

2016 RALPH VERNACCHIA TRACK & FIELD MEET

SATURDAY, APRIL 30, 2016 • CIVIC FIELD STADIUM • BELLINGHAM, WA

The **Ralph Vernacchia Track & Field Meet** will be our sole home track & field event for 2016, combining the previously separate Vernacchia Team Meet and Twilight Meet again this year. The meet is named in honor of 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 retired a few years ago from Western, where he was a 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.

The Team 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 Twilight meet was re-started in 2004, and the likelihood for better weather continued to help it grow in popularity through 2013. For that reason, the combined meet has been placed on the later weekend.

GENERAL INFORMATION

- This is an open meet – send this information to anyone you think is interested! Please pass this information on to schools or clubs who may be interested. We are very supportive of club athletes!
- Team scores will be kept this year.
- We are using electronic timing for all track events!

FACILITY INFORMATION

- The City of Bellingham has an Atlas track at Civic Field Stadium, which includes the high jump area, dual pole vault and long/triple jump runways, and the javelin approach. 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.
- All events can be contested within the facility's fences. Except for the high jump, the field events are on the outside of the perimeter of the track on the north side of the stadium.
- The track is eight lanes; multiple heats will be required in most lane events, as well as in the 800- and 1500-meter runs.
- 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. Due to security issues, we do not open Civic's locker rooms.
- The scratch meeting will be at 9:00 a.m. at the clerk's area at the finish line tent. Please plan to give us scratches that you know of at that time, as well as any which occur due to injury or fatigue during the meet.

YOUR ENTRIES AND SEEDING

- We are employing Directathletics.com for entries. All entries are due by Tuesday, April 26, by the close of business. Late entries at the meet site will be charged a \$5 late fee, and will ONLY be accepted where the entry will not cause us to have to break an event into more heats than scheduled. Late entries in ANY running event will NOT be finalized until the close of check-in for that event.
- The entry fee will be \$15 per person per event and \$30 per relay team, up to a maximum rate of \$150 per men's team and \$150 per women's team. There will be an admission charge for spectators. If teams have trouble with paying just the maximum fee on-line, please let us know so that we can make other arrangements.
- While there are no limitations on most events, we may have to limit the total number of competitors in the men's and women's hammer and discus throws due to available daylight hours. The 10,000-meters is currently scheduled to be held in two races, women at 9:30 a.m. and men at 10:15 a.m. If entries warrant, the races will be combined at 10 a.m.
- 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 bad science at best. Our meet director and head clerk both have amazing memories, and has learned which of you are submitting realistic marks, and which of you are not. Save some time and be honest from the start of the process!

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- Preliminary heat assignments will be drawn; however, final heat assignments will be based on check-ins, and final heats and lanes are not announced until check-in closes for each event. Our one-hour check-in system alerts us to late scratches so that we can adjust heats accordingly and make them as competitive as possible. It is imperative that your athletes check-in at the clerk's area for running events *at least 60 minutes before the event is scheduled to begin - this works well every year, so we will continue to do it.*

OFFICIALS AND VOLUNTEERS

- Western's Coaching Development classes in Track & Field Officiating and Track & Field Coaching will staff most events, with WWU alumni and Whatcom County's chapter of USATF-Pacific Northwest's Officials Association providing lead roles. But - like most of you - we always need all the competent help we can get! We will page for volunteers if we need to keep the meet going, especially for things like hurdle placement!

WEIGH-INS

- 8:30 a.m.-2 p.m. for all weight events, at the scoreboard building locker room at the west end of Civic Field Stadium.

FIELD EVENTS

Starting and subsequent heights for the vertical jumps will be:

- Women's Pole Vault - 2.95m (9-8 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 - 4.10m (13-5 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 - 60 minutes before the scheduled event start. Not every event will be called individually, but reminders will be frequent. *Do not miss or fail to react to these calls and/or the one-hour time frame!*

First Call - two events prior to the event. *It is very likely that athletes waiting until the first call may have already been scratched.*

Second Call - prior to the event preceding the event. This alerts participants that they have only one more event - which may or may not have multiple heats - before their competition.

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

FOR MORE INFORMATION

- Bill Roe at 360/739-2105 or bill.roe@wwu.edu or tracknet@mac.com
- Pee Wee Halsell at 360/650-3103 or peewee.halsell@wwu.edu
- David Burnett at 360/650-2380 or david.burnett@wwu.edu

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TIME SCHEDULE

FIELD EVENTS

All field events are on an "area available" basis regardless of the scheduled time, meaning the second or later event in an event area may go ahead of schedule.

