jump 1.80m (5-11) by Michelle Laviolette & Kim Vanderhoek, SFU, 1992, and Ruky Abdulai, SFU, 2005 & 2006
10:00	Men's Long Jump (Pit 2) 7.06m (23-2 1/4) by Chris Salas, WWU, 1991
10:00	Men's Shot Put 16.43m (53-11) by Mike Olson, SPU, 1992
10:00	Men's Javelin Throw 68.70m (225-5) by Curtis Moss, UBC, 2009
12:00	Men's High Jump 2.13m (6-11 3/4) by Nathan Lindeman, WWU, 2000
12:00	Women's Long Jump (Pit 1) 6.04m (19-9 3/4) by Ruky Abdulai, SFU, 2007
12:00	Men's Triple Jump (Pit 2) 15.11m (49-7) by Justin Lawrence, CWU, 2004
12:00	Women's Shot Put 14.95m (49-0 3/4) by Katherine Tripp, Cncrdia, 2009
12:00	Men's Discus Throw 55.55 (182-3) by Nik Kay, Concordia, 2009
12:00	Women's Javelin Throw 54.33m (178-3) by Liz Gleadle, UBC, 2010
1:00	Men's Pole Vault (pit 1) 5.15m (16-10 3/4) by Ryan Brown, WWU, 2010 & 2011

1:00	Women's Pole Vault (pit 2) 3.75m (12-3 1/2) by Melissa Peaslee, SPU, 2008
2:00	Women's Triple Jump (Pit 1) 12.17m (39-11 1/4) by Karin Grelsson, SPU, 1992
2:00	Women's Discus Throw 47.61m (156-2) by Jessica Telleria, WWU, 2006

TRACK EVENTS

11:00	Women's 3000-meter Steeplechase 10:50.24 by Suzie Strickler, SPU, 2007
11:25	Men's 3000-meter Steeplechase 9:08.61 by Ryan Brockerville, SFU, 2011
11:40	Women's 4x100-meter Relay 47.2h by Simon Fraser Univ, 1992
11:50	Men's 4x100-meter Relay 41.7h by Simon Fraser Univ, 1987
12:15	Women's 1500-meter Run 4:23.17 by Jessica Pixler, SPU, 2007
12:30	Men's 1500-meter Run 3:51.6h by Rolly Knight, SFU, 1985
5:00	Women's 100-meter Hurdles 14.08 by Vanessa Fryer, SFU, 1997
5:10	Men's 110-meter Hurdles 14.3h by Tim Kroeker, SFU, 1991
5:25	Women's 400-meter Dash 56.1h by Chris Klausman, SPU 1985
5:35	Men's 400-meter Dash 47.8h by John Kaay, SFU, 1984
5:50	Women's 100-meter Dash 12.0h by Hollie Watson, WWU, 1987, Kim Vanderhoek, SFU, 1991, and Natasha White, SFU, 1999
6:00	Men's 100-meter Dash 10.5h by Robert Reid, SFU, 1984
6:15	Women's 800-meter Dash 2:07.90 by Rebecca Johnstone, SFU, 2006
6:25	Men's 800-meter Dash 1:52.0h by Randy Kolarcik, SFU, 1982
6:40	Women's 400-meter Hurdles 59.9h by Michaela Colluney, SFU, 1992
6:50	Men's 400-meter Hurdles 53.4h by Laurier Primeau, SFU, 1994
7:05	Women's 200-meter Dash 24.38 by Ruky Abdulai, SFU, 2007
7:15	Men's 200-meter Dash 21.90 by Mike Lynch, WWU, 2000
7:30	Pfueller Family Women's 5000-meter Run 17:16.13 by Kristen Kolstad, SFU, 2006
7:45	Brett Golden Memorial Men's 5000-meter Run 14:28.7h by Mat Beedham, SFU, 1990
8:05	Women's 4x400-meter Relay 3:50.38 by Simon Fraser (Boss, Crofts, Smith, Kane), 2009
8:15	Men's 4x400-meter Relay 3:16.20 by Simon Fraser Univ, 2004

