

UW-Stevens Point Track & Field
Stevens Point Invitational
February 6 & 7, 2009

- Eligibility:** Open to invited collegiate teams, track clubs and selected open individuals.
- Entry Fee:** Entry Fee is **\$150.00 per team/ \$300.00** for both men's and women's teams, or **\$15.00** per individual, or **\$30.00 per relay**. Make check payable to **UW-Stevens Point Track & Field**. **Multi Event will be contested on Friday, February 6th beginning at 1:00 PM. Entry Fee is \$30.00 per athlete in addition to the regular meet entry fee.**
- Entries:** **All entries will be submitted on line.** To enter via the internet, go to <http://trackmeet.aspisolutions.com/team/index.asp?IDmeet=2253>
- Please follow the directions and make sure you print out a hard copy for your records after you have declared. Unlimited entries will be allowed for all individual events and three relay teams per school will be allowed in each relay event. No additions, changes, Or substations will be allowed on meet day.
- Please note the new NCAA Rule: All seed marks must be verifiable and must have been achieved at an indoor meet within the last year.
- Online entry begins on Friday, January 30th @ 8:00 am.
- Final Declaration of entries is due Thursday February 5th @ 1:00pm. You must declare your final roster by clicking on the declare button at the bottom of your entry list.** If you wish you may do this before the deadline. Teams that do not declare will be dropped from the meet.
- Info Pickup:** Please pickup your meet information packet, pay entry fee, and make scratches at the finish line upon arrival.
- Track:** The track is 200 meters unbanked Mondo FXT. **¼" exposed Pyramid/Christmas Tree Spikes only. No pin spikes are allowed. Spikes will be checked by the clerks.**
- Long Jump:** Distance from board to sand is 8 feet. 140 feet of approach on outside of the track.
- Triple Jump:** There are 4 boards with distances from the pit being 28, 32, 36, 40 feet. Unlimited approach.
- High Jump/Pole Vault:** On track infield. Unlimited approach, **¼" exposed Pyramid/Christmas Tree Spikes only. No pin spikes are allowed.**
- Shot Put/Weight:** On track infield. Circle is plywood.
- Locker Rooms:** Locker rooms and showers are located in the Quandt Fieldhouse located directly next to the track. Please provide your own towels and locks. No items should be left unattended.
- Training Room:** Trainers and training room facilities will be available at the track area. Please provide your own supplies.
- Team Areas:** Areas will be designated in the infield and in the hallway for team camps. **Absolutely no food or drink allowed inside the fieldhouse. Only water is allowed inside the field house and track area.** **Electronic equipment is not allowed inside the fieldhouse area as per NCAA Rules, this includes iPods, cell phones, etc.**

**UW-STEVENS POINT TRACK & FIELD
TIME SCHEDULE/ORDER OF EVENTS**

This schedule has only the order of events; it does not list specific times for each event: Due to lack of knowledge with regards to numbers of entries in each event. A specific time schedule will be in your packet at the meet check in.

FIELD EVENTS: 10:30 AM

35# Weight -	Men	
Pole Vault -	Men	
High Jump -	Women	
Long Jump-	Men	
Triple Jump -	Women	
Pole Vault -	Women	(will begin 30 min. after the completion of men's vault)
35# Weight -	Women	(will begin 30 min. after the completion of men's weight)
Long Jump -	Women	(will begin 30 min. after the completion of men's long jump)
Triple Jump -	Men	(will begin 30 min. after the completion of women's triple jump)
High Jump -	Men	(will begin 30 min. after the completion of women's high jump)
Shot Put -	Men	(will begin 30 min. after the completion of women's weight)
Shot Put -	Women	(will begin 30 min. after the completion of the Men's High Jump)
Separate Ring		

RUNNING EVENTS: 11:00

(All events will be heats against time unless stated otherwise. Men will run first in all races with exception of the hurdle finals.)

DISTANCE MEDLEY RELAY
55 METER HURDLE TRIALS
55 METER DASH TRIALS
5000 METER RUN
800 METER RELAY
MILE RUN
400 METER DASH
55 METER HURDLE FINAL
55 METER FINAL
800 METERS
200 METERS
3000 METERS
1600 METER RELAY

Please note that if we need to run more than 1 section of the 5000, and or 3000 the slower sections will be run beginning at 10:30 AM at the same time the field events begin