

ETSU Track & Field Invitational  
Johnson City, Tennessee  
January 11-12, 2019

Entry Information: Go to: [www.timinginc.com](http://www.timinginc.com)

If necessary, we will adjust the time schedule after entries have closed.

**Please reference "Changes/Updates to the 2019 ETSU Track & Field Invitational" Info Page for all updates as we get closer to the meet.**

Current changes to note: All 800m Runs will be contested on Friday. All Mile Runs and 3000m Runs will be contested Saturday morning. The Distance Medley Relays will be contested immediately prior to the 4x400 Meter Relays.

**Entry procedure and Deadline for Collegiate Teams :** Entries done on Direct Athletics. Speculative marks for non-freshmen will not be accepted. TFRRS marks from January 2017 and on will be used. Please enter freshman at as close a legitimate mark as possible. Entry deadline is Monday, January 7, 2019 by 11:59 pm Eastern Time at [www.directathletics.com](http://www.directathletics.com)

**Entry fee:** A non-refundable entry fee of \$400.00 per team or \$40.00 per athlete (up to 11 athletes) will be charged for college athletes entered by Monday, January 7, 2019 by 11:59 pm Eastern Time. This charge is based off of your entries, not based on who gets into the meet. Please keep this in mind when entering your athletes.

*Please make all checks payable to: **ETSU TRACK & FIELD MEETS**. Checks written to ETSU will not be accepted. Please **DO NOT MAIL CHECKS**.*

***\*\*\*Unattached/ Club Athletes:*** Submit entry to Hassaan Stamps at [stampsh@etsu.edu](mailto:stampsh@etsu.edu). Do Not enter online. Entries must be submitted by Friday, January 4, 2018. No exceptions. Entry fee of \$35.00 to be paid at packet pickup.

***\*\*\* No High School athletes are allowed to compete in the College/Open portion of this meet\*\*\*.***

**Packet Pickup:** Packet pickup will be available on Friday beginning at 7:45 am on the West Side of the Mini-Dome on the Upper level, inside the concession stands. Packets will be available on Saturday, beginning at 8:00 am.

**Practice Times:** The track will be open for practice on Thursday January 10, 2019 from 6-8pm. For safety purposes throws practice will be split into two one hour blocks. Weight Throw from 6:00-7:00pm and Shot Put from 7:00-8:00pm.

**Accepted Entries Lists:** Final accepted entry lists will be posted by 1:00pm on Wednesday, January 9, 2019 at [www.timinginc.com](http://www.timinginc.com) . Check final meet instructions online for check-in and seeding procedures after January 9.

**Medical Facilities:** There will be a Mobile Training Room located at the Northeast end of the Mini Dome. There will be NO ENTRY into the ETSU ATHLETIC DEPARTMENT TRAINING ROOM.

**Parking/Athlete Drop off:** There will be NO DROP OFFS AND NO PARKING IN THE PARKING GARAGE OR THE LOT ADJACENT TO THE PARKING GARAGE OR YOU RISK BEING TICKETED AND/OR TOWED. Athlete Drop-Offs must be in Lots 22B and 22C. There will be no Drop-Offs in front of the Mini Dome. All Busses must park in Lot 22C. Lots 22B and 22C are located west of the Mini Dome directly across from the Soccer Fields. To enter Lots 22B and 22C please turn onto Jack Vest Drive from State of Franklin Road, then turn right at the Traffic Circle onto GO BUCS Trail and enter Lots 22B and 22C on your right.

**Team/ Athlete Entry:** There will be an athlete/coaches entry on the West Side third floor of the Dome. The entry door labeled Section A and B is the only entrance for athletes and coaches. Teams/Athletes will not be allowed to enter thru any other doors.

**Spectators:** The entry labeled section C, D will be for spectators only. Athletes may exit but will not be allowed to re-enter thru the East Side entrance. You will have to walk around the facility from the outside and enter thru the West Side Athlete/Coach Entrance.

*\*There will be an exit only entrance on the West Side labeled section EFG but you can-not enter thru this door.\**

**RUNNING EVENTS INFO:** There will be preliminaries in the 60m, 60m hurdles, 200m and 400m runs. Heats are seeded fastest to slowest. NO RUN OUTS. All other running events will be in sections seeded based on entry. Two relay teams per school in the 4 x 400m Relay and one relay team per school in the DMR. {Meet- management reserves the right to adjust standards and accepted entry numbers for all events.}.

**FIELD EVENTS INFO:** Please note that we will limit our entries in the throws and horizontal jumps to 36 athletes. We will limit our Pole Vault/High Jump to 30 athletes. We will have an on field coaching box for the High Jump only. (Meet- management reserves the right to adjust standards and accepted entry numbers for all events). **Minimum measure marks and opening heights will likely be adjusted as we get closer to meet time.**

High Jump: **Top 30 entries** will be accepted into the meet. Opening heights: Men: 1.90m, Women: 1.55m

Pole Vault: **Top 30 entries** will be accepted into the meet. Opening heights: Men: 4.15m, Women: 3.05m

Long Jump: **Top 36 entries** will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 6.50m, Women: 5.10m

Triple Jump: **Top 36 entries** will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 13.20m, Women: 10.75m

Weight Throw: **Top 36 entries** will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 13.50m, Women: 13.50m

Shot Put: **Top 36 entries** will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 13.00m, Women: 11.00m

**Check in Procedure:** All Track athletes must be checked in 1 hour before their event start time. All field athletes will check in at their event sight 45 minutes prior to the start of their event.

**Implement Weigh-In:** All throwing implements must be turned in 1 ½ hours prior to start time of your event. Drop off location will be East Room 148. All implements MUST be clearly identified with school name.

**Warm-up on competition days:** There are two designated warm-up areas for running athletes inside the dome. The area behind the PV pit on the South end of the facility will serve as one and the other is the area on the second level above the start of the 60m dash/60m hurdle.

For More Information or Questions contact: Hassaan Stamps at [stampsh@etsu.edu](mailto:stampsh@etsu.edu) or 305/849-2529

**AS OF 11/20/18**