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MEN'S TEAM SCORING HISTORY

1982	WWU 126, SPU 41, SFU 32
1983	WWU 107, SFU 59, SPU 44
1984	WWU 97, SFU 68, SPU 37
1985	WWU 113.5, SFU 71.5, SPU 10
1986	WWU 103, SFU 60, PLU 40, SPU 7
1987	SFU 81.5, WWU 75.5, PLU 39, SPU 18
1988	WWU 105, SFU 37, PLU 33, SPU 25
1989	WWU 99.5, SFU 58.5, SPU 24
1990	WWU 73, SFU 72, SPU 36
1991	WWU 89, SFU 65, SPU 41
1992	WWU 86, SFU 51, SPU 44, Wman 15
1993	WWU 95, SFU 53, SPU 23
1994	PLU 87, WWU 72, SFU 38, SPU 11
1995	PLU 85, WWU 64, SFU 25, SPU 25
1996	PLU 88, WWU 61, SPU 27, SFU 22
1997	PLU 131.5, WWU 117, PS 61.5, SF 48, CW 35
1998	(Tri) WWU 113, SPU 35, SFU 32 (Team) WWU 122, PLU 118, UPS 76, CWU 62, SFU 50
1999	WWU 147, CWU 133, SFU 60, SPU 50
2000	WWU 164, PLU 82, SFU 65, UPS 43, SPU 23, SU 4, SMC 0
2001	WWU 137, CWU 107, PLU 64, SPU 42, SFU 37, SMC 5, SU 3
2002	WWU 108, CWU 91, SFU 67, PLU 60, SPU 30, SMC 19, PS 11, SU 10
2003	WWU 159, PLU 74, CWU 72, SFU 49, SPU 23, SU 20, SMC 7
2004	WWU 116, UBC 74.5, CWU 60, SFU 60, PLU 47.5, SPU 29, SU 19, SMC 19
2005	WWU 121, CWU and SFU 73, UBC 69, PLU 48, SPU 28, SU 18, SMU 14
2006	WWU 131.5, UBC 93.5, CWU 63, SFU 55, NWU 33, SU 18, SMU 17, SPU 14
2007	WWU 152, CWU 102, UBC 64, SPU 45, SFU 32, NWU 30
2008	WWU 187, UBC 66, UPS 55, SFU 36, WCC 33, SPU 29, EvCC 10, SU 3
2009	WWU 130, Concordia 91, UBC 50.5, SFU 48.5, SU 41.5, UW 36, PLU 13, CWU 9, WCC 7, SPU 6, NU 2.5, ECC 2, SMU 1
2010	WWU 288, UBC 161, SMU 82, SFU 68, NWU 45, EvCC 23, CWU 6, SVC 5, PLU 5, SPU 5
2011	WWU 286, UBC 125, EvCC 74, SFU 60, SMU 57, CNW 53, GRCC 45, NWU 32, CWU 29, SVC 17, Olympic 12.

WOMEN'S TEAM SCORING HISTORY

1982	WWU 67, SPU 52, SFU 36
1983	WWU 54, SPU 52, SFU 47
1984	WWU 79.5, SFU 42.5, SPU 32
1985	WWU 81, SPU 41, SFU 30
1986	WWU 59, SPU 56, SFU 40
1987	SPU 62, SFU 48, WWU 40
1988	SPU 71, SFU 46, WWU 37, PLU 7
1989	SPU 72, SFU 54, WWU 37
1990	SFU 79, SPU 71, WWU 12
1991	SFU 69, SPU 61, WWU 36
1992	SPU 74, SFU 56, WWU 40, Wman 3
1993	SPU 67, WWU 54, SFU 25
1994	PLU 66, SPU 55, WWU 42, SFU 22
1995	PLU 64, WWU 47, SPU 44, SFU 19
1996	PLU 67, SPU 52, WWU 47, SFU 29
1997	PLU 126, WWU 124.5, SFU 51, UPS 49.5, CWU 48
1998	(Tri) WWU 79, SPU 74, SFU 34 (Team) PLU 113.5, WWU 110.5, SFU 86, UPS 67, CWU 49
1999	WWU 153, SPU 120.5, SFU 75, CWU 47.5
2000	SPU 139, WWU 96, SFU 63, PLU 63, UPS 31, SMC 7, SU 0
2001	SPU 133, WWU 78.33, CWU 74, PLU 61.67, SFU 47, SU 7, SMC 5
2002	SPU 101, WWU 99, PLU 71, CWU 69, SFU 28, SMC 21, UPS 20, SU 5
2003	SPU 111.5, WWU 103.5; CWU 78, PLU 73, SFU 35, SU 7, SMC 2
2004	SPU 103, CWU 97, WWU 68.5, SFU 67.5, UBC 50, PLU 29, NWC 20, SU 19, SMC 2
2005	SPU 93.5, SFU 92, UBC 90, WWU 67.5, CWU 66, PLU 24, NWU 16, SMU 13, SU 10
2006	WWU 124, SFU 116, CWU 67, UBC 54, SPU 42, NWU 33, SU 9, SMU 6
2007	WWU 121, SPU 111, SFU 76, UBC 64.5, CWU 61, NWU 7.5
2008	WWU 127, SFU 100, SPU 98, UBC 60, UPS 13, EvCC 3, NWU 2, SU 1
2009	WWU 102.5, Concordia 99, SFU 42, PLU 39.5, UW 37, UBC 36, SPU 31, SU 28, NU 9, WCC 7, CWU 4, ECC 2
2010	WWU 258, SFU 162, SMU 68, NWU 63, UBC 62, EvCC 29, SPU 21, CWU 13, DC 6, PLU 3, SU 1
2011	WWU 251 1/2, SFU 194, SMU 87, UBC 68, NWU 64, EvCC 27, Kajaks 26, GRCC 19 1/2, Olympic 16, CNW 13, CWU and SU 8, PLU 5, SVC 4, Douglas 3, TESC 1.