- 8:00 Weigh-in at the multipurpose building at the west (scoreboard) end of the stadium
- 9:00 Scratch meeting at the infield canopy (clerk's zone)
- 9:00 **Women's Hammer Throw**
Record: 56.06m (183-11) by Annie Larose, SJO, 2013
- 10:00 **Men's Long Jump**
Record: 7.06m (23-2 1/4) by Chris Salas, WWU, 1991
- 10:30 **Women's High Jump**
Record: 1.80m (5-11) by Michelle Laviolette & Kim Vanderhoek, SFU, 1992, and Ruky Abdulai, SFU, '05 & '06
- 10:30 **Men's Javelin Throw**
Record: 68.70m (225-5) by Curtis Moss, UBC, 2009
- 11:00 **Men's Pole Vault**
Record: 5.25m (17-2 3/4) Ryan Brown, WWU, 2011
- 11:30 **Women's Shot Put**
Record: 15.59m (51-1 3/4) Meg Jones, UW, 1987
- 11:30 **Men's Hammer Throw**
Record: 66.38m (217-10) by Harold Willers, SFU, 1985
- 12:00 **Women's Long Jump**
Record: 6.04m (19-9 3/4) by Ruky Abdulai, SFU, 2007
- 12:30 **Men's Triple Jump**
Record: 15.11m (49-7) by Justin Lawrence, CWU, 2004
- 12:30 **Men's High Jump**
Record: 2.18m (7-2 1/2) by Mike Mason, Valley Royals, 2012
- 1:30 **Women's Javelin Throw**
Record: 54.33m (178-3) by Liz Gleadle, UBC, 2010
- 2:00 **Women's Pole Vault**
Record: 3.85m (12-7 1/2) by Karis Anderson, WWU, 2012
- 2:00 **Women's Triple Jump**
Record: 12.17m (39-11 1/4) by Karin Grelsson, SPU, 1992
- 2:00 **Men's Shot Put**
Record: 16.88m (55-4 3/4) by Frank Catelli, WWU, 2014
- 2:00 **Women's Discus Throw**
Record: 49.46m (162-3) Meg Jones, UW, 1987
- 4:00 **Men's Discus Throw**
Record: 55.55 (182-3) by Nik Kay, Concordia, 2009

TRACK EVENTS

- 9:30 **Women's 10,000-meter Run**
Record: 35:49.5h by Kristina Proticova, NWC, 2004
- 10:15 **Men's 10,000-meter Run**
Record: 30:52.7h by Chad Portwood, una., 2011
- NOTE: 10Ks will be combined at 10am if fewer than 12 total entries.
- 11:00 **Pfueller Family Women's 5000-meter Run**
The Pfueller Family has a historic place in WWU track & field and cross country, with Gale (1965) an NAIA national placewinner, and Genevie (1986) a multiple NAIA All-American and academic All-American. Genevie was inducted into the WWU Athletic Hall of Fame in 1999.
Record: 16:35.53 Katelyn Steen, WWU, 2015

- 11:30 **Men's 3000-meter Run**
Record: 8:24.61 Jordan Welling, WWU, 2010
- 11:50 **Women's 3000-meter Steeplechase**
Record: 10:50.24 by Suzie Strickler, SPU, 2007
- 12:05 **Men's 3000-meter Steeplechase**
Record: 8:51.86 by Donn Cabral, Nike, 2013
- 12:25 **Women's 4x100-meter Relay**
Record: 47.20 by Seattle Pacific Univ (Baldwin, Brannan, Mitchell, Wochnick), 2014
- 12:35 **Men's 4x100-meter Relay**
Record: 41.40 Western Washington (Pangilinan, Gruger, Tilley, Steffen), 2012
- 12:45 **Women's 1500-meter Run**
Record: 4:23.17 by Jessica Pixler, SPU, 2007
- 1:00 **Men's 1500-meter Run**
Record: 3:50.6h Gary Gustafson, CNW, 1984
- 1:20 **Women's 100-meter Hurdles**
Record: 14.08 by Vanessa Fryer, SFU, 1997
- 1:30 **Men's 110-meter Hurdles**
Record: 14.41 Travis Milbrandt, WWU, 2015
- 1:45 **Women's 400-meter Dash**
Record: 55.2h Rhonda Bell, Bellevue CC, 1981
- 1:55 **Men's 400-meter Dash**
Record: 47.8h by John Kaay, SFU, 1984
- 2:10 **Women's 100-meter Dash**
Record: 11.8h Lisa Whitehead, Coquitlam, 2006
- 2:20 **Men's 100-meter Dash**
Record: 10.3h Marty Krulee, Unattached, 1983
- 2:35 **Women's 800-meter Dash**
Record: 2:07.90 by Rebecca Johnstone, SFU, 2006
- 2:45 **Men's 800-meter Dash**
Record: 1:50.88 Nectaly Barbosa, Unattached, 2007
- 3:00 **Women's 400-meter Hurdles**
Record: 59.9h by Michaela Colluney, SFU, 1992
- 3:10 **Men's 400-meter Hurdles**
Record: 53.3h John Kotsogeanis, FITC, 1981
- 3:25 **Women's 200-meter Dash**
Record: 24.38 by Ruky Abdulai, SFU, 2007
- 3:35 **Men's 200-meter Dash**
Record: 20.9h Marty Krulee, Unattached, 1983
- 3:50 **Women's 3000-meter Run**
Record: 9:35.75 Sarah Porter, WWU, 2011
- 4:10 **Brent Golden Memorial Men's 5000-meter Run (2 heats)**
This race honors the late Western distance runner, a four-year letter winner for the Vikings from 1977 to 1980.
Record: 14:22.0h Ross Chilton, SFU, 1984
- 4:50 **Women's 4x400-meter Relay**
Record: 3:49.58 Seattle Pacific Univ (Valentine, Quatier, Johnson, Fricker), 2012
- 5:05 **Alex Binkerd Memorial Men's 4x400-meter Relay**
Record: 3:14.15 by Western Washington (Poolman, Schmidt, Nokes, Smith), 2013