

2007 MPSF
Indoor Track & Field
CHAMPIONSHIPS



PARTICIPANTS
MANUAL

UNIVERSITY OF WASHINGTON
SEATTLE
FEBRUARY 23-24, 2007

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MEET PERSONNEL

| | |
|-------------------------------------|--|
| MPSF Executive Director: | Al Beaird MPSF Executive Director Office: 530-669-7600 Fax: 530-669-7627 Cell: 530-304-3889 Email: abeaird@mpsports.org |
| Assistant AD, Sports Operations: | Karen Baebler Office: 206/685-7853 Fax: 206/685-1677 Cell: 206/459-0511 Email: kflor@u.washington.edu |
| Director of Athletics: | Todd Turner Office: 206/543-2212 Fax: 206/543-4334 |
| Senior Associate Athletic Director: | Marie Tuite Office: 206/543-2279 Fax: 206/685-1677 |
| Event/Facility Manager: | Scott Baebler Office: 206/543-8105 Fax: 206/616-1523 Email: sbaeb@u.washington.edu |
| Host Coach: | Greg Metcalf Head Track & Field Coach Office: 206/543-0811 Fax: 206/685-1677 |
| Sports Information Director: | Brian Beaky Office: 206/543-2230 Fax: 206/543-5000 Email: bbeaky@u.washington.edu |
| Trainer: | Nikki Smith Office: 206/221-6277 Fax: 206/685-3521 Email: nicolek@u.washington.edu |
| Director of Officials: | TBD |
| Head Official: | Bob Springer |
| Entry Procedures: | www.directathletics.com |
| Meet Information: | www.gohuskies.com |

SCHEDULE OF EVENTS

(Revised Jan. 25, 2007)

FRIDAY, FEB. 23

| | | |
|------------|--------------------------------------|---------|
| 12:00 p.m. | Pentathlon: Women's 60 Meter Hurdles | Final |
| 12:00 p.m. | Women's Weight Throw | Final |
| 12:20 p.m. | Heptathlon: Men's 60 Meter Dash | Final |
| 12:40 p.m. | Pentathlon: Women's High Jump | Final |
| 12:50 p.m. | Heptathlon: Men's Long Jump | Final |
| 2:05 p.m. | Heptathlon: Men's Shot Put | Final |
| 2:30 p.m. | Women's Long Jump | Final |
| 3:10 p.m. | Pentathlon: Women's Shot Put | Final |
| 3:20 p.m. | Heptathlon: Men's High Jump | Final |
| 4:30 p.m. | Pentathlon: Women's Long Jump | Final |
| 5:00 p.m. | Women's Pole Vault | Final |
| 5:30 p.m. | Men's Weight Throw | Final |
| 5:45 p.m. | Pentathlon: Women's 800 Meter Run | Final |
| 5:55 p.m. | Men's 60 Meter Hurdles | Prelims |
| 6:00 p.m. | Women's 60 Meter Hurdles | Prelims |
| 6:10 p.m. | Men's 60 Meter Dash | Prelims |
| 6:15 p.m. | Women's 60 Meter Dash | Prelims |
| 6:25 p.m. | Men's 5000 Meter Run | Final |
| 6:30 p.m. | Men's Long Jump | Final |
| 6:45 p.m. | Women's 5000 Meter Run | Final |
| 7:10 p.m. | Men's 200 Meter Dash* | Final |
| 7:20 p.m. | Women's 200 Meter Dash* | Final |
| 7:30 p.m. | Men's Distance Medley | Final |
| 7:45 p.m. | Women's Distance Medley | Final |

* Sections based on time

SCHEDULE OF EVENTS (CONT.)

SATURDAY, FEB. 24

| | | |
|------------|------------------------------------|-------|
| 10:00 a.m. | Heptathlon: Men's 60 Meter Hurdles | Final |
| 11:00 a.m. | Women's Triple Jump | Final |
| 11:00 a.m. | Heptathlon: Men's Pole Vault | Final |
| 11:00 a.m. | Men's High Jump | Final |
| 11:00 a.m. | Women's Shot Put | Final |
| 12:00 p.m. | Men's 1 Mile Run* | Final |
| 12:20 p.m. | Women's 1 Mile Run* | Final |
| 12:40 p.m. | Men's 60 Meter Hurdles | Final |
| 12:45 p.m. | Women's 60 Meter Hurdles | Final |
| 12:55 p.m. | Men's 400 Meter Dash* | Final |
| 1:05 p.m. | Women's 400 Meter Dash* | Final |
| 1:15 p.m. | Men's Pole Vault | Final |
| 1:20 p.m. | Men's 60 Meter Dash | Final |
| 1:30 p.m. | Women's 60 Meter Dash | Final |
| 1:30 p.m. | Women's High Jump | Final |
| 1:30 p.m. | Men's Shot Put | Final |
| 1:30 p.m. | Men's Triple Jump | Final |
| 1:35 p.m. | Heptathlon: Men's 1000 Meter Run | Final |
| 1:45 p.m. | Men's 800 Meter Run* | Final |
| 2:00 p.m. | Women's 800 Meter Run* | Final |
| 2:15 p.m. | Men's 3000 Meter Run | Final |
| 2:30 p.m. | Women's 3000 Meter Run | Final |
| 2:45 p.m. | Men's 4x400 Meter Relay | Final |
| 3:00 p.m. | Women's 4x400 Meter Relay | Final |

* With sections based on time

MEET INFORMATION

For more meet information, please go to:

<http://gohuskies.collegesports.com/sports/c-track/spec-rel/05-mpsf-home.html> .

