

ASU Mountaineer Indoor Open Track Meet
George Holmes Convocation Center and Varsity Gym
Appalachian State University
Thursday, February 18, 2010

Location of Events

We will have split competition in two buildings for this meet. We will have competition in the Holmes Center (running only and the long jump and triple jump) and Varsity Gym (all field events, except the long jump and triple jump which will be in the Holmes Center). Varsity Gym is about 600m away from the Holmes Center.

Entry Information

This is an open event. Unattached athletes are welcome. Unattached athletes must enter online with an official entry from bigkahunatiming.com. An entry fee of \$15.00 will be charged to unattached athletes. Unattached will not be allowed to compete until they have paid the entry fee and receive a ticket at the finish line area in the Holmes Center. Make checks payable to ASU Athletics.

Collegiate Entries: A team may not enter more than 4 athletes per running event or three athletes in a field event. Only two relays per school. An individual may not enter more than 3 events, not including the relay. If you enter an athlete in more than three individual events we will not enter that athlete in the last one listed on the entry form.

Entry fee is \$100.00 per gender or \$200.00 per school. If a team has 7 athletes or less, it will be \$50.00 for that team. Men's and women's teams are separate. This is only for teams, does not include unattached athletes. Make checks payable to ASU Athletics.

Register your entries online at: Bigkahunatiming.com...please make sure you enter unattached athletes on a separate entry form...just put unattached on the school name line. Unattached athletes this is the process you use to make an entry. Put unattached on the school name line and scroll down and make an entry in the appropriate slots with your name and performance.

Entries will close on Monday, Feb.15, 2010 at 11:59 pm. We will not accept any additions after Tuesday, Feb. 14th, but will accept scratches by email at weaverjt@appstate.edu until Wednesday, Feb. 17th at 7:00 pm.

Event Schedule

We will start on time at 3:00 pm on Thursday or 1:30 pm for the running if we have DMR races. We will have preliminary and finals for the 55m races. The athletes earning a slot to the finals will be announced over the PA system and posted at the results area. Any athlete not showing up for finals will not be replaced by the next on the list. The events to be contested are on the tentative schedule. **We will send a time schedule once we see the entry numbers to all that put their email address on their online entry form.**

General Information

Enter the arena by the NW Entrance...it is clearly marked over the entrance outside. Enter Varsity Gym on the side doors near Rivers Street. You can park in the bike lane near the curb.

Holmes Center rules prohibit food or drink to be brought into the arena in boxes or coolers. (No chicken dinner boxes or plates, etc. You can bring wrapped sandwiches such as subs, etc. Bottled drinks only. Also, no pizzas are allowed in the arena and can not be delivered to the arena. If you try to bring in food or drink in boxes or coolers or any other container or try to bring in pizzas, you or the delivery people will be stopped and asked to leave them outside. There are sandwich restaurants nearby (Subway, Quiznos, Hardee's, etc).

Only 1/4" pyramid spikes will be allowed. There is no negotiation on this issue, please don't ask. We will check shoes at the starting lines and anyone without 1/4" pyramids will not be allowed to compete until they get the appropriate spikes. We will have 1/4" spikes for sale for 10 cents per spike for those who don't have them.

In the long jump and triple jump there will be only four jumps per flight. The best athletes will be in the first flights. WE RESERVE THE RIGHT TO CHANGE THIS FORMAT IF ENTRY NUMBERS REQUIRE IT. You will be notified by Wednesday morning if we will change to the 4-3-2 system we have used before. If an athlete leaves the event to compete in another, they must be back before their flight finishes or they will forfeit their remaining jumps. They will not be allowed to change to another flight. We will not wait for anyone. If the athlete gets back before their flight finishes, they can take jumps in a row.

In the shot put and weight there will be only four throws. The best athletes will be in the first flights. WE RESERVE THE RIGHT TO CHANGE THIS FORMAT IF ENTRY NUMBERS REQUIRE IT. You will be notified by Wednesday if there will be changes to the 4-3-2 system we have used before. If an athlete leaves the event to compete in another, they must be back before their flight finishes or they will forfeit their remaining throws. They will not be allowed to change to another flight. We will not wait for anyone. If the athlete gets back before their flight finishes, they can take throws in a row.

Implements will be weighed in at the event site (Varsity Gym) one hour prior to the first competition.

Coaches can pick up meet information at the finish line area prior to the meet and make entry payment there.

The ASU Trainers will be in an area near the finish line in the Holmes Center and in Varsity Gym. Your trainers must call ahead to speak with Sarah Gill (828-262-3022) if anything is needed like heat, etc. Otherwise, we will not be setup to provide those modalities.

Team areas must be inside the arena in the seats. No teams will be allowed to put their stuff in the concourse or the window areas on the concourse. In the stands only. This includes unattached athletes.

You must leave your bags, gear, etc in the arena stands.

Results will be posted on the wall near section 7/6 on the SE end of the Holmes Center. You can get full results by going to Bigkahunatiming.com by Saturday morning or go to the ASU website: goasu.com, click on track and field.

Hurdlers will be allowed to warm-up on the concourse starting at 2:00 pm. The straightaway area will be restricted to only hurdlers. At 2:45 pm only women will be allowed on the straightaway to finish warmups. There will be an area at the SW straightaway for the men hurdlers to continue a warmup process. We will explain this on meet day. Also, that same area will be available for sprinters to do block starts prior to their races.

Any further details you might need, get in touch with John Weaver by e-mail at : weaverjt@appstate.edu

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Field Event Schedule in Varsity Gym

3:00 pm Weight Throw -Women then men followed by Shot Put (women then men)
High Jump - Women then men
(Starting Height - Women 4-8, Men 6-0)
Pole Vault - Men (Starting Height 13-6) then Women (Starting Height 10-0)

3:00 pm Field Event Schedule In Holmes Center

Men's Long Jump followed by the women...then men's triple jump
followed by women.

Running Event Schedule in Holmes Center

Time schedule will be sent to teams and individuals after entries determined to all who put an email
address on their entry form at Bigkahunatiming.com by Wednesday, February 17th at 12:00 pm

3:00 pm Women's 55m Hurdles Pre-Lims
Men's 55m Hurdles Pre-Lims
Women's 55m Dash Pre-Lims
Men's 55m Dash Pre-Lims
Women's 55m Hurdles Finals (two heats of 4 each)
Men's 55m Hurdles Finals (two heats of 4 each)
Women's 55m Finals (two heats of 4 each)
Men's 55m Finals (two heats of 4 each)
Women's Mile
Men's Mile
Women's 1000m
Men's 1000m
Women's 400m
Men's 400m
Women's 800m
Men's 800m
Women's 600m
Men's 600m
Women's 200m
Men's 200m
Women's 300m
Men's 300m
Women's 3000m
Men's 3000m
Women's 4 x 400m
Men's 4 x 400m
Women's 5000m
Men's 5000m

Athletes must check in by 30 minutes prior to the start of their race. Even if the meet gets behind,
check-in must be done 30 minutes prior to the scheduled time. Heats will be setup at that time.
Anyone not checking in will be scratched from the event.