

# University of Washington Indoor Track and Field Meets Seattle, Washington

## University of Washington - Meet Information

**Track and Field Facilities:** 1/5 mile, 307 meter Mondo track. Six lane straightaway, five lanes on the curve. 160 ft. elevated wooden long jump runway (132 ft. TJ) with rubber overlay; 150 ft. elevated wooden pole vault runway with rubber overlay; 80 ft. right/left wooden high jump approach area with Mondo overlay; reinforced wooden throwing ring.

**Athletes:** Saturday Invitational meets will have qualifying standards for those individuals not on invited Division One teams. **Open Meets (Sundays) are available to high school athletes, college athletes, and open athletes.**

**Parking:** South of Husky Stadium (Lot E12) or North of the Baseball field (Lot E1). Do not park in Lot E8 or E9, you will be ticketed.

**Dempsey:** The facility will be available for shakeout/jog around from 3:00pm to 6:00pm Friday.

**Track Shoes:** Flats or track shoes with spikes no longer than quarter inch. Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.

**Shower Facilities:** Shower facilities will be available after the meet has concluded.

**No headphones** allowed in the competition area.

**Food Services:** **No food or drinks are allowed inside Dempsey Indoor.** The IMA, located about  $\frac{1}{2}$  of a mile from Dempsey Indoor, has a café at the entrance.

**Entrance to Dempsey Indoor:** All athletes, coaches, trainers, and spectators will enter Dempsey Indoor on the South end of the facility (the end nearest the football stadium).

**Spectator Admission:** Spectator admission is \$5.00. Spectators are not allowed on the track, in the warm-up area, and must stay in roped off areas.

**Trainers:** Trainers may set up in the designated area between the High Jump and Warm-up areas.

**Implement Weigh-in:** Only indoor shots and weights are allowed. Implements will be weighed in at the SE corner of the facility beginning one hour prior to the event.

**Event Check-In:** Athletes in running events must report to the clerk of the course located at the NW corner of the facility when the announcer makes the first call for that event. Field event contestants should check-in with the head official in their event area when the announcer makes the first call.

**Warm-up Area:** Warm up and cool down in the turf area, not on the track.

**Results:** Results will be available at the conclusion of the meet. Results will also be available on the University of Washington web site [www.gohuskies.fansonly.com](http://www.gohuskies.fansonly.com) .

**Cost:** \$15 per athlete, or \$250 per team, per gender. (\$250 for men, \$250 for women)

**Entry:** On [www.directathletics.com](http://www.directathletics.com) , a password will be provided to teams. Make sure to enter on or before the Wednesday prior to the meet.

Step 1: Examine standards to decide who may enter.

1. Information on standards can be found on the following page.
2. Be sure athletes meet all entry limitations/standards.

Step 2: Set up an Account with Direct Athletics.

1. You must have a Direct Athletics account to enter your team. An existing account will suffice if you have one.
2. If you do not already have a Direct Athletics account for your team, you must request an account by emailing [support@directathletics.com](mailto:support@directathletics.com).
3. You will receive your account information by email within 24 hours. This email will include a username and password to access your secure account, along with detailed instructions on how to submit your entries online.

**IMPORTANT NOTE: DO NOT WAIT UNTIL THE DEADLINE TO SET UP THIS ACCOUNT! THE PROCESS WILL TAKE A DAY TO COMPLETE!**

Step 3. Enter Your Athletes Electronically on the Internet.

1. Go to [www.directathletics.com](http://www.directathletics.com). A link to this site can also be found by accessing [www.gohuskies.com](http://www.gohuskies.com), clicking on Track and Field, then on 2004 Meet Info.
2. Use the directions, password, and username acquired above to make your entries at this site. You will also be able to create a password for yourself so that you can make changes later as you wish.
3. There is no scratch/add procedure. You may go in and make changes as often as you wish up to the entry deadline, but after this time all entries are final.
4. Entry Deadline is the Wednesday before each meet. You may make changes as often as you wish until the entry deadline.
5. No Faxed or Phoned entries will be accepted.

Step 4: Check Your Entries

1. Return to [www.gohuskies.com](http://www.gohuskies.com) after 5:00 PM the Thursday before the meet. Click on Track and Field, then on the selected meet. Meet entries will appear.
2. Check your entries for correctness. No changes are permissible at this point.

**Finalized Time Schedule:** and heat sheets will be posted at [www.gohuskies.com](http://www.gohuskies.com) on Thursday Evenings after 5:00 pm.

# Husky Indoor Track and Field Meet

## **REVISED TIME SCHEDULE**

**\*\*UW Last Chance Qualifier, March 6<sup>th</sup> 2004\*\***

**SATURDAY 3/6/04**

### **FIELD EVENTS**

9:00am	Women's 20# Weight Throw
9:30am	Women's Long Jump
10:00am	Women's Pole Vault
10:30am	Men's 35# Weight Throw
11:00am	Men's Long Jump
12:00pm	Men's High Jump
12:00pm	Women's Shot Put
12:30pm	Women's Triple Jump
1:00pm	Men's Pole Vault
1:30pm	Men's Shot Put
2:00pm	Men's Triple Jump

### **RUNNING EVENTS**

11:00am	60m Hurdles Prelims Women
11:10am	60m Hurdles Prelims Men
11:20am	60m Dash Prelims Women
11:30am	60m Dash Prelims Men
11:40pm	Mile Run Women
12:00pm	Mile Run Men
12:20pm	60m Hurdles <b>Final Women</b>
12:25pm	60m Hurdles <b>Final Men</b>
12:30pm	5000m Run Women
12:50pm	5000m Run Men
	<i>400m Dash Women – Will not be run</i>
1:10pm	400m Dash Men
1:20pm	60m Dash <b>Final Women</b>
1:25pm	60m Dash <b>Final Men</b>
1:30pm	800m Run Women
1:40pm	800m Run Men
1:50pm	200m Dash Women
1:55pm	200m Dash Men
2:00pm	3000m Run Women
2:15pm	3000m Run Men
2:35pm	DMR Women
2:50pm	DMR Men
3:05pm	4 x 400m Women
3:15pm	4 x 400m Men