ENTRIES

Entries must be completed on-line at DirectAthletics.com. Entries close at 12noon on Tuesday, Feb. 20. Complete entries, including heat sheets, will be posted to this site at 12noon on Wednesday, Feb. 21.

ACCOMMODATIONS/HOTELS

Teams are responsible for making their own lodging arrangements. We have made rooms available for your institution at the Spring Hill Suites at a rate of \$109.00 per night for this event. Please make your reservations by **Wednesday, Feb 16th**, to ensure availability. Rooms will be released after that date. It is not necessary to contact the hotel to release the rooms.

Spring Hill Suites: 1800 Yale Avenue, Seattle, WA 98101, Contact: Mindy Lewis, (206) 444-6889 (direct) and (206) 444-6882

AWARDS

Awards will be presented by the MPSF for the top 3 places in each event and the men's and women's team champions. There will be no formal awards ceremony. Coaches are asked to collect their awards at the conclusion of the competition.

ADMISSION

Admission to the event is free. Credentials will be given to coaches for access to the hospitality area. To preserve the track and field-turf surfaces, food and drink are not allowed in the Dempsey Indoor Facility.

MEETINGS

Pre-Meet Technical Meeting and Head Coaches Business Meeting

The pre-meet technical meeting will be held at 4:00pm on Thursday, February 22nd and will be followed immediately by the Head Coaches Business Meeting. These meetings will take place in the Don James Center, located on the north side of Husky Football Stadium (see Appendix A for map and directions). Head coaches are required to attend these meetings. **Each institution is limited to three (3) coaches in attendance.** A steak dinner will be served. Agendas will be e-mailed prior to the meeting and agenda packets will be available at the meeting.

TRANSPORTATION/TRAVEL INFORMATION

All transportation needs will be the responsibility of the participating team. Cars, team vans and buses may be reserved from the following agencies listed on the following page.

Local Bus Companies

| | |
|-------------------------|--|
| MTR Western | 206/838-8140 or 800-975-0464 (Jeff Peterson) |
| Grayline of Seattle | 206/624-5077 |
| Puget Sound Coach Lines | 206/246-3603 |

Car Rental Agencies

All major agencies have vehicles available at Sea-Tac Airport in the baggage claim area.

| | |
|---------------------|----------------|
| National Car Rental | 1-800/277-7368 |
| Budget Rent A Car | 1-800/527-0700 |
| Avis Rent A Car | 1-800/331-1212 |
| Hertz Rent A Car | 1-800/654-3131 |

Directions from Airport to the University of Washington:

Follow the signs on the Airport Freeway to Seattle

Take exit to Hwy 518 (right hand lane)

Immediately move to the left lane and take the first exit on your left to I-5 North

Follow I-5 North through downtown Seattle

Stay in right lane and take the Hwy 520 exit (East)

Take the first exit on the right to Montlake Blvd.

Take a left on Montlake

Husky Stadium will be on your right

The Dempsey Indoor is located north east of Husky Stadium

ENTRANCES AND PARKING

Team and Spectator Entrance: Teams and spectators enter the Dempsey Indoor through the south entrance. The entrance on the southwest side will be closed to all but event officials.

Parking: Cars and vans require permits to park on campus. Each men's or women's team will receive 2 permits for the E-12 parking lot (parking area just east of Husky Stadium – See map in Appendix C). Permits must be displayed at all times. **PLEASE PARK IN ASSIGNED LOT AND HAVE BUSES DROP OFF ATHLETES ON THE EAST SIDE ALONG WALLA WALLA ROAD NEAR THE SOFTBALL STADIUM – NOT ON THE WEST SIDE.**

TRAINING ROOM/MEDICAL INFORMATION

The training room is located in Bank of America Arena on the lower level, southwest corner. The training room will be open 1 hour prior to meet time and upon request at other times. Complete modalities, taping and treatment tables and x-ray equipment are available. Ice, water, cups and training tables will be provided in the Dempsey Indoor. For further information contact:

Nikki Smith

Office: 206/221-6277

Cell: 425/301-2429

OFFICIALS

Officials for the 2007 MPSF Indoor Track and Field Championships will be PNW Track and Field Association Officials.

UNIFORMS

All student-athletes must compete under current NCAA uniform guidelines and must wear official team uniform garments. Coaches are also required to wear school garb identifying them with their institution.

