Eligibility: Open to collegiate teams, track clubs, exhibition athletes

Entry Fee: Entry Fee is $200.00 per team/ $400.00 for both men’s and women’s teams, $30.00 per individual, or $100.00 per relay. All entry fees will be paid online through directathletics upon completion of entries.

Entries: All entries will be submitted online.

www.directathletics.com – Pointer Final Qualifier

Unlimited entries will be allowed for all individual events and three relay teams per event per school. No additions, changes, or substitutions will be allowed on meet day.

Enter verifiable TFRRS marks from January 1st, 2020 until the meet entry deadline.

Exhibition Athletes: If you are an athlete that is ineligible OR not representing a collegiate institution, you are considered an “Exhibition” athlete.

Exhibition includes post-collegiate, club, redshirt/medical. Current high school age athletes are not eligible for participation (as per NCAA bylaws.)

Priority will be given to current collegiate athletes for lanes, sections, and flights.

Exhibition athletes will not advance to the finals in any events. Only the top 8 collegiate athletes will advance in running events, 9 in field events.

Enter verifiable marks from January 1st, 2020 until the meet entry deadline.

“No mark” will be used if no mark is achieved. Location and date must be included with your track & field performance. Splits and non-track race performances cannot be used.

Exhibition athletes must enter by registering through Direct Athletics. An entry fee, of $30, must be paid by credit card at the time of registration.

Progressions: Will be posted on UWSP Track & Field schedule webpage the week of the meet.

Entry Deadline: Online entry begins on Sunday, March 1st @ 6:00 am.

Final Declaration of entries are due Thursday, March 5th @ 11:59 am.

Info Pickup: Please pickup your meet information packet and make scratches at the finish line upon arrival.

Live Results: Can be found on the schedule page of uwsp track and field
http://athletics.uwsp.edu/schedule.aspx?path=track

Track: The track is 200 meters unbanked Mondo FXT. 1/8” exposed Pyramid Spikes only. No pin spikes are allowed. Spikes will be checked by the clerks.

Long Jump: Distance from board to sand is 8 feet. 120 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 only. No pin spikes are allowed.

Shot Put/Weight: On track infield. Weigh in will be at the throwing cage from 8:45 AM -10:00 AM

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: No team camps are allowed on the infield of the track, due to two throwing areas. All team camps must be in the hallway outside the track area. 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 competition areas as per NCAA Rules, this includes IPods, cell phones, etc.

Running Event Finals: In the event one or both genders has 65 or more entries in the 60 meter dash or 60 meter hurdles a quarter final round will be contested starting at 10:30 am. The rounds scheduled for after the distance medley relay would become the semi-final rounds and the round after the 400 would be the final.

Facility Availability: The indoor track will be available on Friday, March 6th from 3:30 PM-5:30 PM for team practices.
This schedule is the order of events; it does not list specific times for each event:
A specific time schedule will be in your packet at check in.

**FIELD EVENTS: 10:30 AM**

<table>
<thead>
<tr>
<th>Event</th>
<th>Gender</th>
<th>Ring</th>
</tr>
</thead>
<tbody>
<tr>
<td>35# Weight Throw</td>
<td>Men</td>
<td>East Ring</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Women</td>
<td>West Ring</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Men</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td>Men</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Women</td>
<td>(immediately following completion of men's vault)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Men</td>
<td>(immediately following completion of women's shot)</td>
</tr>
<tr>
<td>20# Weight Throw</td>
<td>Women</td>
<td>(immediately following completion of men's weight)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Women</td>
<td>(immediately following completion of men's long jump)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Men</td>
<td>(immediately following completion of women's triple jump)</td>
</tr>
<tr>
<td>High Jump</td>
<td>Men</td>
<td>(immediately following completion of women's high jump)</td>
</tr>
</tbody>
</table>

**RUNNING EVENTS: 11:00 AM**

60 meter dash & 60 meter hurdles will qualify heat winners and times, all other events will be heats against time. Men will run first in all events except the hurdle final.

**DISTANCE MEDLEY RELAY**
**60 METER HURDLE TRIALS**
**60 METER DASH TRIALS**
**5000 METER RUN**
**MILE RUN**
**400 METER DASH**
**60 METER HURDLE FINAL – Women First**
**60 METER FINAL**
**800 METERS**
**200 METERS**
**3000 METERS**
**1600 METER RELAY**
**SPIKES**
The only spike allowed on our Track facility is the ¼” pyramid spike.

*ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.*

Spikes must be checked prior to the start of your race. Anyone found using any spikes other than ¼” Pyramid Spikes will be disqualified.