CAMERAS, VIDEOTAPING

Due to space constraints, no tripods are allowed in the facility. One person only from each team may videotape from the stairway. Teams and spectators may use cameras. However, professional lenses, video-cameras and flash photography are not permitted.

WARM-UPS

The facility will be available for warm-up between 4:00pm and 6:00pm on Thursday, February 22nd and beginning at 8:00am on Friday and Saturday, February 23rd and 24th. Teams will not be permitted inside the facility before this time, so please do not arrive early.

APPENDICES

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Appendix A

LOCAL RESTAURANTS & ENTERTAINMENT

Seattle Dining - Downtown

| <i><u>Restaurant</u></i> | <i><u>Phone</u></i> | <i><u>Cuisine Specialty</u></i> |
|---|---------------------|---------------------------------|
| Bluwater Bistro 1001 Fairview N | 206/447-0769 | American |
| The Brooklyn 1212 2nd Avenue | 206/224-7000 | Steak and Seafood |
| Buca di Beppo 701 9 th Ave N | 206/244-2288 | Family Style Italian |
| Chandler's Crabhouse 901 Fairview N | 206/223-2722 | Seafood and Steak |
| China Harbor 2040 Westlake | 206/286-1688 | Chinese |
| Cutters Bayhouse 2001 Western | 206/448-4884 | Seafood |
| Duke's Chowder House 901 Fairview N | 206/382-9963 | Seafood, Northwest |
| Ivar's Acres of Clams Pier 54 | 206/624-6852 | Fresh Seafood |
| TGI Friday 1001 Fairview N | 206/621-7290 | Contemporary American |
| McCormick & Schmicks Northwest Seafood, 1st Avenue and Spring | 206/623-5500 | pasta, and beef dishes |
| Metropolitan Grill 820 2nd Avenue | 206/624-3287 | Best Steakhouse |
| Nikko 1900 5th Avenue | 206/322-4641 | Japanese |
| Red Robin 1100 4 th Ave | 206/447-1909 | Hamburgers |
| Spaghetti Factory 2801 Elliot | 206/441-7724 | Italian |
| 13 Coins 125 Boren Avenue N. | 206/682-2513 | Continental open 24 hours |

Seattle Dining – University District

Pizza Restaurants

Papa John's
5401 25th NE

Phone
206/985-0000

Cuisine Specialty
Pizza

Round Table Pizza
5111 25th NE

206/527-1550

Pizza

Zeek's
2801 NE 65th

206/285-TOGO

Pizza

Other Fast Food

BurgerMaster
3042 NE 45th Street

206/525-7100

Breakfasts, Burgers,
Sandwiches

Dick's Drive-In
111 NE 45th Street

206/632-5125

A Seattle Original!
Burgers, Fries

Kidd Valley Hamburger Co.
5502 25th Avenue NE

206/522-0890

Voted Seattle's Best
Hamburger, Shakes

McDonald's
5146 25th NE

206/522-0265

Nasai Teriyaki
5025 25th Ave NE

206/524-3011

Teriyaki

Subway Sandwiches
5401 25th Ave NE Ste 1

206/528-0593

World Wraps
University Village

206/522-7873

Tortilla Wraps, Rice
Bowls

Ice Cream/Coffee

Baskin-Robbins
3200 NE 45th

206/522-4454

Ben & Jerry's
2529 NE University Village

206/526-0607

Mix Ice Cream Bar
4507 University Way NE

206/547-3436

Starbuck's
4582 NE University Village

206/522-5228

Tully's
3050 NE 45th

206/525-5110

Seattle Dining - University District

| <u>Restaurant</u> | <u>Phone</u> | <u>Cuisine Specialty</u> |
|--|--------------|--|
| Atlas Foods 2820 NE University Village | 206/522-6025 | American |
| Azteca Restaurant 5025 25th NE | 206/524-2987 | Mexican |
| College Inn Cafe 4002 University Way NE | 206/634-2310 | American |
| Ivar's Salmon House 401 NE Northlake Way | 206/632-0767 | American-World Famous Northwest Seafood |
| Pallino Pastaria 4500 25th NE | 206/522-8617 | Italian |
| Piatti 2800 NE University Village | 206/524-9088 | Regional Italian |
| Portage Bay Café 4140 Roosevelt Way NE | 206/547-8230 | American |
| Ram Cafe and Sports Bar 4730 University Village | 206/525-3565 | American |
| Red Robin Eastlake and Fuhrman East | 206/323-0917 | American Hamburgers |
| Stella's Trattoria 4500 Ninth Avenue NE | 206/633-1100 | Italian/24 hours |
| Thai Dusit 2501 NE Blakeley | 206/522-8823 | Thai |
| Zao Noodle Bar 2590 NE University Village | 206/529-8287 | Asian |

Movie Theatres

Downtown

| | | |
|---------------------|----------------------|--------------|
| City Centre Cinemas | 1420 5 th | 206/622-6465 |
| Cinerama | 2100 4 th | 206/443-0808 |
| Meridian 16 | 1501 7 th | 206/223-9600 |
| Pacific Place 11 | 600 Pine Street | 206/652-2404 |

Eastside

| | | |
|--------------------|-------------------------------------|--------------|
| Factoria Cinemas | 3505 128 th SE, Bellevue | 425/641-9206 |
| Kirkland Parkplace | 404 Park Place Center, Kirkland | 425/827-9000 |

North Seattle

| | | |
|-------------------------|-------------------------------------|--------------|
| Alderwood Cinemas | 3501 184 th SW, Lynnwood | 206/776-3535 |
| Grand Cinemas Alderwood | 18421 Alderwood Mall Blvd | 206/774-3536 |
| Oak Tree Cinemas | 10006 Aurora N. | 206/527-1748 |

University District

| | | |
|-------------------------------|-------------------------|--------------|
| Guild Forty-Fifth St. Theatre | 2115 N 45 th | 206/633-3353 |
| Metro Cinemas | 4500 9 th NE | 206/633-0055 |
| Seven Gables Theatre | 911 NE 50 th | 206/632-8820 |
| Varsity Theatre | 4329 University Way NE | 206/632-3131 |

Shopping

Airport

| | | |
|--------------------------------|----------------------|--------------|
| Southcenter Mall (>150 stores) | 633 Southcenter Mall | 206/246-7400 |
|--------------------------------|----------------------|--------------|

Downtown

| | | |
|-----------------------------------|---------------------------|--------------|
| City Centre (21 exclusive stores) | 1420 5 th Ave. | 206/624-8800 |
| Pacific Place | 600 Pine Street | 206/405-2655 |
| Westlake Center (>70 stores) | 400 Pine Street | 206/287-0762 |

Eastside

| | | |
|--------------------------------|---------------------|--------------|
| Bellevue Square (Major stores) | 302 Bellevue Square | 425/454-8096 |
| Factoria Square (>75 stores) | Exit 10 off I-405 | 425/747-7344 |

North Seattle

| | | |
|-------------------------------|-------------------------------|--------------|
| Alderwood Mall (Major stores) | Alderwood Mall Blvd.,Lynnwood | 425/771-1121 |
| Northgate Mall (Major stores) | 555 Northgate Mall | 206/362-4777 |

University District

| | | |
|------------------------------------|----------------------------|--------------|
| University Village (Over 80 shops) | 2673 NE University Village | 206/523-0622 |
| University Book Store | 4326 University Way NE | 206/634-3400 |

The University Book Store offers a wide variety of Husky items and collectibles. They also carry books, clothing, art supplies, gift wrap and cards, cosmetics, film, computers, and software.

Open: 9 a.m. - 9 p.m. Monday-Friday, until 6 p.m. Saturday, Noon - 5 p.m. Sunday

Husky Team Shop (Official Supplier) Bank of America Arena 206/543-1137

Open: 10 a.m. - 6 p.m. Monday through Saturday

Amusements and Attractions

Columbia Center - Observation Deck

701 Fifth Avenue

The Columbia Center Observation Deck is located on the 73rd floor with a southwesterly view of Seattle. Open Monday through Friday 8:30 a.m. to 4:30 p.m. Cost: Adults \$5.00, Children (12 and under) and large groups (10 or more) \$3.00.

Harbor Tours

Pier 55, Seattle Waterfront

Boat takes loop of Elliott Bay. Tours are one hour in length with five tours seven days a week. Admission/Harbor Bay Tour: Adults \$13.50, Children (5-12) \$7.50. Call the above number for additional information.

International District

Located just up the hill from Pioneer Square and just east of Union Station

This colorful neighborhood is filled with a variety of shops, restaurants, and several urban parks. It is also home to Uwajimaya Market, the largest Asian store in the Northwest.

The Japanese Garden

Located in the South end of the Washington Park Arboretum

Open daily, March 1 through November 30. Open 10 a.m. - 7 p.m. March thru May; 10 a.m. - 8 p.m. June through August; and 10 a.m. - 7 p.m. September through November. Admission: Adults (19-64), \$2.50; Children, seniors and disabled, \$1.50; college students with I.D., \$1.50; children under six are free. Guided tours can be arranged by calling 206/523- 2290.

Museum of Flight

Exit 158 from I-5

206/764-5720

This amazing display chronicles the history and future of aviation with fifty full-size aircraft. Also includes films, tours, gift store, and Wings Cafe. Open daily.

Museum of History & Industry 206/324-1125

2700 24th Avenue East

Explore the rich and colorful heritage of one of America's last frontiers. Open seven days a week, 10 a.m.-5 p.m. Free entrance on Tuesdays. Located blocks away from the University of Washington campus. Admission: Adults \$5.50, Children (6-12) and Seniors \$3.00, and Children (2-5) \$1.00.

Omnidome*Pier 59*

206/622-1868

Soar by helicopter into Mount St. Helen's crater in the unique atmosphere of the Omnidome. Watch the eruption before your eyes on the incredible three-story screen. Open from 10 a.m. daily.

Pacific Science Center*At the Seattle Center*

206/443-2001

Enjoy robots, dinosaurs, and five buildings of hands-on fun. Experience the planetarium, laser shows, and IMAX® films. Even play basketball in virtual reality. Open daily.

Pike Place Market*On First Avenue, Downtown*

The oldest farmer's market in the country. It is a free-form fun-house of sights, smells, sounds, and characters. It hosts numerous specialty shops, a fresh fish, fruit, vegetable, flower and craft market, as well as a variety of wonderful restaurants. Just watch out for flying fish!

Pioneer Square*First Avenue and Yesler Way, Downtown*

Seattle's oldest neighborhood, now a historic district. Home to many of Seattle's art galleries, eateries, Seahawk Stadium and the Mariner's home, Safeco Field. It is also the starting point of the famous Underground Tours.

Seattle Aquarium*Pier 59, Seattle Waterfront*

206/386-4300

206/386-4320

(Price Information)

"There's so much to Sea! Of all the aquariums in the world, the Seattle Aquarium has the distinction of resting on the doorstep of one of the richest and most diverse aquatic habitats on earth -- Puget Sound." It includes a touch-tank, a replica of a 15-foot great white shark, and an underwater dome. Open 10:30 a.m.-5:00 p.m., Monday-Friday, 10:00 a.m. - 5:00 p.m. on weekends. Admission: Adults \$8.25, Teens (6-18) \$5.50, Seniors and Disabled \$7.25, Children (3-5) \$3.50, and Children (under 3) no charge. Discounts available for groups of four or more.

Seattle Art Museum*First Avenue and University Street, Downtown*

206/654-3100

Downtown Seattle's premiere cultural attraction. Open Tuesday - Sunday. Call for information and hours.

Seattle Center
350 Harrison Street

206/684-8582

Offering the visitor a ride on the monorail from downtown to the Pacific Science Center, Space Needle, Fun Forest, Center House shops and restaurants, home of the Opera, Pacific Northwest Ballet, Key Arena – home of the Seattle Super Sonics and Seattle Storm, Repertory Theater, Children's Museum and Theater. Beautifully landscaped 74-acre urban park.

Space Needle
219 Fourth Avenue North (Seattle Center)

206/443-2111

"If you see only one thing in Seattle, see everything." A revolving restaurant with a 360-degree observation deck. Open 9:00 a.m. until 11:00 p.m. Monday-Thursday, 9:00 a.m. until 12:00 a.m. on Saturdays and Sundays. Two restaurants – Sky City Restaurant and Skycafe (on observation deck). Admission: Adults \$12.00, Seniors \$8.00, Children ages 5-12 \$4.00, and children under 5 are free.

Tillicum Village/Blake Island State Park
Pier 56, Seattle Waterfront

206/443-1244

Four-hour tours depart daily in season. Narrated harbor tours at 11:30, 4:30, and 6:30 daily. Indian-style baked salmon dinner, Northwest Coast Indian dance presentations, beach, and forest trails. Open seven days a week. Cost: \$50 per person group rate.

Washington Park Arboretum
2300 Arboretum Drive East

206/543-8800

The 200-acre arboretum is located in the Washington Park district of Seattle. The new Donald G. Graham Visitor's Center provides information and a gift shop. Free public tours are held on Sunday at 1:00 p.m. excluding December. Open weekdays from 10 a.m. to 4 p.m. and weekends from noon to 4 p.m. Other tours and special programs by arrangement.

Washington State Ferries
Pier 52, Downtown

206/464-6400

The State ferry system is Washington's top tourist attraction. Eight ferry routes connect 20 terminals linking islands, the Olympic and Kitsap Peninsulas, Victoria and Vancouver Island. Ferries accommodate autos, buses and trucks. Every departure on the ferries will take a person to someplace special. Call the above number for ferry schedules, prices and location of terminals.

Woodland Park Zoo
5500 Phinney Avenue North

206/684-4800

Opens every day of the year at 9:30 a.m. Closes at 6 p.m. Admission: Adults (18 and older) \$8.50, Youth (6-17) and Disabled \$6.00, College Students w/ID \$7.75, Seniors \$7.75, Children (3-5) \$3.75, and Children (2 and under) no charge.

Places of Worship - Churches, Synagogues, Temples and Mosques

Beth Shalom Conservative
Congregation
206/524-0075
6800 35th Avenue N.E.
Shabbat 9 a.m.

St. Bridget Roman Catholic Church
206/523-8787
4900 N.E. 50th Street
Saturday 5 p.m., Sunday 8:30 a.m.,
10 a.m.

Islamic (Idriss) Mosque
206/363-3013
1420 N.E. Northgate Way
Friday 12:30 p.m.

Sand Point Community United
Methodist Church
206/523-3040
4710 N.E. 70th Street
Wednesday 5 p.m., Sunday 10 a.m.

Nalandabodhi, Buddhist
Meditation Center
206/529-8258
5501 17th Avenue N.E.

University Congregational United
Church of Christ
206/524-2322
4514 16th Avenue N.E.
Sundays 9 a.m., 10:45 a.m.

Saint Marks Episcopal
206/323-0300
1245 10th Avenue E.
Sunday 8 a.m., 9 a.m., 11 a.m.,
7 p.m., 9:30 p.m.

Church of Jesus Christ of
Latter Day Saints
206/523-0748
5701 8th Avenue N.E.
Sunday 1 p.m.

Temple Beth Am (Reform)
206/525-0915
2632 N.E. 80th St.
Saturday 10:30 a.m.

Jehovah's Witness
206/632-8876
2214 N.56th Street

Gethsemane Lutheran
206/682-3620
911 Stewart Street
Sunday 10 a.m., Wednesday 12 p.m.

Appendix D

MPSF Championship Meet Records - MEN

| Event | Mark | Name | School | Year | Site |
|--------------------|----------|------------------|------------------|------|------------------|
| 55m Dash | 6.06 | Marcus Brunson | Arizona State | 1999 | Reno, Nev. |
| 55m Hurdles | 7.25 | Arend Watkins | Washington State | 2000 | Reno, Nev. |
| 60m Dash | 6.51 | Ja'Warren Hooker | Washington | 2001 | Flagstaff, Ariz. |
| 60m Hurdles | 7.70 | Arend Watkins | Washington State | 2001 | Flagstaff, Ariz. |
| 200m | 20.75 | Ja'Warren Hooker | Washington | 2001 | Flagstaff, Ariz. |
| 400m | 46.04 | Mike Kenyon | Arizona | 2002 | Flagstaff, Ariz. |
| 800m | 1:47.07 | Bernard Lagat | Washington State | 1999 | Reno, Nev. |
| Mile | 3:59.08 | Jonah Maiyo | Arizona | 2005 | Seattle, Wash. |
| 3,000m | 7:51.66 | Robert Cheseret | Arizona | 2005 | Seattle, Wash. |
| 5,000m | 13:45.54 | Ian Dobson | Stanford | 2005 | Seattle, Wash. |
| 1,600m Relay | 3:06.98 | Oregon | Oregon | 2005 | Seattle, Wash. |
| Dist. Medley Relay | 9:38.87 | Stanford | Stanford | 2006 | Seattle, Wash. |
| High Jump | 7-4 1/2 | Chris Nelson | Oregon | 1996 | Reno, Nev. |
| Pole Vault | 18-8 3/4 | Tommy Skipper | Oregon | 2006 | Seattle, Wash. |
| Long Jump | 26-6 1/4 | Matt Mason | Wash. State | 2004 | Seattle, Wash. |
| Triple Jump | 53-3 1/4 | Len Ozolins | California | 1995 | Reno, Nev. |
| Shot Put | 65-7 1/2 | John Godina | UCLA | 1995 | Reno, Nev. |
| 35-lb. Wt. Throw | 71-7 1/4 | Adam Connolly | Stanford | 1998 | Reno, Nev. |
| Heptathlon | 5,603 | Joshua Kinnamon | Arizona State | 2006 | Seattle, Wash. |

MPSF Championship Meet Records - WOMEN

| Event | Mark | Name | School | Year | Site |
|--------------------|----------|-------------------|------------------|------|------------------|
| 55m Dash | 6.73 | Shekedia Jones | UCLA | 1998 | Reno, Nev. |
| 55m Hurdles | 7.68 | Claudine Robinson | Washington | 1994 | Reno, Nev. |
| 60m Dash | 7.29 | Brianna Glenn | Arizona | 2002 | Flagstaff, Ariz. |
| 60m Hurdles | 8.06 | Sheena Johnson | UCLA | 2004 | Seattle, Wash. |
| 200m | 23.40 | Brianna Glenn | Arizona | 2002 | Flagstaff, Ariz. |
| 400m | 53.28 | Crystal Irving | UNLV | 1993 | Reno, Nev. |
| 800m | 2:05.41 | Lena Nilsson | UCLA | 2003 | Boise, Idaho |
| Mile | 4:39.01 | Arianna Lambie | Stanford | 2005 | Seattle, Wash. |
| 3,000m | 9:09.58 | Arianna Lambie | Stanford | 2006 | Seattle, Wash. |
| 5,000m | 16:02.17 | Amy Skieresz | Arizona | 1997 | Reno, Nev. |
| 1,600m Relay | 3:35.82 | UCLA | UCLA | 2001 | Flagstaff, Ariz. |
| Dist. Medley Relay | 11:11.46 | Stanford | Stanford | 2006 | Seattle, Wash. |
| High Jump | 6-0 1/2 | J.C. Broughton | Arizona | 2004 | Reno, Nev. |
| Pole Vault | 14-5 1/4 | Chelsea Johnson | UCLA | 2006 | Seattle, Wash. |
| Long Jump | 21-0 | Agneta Rosenblad | Washington State | 2001 | Flagstaff, Ariz. |
| Triple Jump | 45-7 1/4 | Erica McLain | Stanford | 2005 | Seattle, Wash. |
| Shot Put | 56-0 1/2 | Jessica Cosby | UCLA | 2004 | Seattle, Wash. |
| 20-lb. Wt. Throw | 67-1 1/4 | Cari Soong | UCLA | 2004 | Seattle, Wash. |
| Pentathlon | 4,207 | Jacquelyn Johnson | Arizona State | 2006 | Seattle, Wash. |

Appendix E

2007 MPSF CHAMPIONSHIP INDOOR TRACK & FIELD MEET GUIDELINES

The following were established as ground rules and guidelines for the annual MPSF Indoor Championship Track and Field Meet at the University of Washington's Dempsey Indoor Facility during the 2006 Pre-Meet Technical meeting on February 24, 2006, and the Coaches' Committee conference call on December 20, 2006:

Administrative Guidelines:

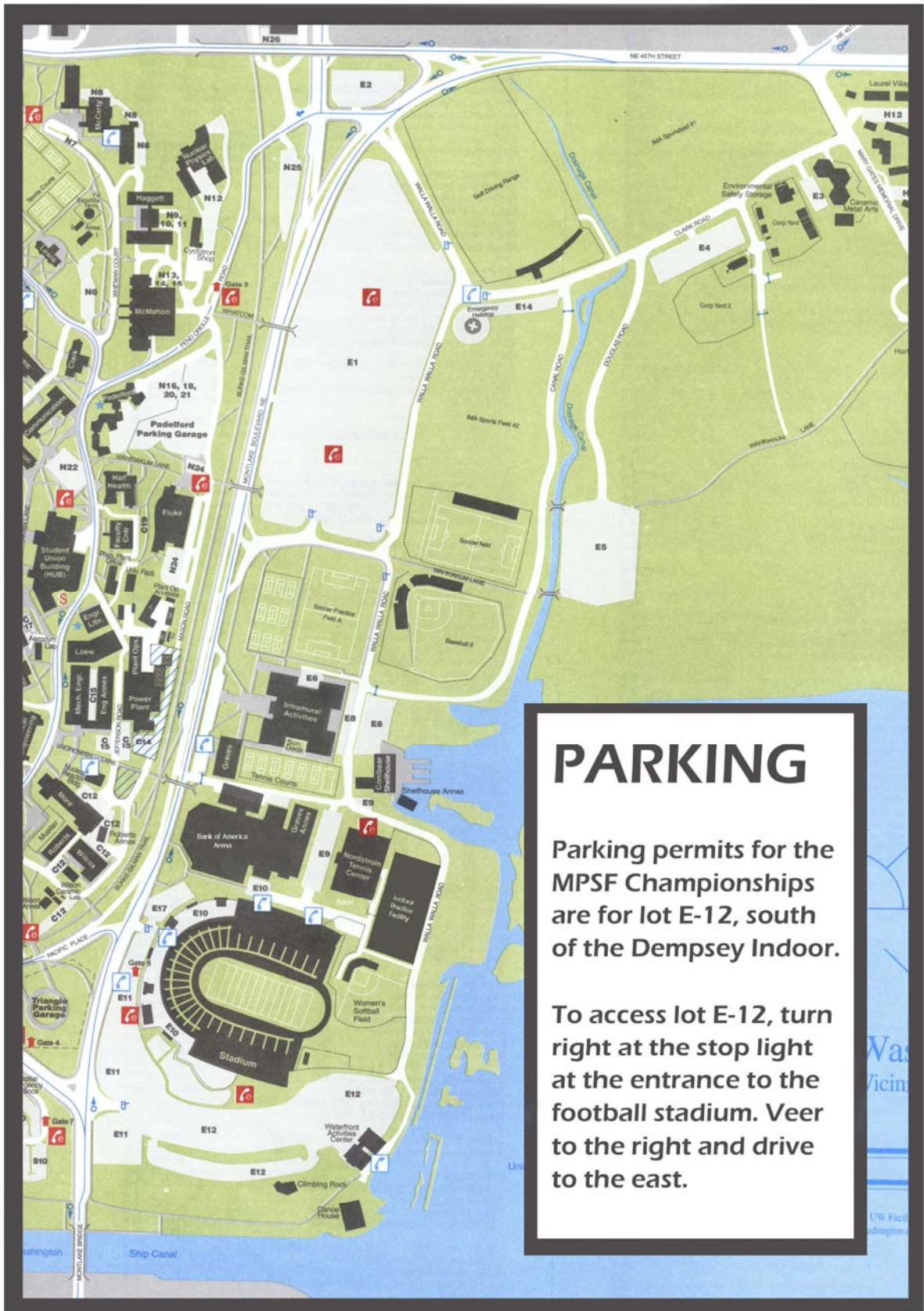
- Pre-meet Technical Meeting & Annual Business Meeting – In succession, from 5:00-7:00pm, Thursday evening prior, with dinner.
- Facility – the infield is the only usable space for resting and staging, and the facility has minimal warm-up space, so please make sure your student-athletes and coaching staffs are courteous and respectful of all other participants and spectators.
- Coaching Conduct – professionalism and courtesy – must stay out of athlete areas. Do not abuse proximity.
- Videotaping – one credentialed individual per team on stairs/landing.
- Headphones – OK in areas not designated for competing athletes – not in competition areas and not on the track.
- Results of each heat/event will be posted at south end of facility. Hard copies will be available. Results will also be emailed.
- Best Marks Reporting - Although there are no longer any qualifying standards, coaches will still be required to submit Best Marks each week. Best Marks will be used for seeding events. Last reports are due in to the MSPF no later than midnight Sun, Feb. 18.
- Entries - MPSF Indoor Track and Field Championship Meet entries shall be entered into the Direct Athletics.com website by 5:00pm of the Tuesday preceding the meet (Feb. 20, 2007). Heat sheets will be emailed to all head coaches and posted on the host institution's website by 12noon on the Wednesday following the entry deadline.
- Entry Errors - The Direct Athletics online meet entry system provides an entry receipt which coaches should double-check. Floreal noted that coaches have to manually change effected marks online.

Meet Guidelines:

- No qualifying standards – thus no wild cards, no rights of entry, no limitations. 27-person squad size limit maintained.
- Order of lane preference: 3, 4, 5, 2, 1.
- *For seeding purposes – all entries in all events shall use 2007 indoor marks.
- Implement weigh-ins will take place until one-hour prior to event start-time. Indoor weights only (need to change coach handbook)
- Spikes: ¼ in needle or Nike Christmas tree spikes.
- Student-athletes shall check-in prior to the first flight of their event at the clerking area behind the long jump pit.
- Scratches – student-athletes withdrawn from one event are withdrawn from all events. Only one student-athlete was scratched.
- Relay cards are to be submitted one-hour prior to the event start.
- Warm-ups: 15 minutes before each flight and the final heats
- Heptathlon 1,000m: Will be scheduled no less than 30 minutes after the finish of the heptathlon pole vault.
- 60m dash & 60m HH: Per NCAA rules, heat winners must advance to the finals. Lane 6 will not be utilized.
- *200m & 400m: Finals heats only. In 200m, only lanes 3, 4 & 5 will be used. In 400m, lane one will be used.
- 800m: Eight-person final per 2005 NCAA indoor rules Section 5, Article 1b, and Article 2. Will run in alleys.
- Mile: Timed finals only on Saturday –14 athletes in the fastest heat; if 16 or fewer entries then 16 or all entries will run.
- 3,000m & 5,000m: Straight final seeded fastest to slowest, left to right. 31 entrants with 16 in front row. Back row seeded fastest to slowest, left to right. No times seeded to back row. Lapped athletes are allowed to finish.
- Field events – nine to the finals per NCAA rule: must have one more competitor than scoring places; all ties will qualify for finals.
- Ties in running events will go if room in heat; 1st tiebreaker: .001 second; 2nd tiebreaker: runoff. If there is a tie for fourth in sprints, five will go in first final heat and three in second final heat.
- The Honest Efforts Rule is in effect.
- Protests must be filed within 30 minutes of the results being time stamp and posted. Meet officials must remain in the venue for at least 30 minutes after their last event of each day in the event of a protest.
- Protest appeals will be resolved by the Meet Referee, whose decision is final and binding unless overruled by the Games Committee.
- Starting Jump Heights – will be determined at the pre-meet technical meeting each year. 2006 starting heights were: Pole vault-men: 4.76m with 15cm increments to 5.36m, then 5cm increments; pole vault-women: 3.54m with 15cm increments to 4.09m, then 5cm increments; high jump-men: 1.89m with 5cm increments; high jump-women: 1.56m with 5cm increments to 1.81m.
- Games Committee: Al Beard, Andy Newing, Bill Hickman.
- Meet Referee TBD; Geoff Newing, Running Events Referee; Bob Springer, Field Events Referee.
- **newly established during December 20, 2006 conference call*

Best Marks Reporting Instructions – No Qualifying Standards:

1. All marks submitted on the MPSF Best Marks Reporting Forms must be adjusted for altitude, hand times and metric measures (field events). **The MPSF office will not accept marks that have not been adjusted and appropriately noted** – see below.
2. ****** Low altitude performances - indicate altitude adjusted marks (per "NCAA Handbook") for 60m dash and hurdles and for all distance events one mile and greater with a "aa" notation on the MPSF Best Marks Reporting Form.
3. All marks must be performed during indoor competitions between Dec. 1, 2006 - Feb. 18, 2007.
4. "+" For 5000m event only, best marks may be submitted from either the 2006 outdoor season or the 2005-2006 indoor season.
5. All field event marks must be measured and submitted in metric form.
6. Hand times may only be submitted if automatic electronic timing systems fail at the meet for which you are submitting marks.



PARKING

Parking permits for the MPSF Championships are for lot E-12, south of the Dempsey Indoor.

To access lot E-12, turn right at the stop light at the entrance to the football stadium. Veer to the right and drive to the east.

