

SPOKANE HIGH SCHOOL INVITATIONAL



PRELIMINARY MEET INFORMATION

1/3 - Updated information in fields of coaches wristbands, parking, ticketing, media requests, and seeding.

Date	January 20–21, 2024
Location	The Podium Powered by STCU, Spokane, WA 511 Joe Albi Way, Spokane, WA 99201
Entries	Entry into the Spokane High School Invitational is open to high school athletes only. Athletes must be currently enrolled in grades 9, 10, 11, or 12. High School aged athletes can compete unattached or for their club team. Unless athletes are from a state where Indoor Track & Field is sanctioned, athletes are not permitted to compete under their high school's name or wear high school issued uniforms.
Entry Deadline	Entry deadline is Wednesday, January 10, 2024 at 8pm PST on Athletic.net.
Entry Fee	Entry fees are \$35 per athlete, plus an additional \$5 per event. All entry fees are due at the time of registration on Athletic.net before the close of entries.
Entry Restrictions	Entries are limited to 4 events per athlete. Meet management reserves the right to limit entries per event in order to adhere to time schedule and maintain a manageable environment for competition.
Accepted Entries & Heat Sheets	Accepted entries will be posted by Thursday, January 11, 2024 at 8:00pm PST. Heat Sheets will be posted on Wednesday, January 17, 2024 by 8pm PST.
Scratches	In order to provide the most competitive heats/sections, please submit any scratches to Meet Director Anna Alosept anna@spokanesports.org by Saturday, January 13 by 12pm PST. Please title the email SCRATCH: SPOKANE HS INVITATIONAL, with name and event(s) that are being scratched.
USATF Sanction & Membership	USATF Membership is encouraged but not required for participation. This is a USATF sanctioned meet. USATF Sanction #: #147734

Schedule	A preliminary schedule has been posted. The time schedule will be revised based upon the entries received. The final schedule will be sent to coaches, uploaded on Athletic.net and posted on www.spokanesports.org .
Athlete Entrance to The Podium	There will be a designated athlete/coaches entrance to The Podium. Please use the main doors (located off of Joe Albi Way) and look for signs when you arrive on site.
Pre-Meet Practice at The Podium	The facility will be open for practice on Friday, January 19 from 3pm-7pm.
Pre-Meet Practice Rules & Regulations	<p>Pre-Meet Practice is to serve as a shakeout/preview for the meet. This is not an opportunity to run club practices/workouts. Only individuals with coaches bands and competing athletes will be permitted on competition floor during pre-meet practice hours. Athletes and coaches:</p> <ul style="list-style-type: none"> • Are not permitted to bring their own blocks, blocks are provided at the venue • Must run in one direction on the track (standard/counter clockwise) • Are not permitted to have headphones on competition floor or in warm up areas
Packet Pickup	<p>Packet Pickup will be split into two lines: unattached and team pickup. Please note that if your registration is under a team name, your bib will be with the team packets. You may pick up your individual packet or a coach will need to pick up for the team. Please follow signs for packet pick up once on-site.</p> <ul style="list-style-type: none"> • Friday, January 19 from 3pm-7pm • Saturday, January 20 from 7am-1pm • Sunday, January 21 from 7am-12pm
Coaches Wristbands	<p>Team Coaches: Coaches wristbands will be placed inside packets, depending on the number of athletes registered. 1-3 athletes = 2 coaches, 4-6 athletes = 3 coaches, 7-9 athletes = 4 coaches, 10+ = 5 coaches.</p> <p>Unattached Coaches: Coaches of unattached athletes MUST fill out THIS FORM in order to be considered for a coaches wristband. All responses are due by January 16th at 11:59 pm and you will be notified of approval/denial by January 17th. This is for active coaches of competing unattached athletes only and proof of coaching status will be verified through this link. Meet Management reserves the right to approve or deny any application.</p>
Access to Athlete Level of The Podium	Access to the Athlete Level of The Podium will be permitted only to those with a bib number or coaches wristband. You will be asked to show bib number or wristband in order to access the athlete area.

Headphones will not be permitted on the athlete level, as this is for your safety.

Parking

Team Van/Spectator/Officials/Volunteer Parking: Parking Lot B (Located by Spokane Arena) [Parking Map](#)

Bus Parking:

Parking Lot C (Across from the Spokane Arena) [Parking Map](#)
Please note these are paid parking lots and payment will be required from kiosk or pay station.

From these lots, it is under 800ft from The Podium and is the closest lot parking to the facility. Multiple areas for street parking are available surrounding the facility.

Pole Vault Drop Off

Access is off of Joe Albi Way on the east side of The Podium (look for signage onsite). Please drop off all poles through Pole Vault Drop Off. Pole Vaults will not be permitted to come through spectator or Athlete/Coach entrance.

Poles can be dropped off as early as 3pm on Friday, January 19.

Results

Timing and live results will be provided by Athletic Timing [HERE](#).

Live Streaming

Live streaming will be provided by Runnerspace [HERE](#).

Medical

Certified Athletic Trainers will be available for limited services. Acute and urgent care of injuries will be provided to athletes. Ice will be available to athletes. AMR will also be provided on-site.

Warm-up Area

If you are not actively warming up for your event, please stay out of warm up area. Warm up lanes are for actively warming up **ONLY**. No bags or team camping on warm up lanes. Warm up lanes are to be used from South to North **ONLY**.

Athlete Check-In Running Events

Athletes must check in at clerking (located on the athlete level) **NO LATER THAN 30 minutes** before the start time of their event. Upon check in, athletes must be wearing their bib and have their spikes checked. At clerking, your heat will be confirmed with you and you will be given a set of hip numbers to be placed on both hips and heart. Athletes will be asked to report to the clerking area 10 minutes prior to the start time of their race, race ready. Please listen for announcements on the overhead microphone in the athlete warm up area for directions to get lined up for your race. From there, each heat will be organized and brought out to the competition floor for the race.

Athlete Check-In Field Events

Field events will check in at the clerk and be escorted to the competition site prior to the start of the event for warmups. Vertical jumps shall utilize a general warm up for all competitors. Horizontal jumps and throws shall utilize a 20-minute flight specific warm up. Athletes may check in with the Clerk, but not later than the following times before the scheduled start. Athletes will be escorted to the field of play at the report times listed below.

Event	Check In	Report Time
High Jump	40 minutes	40 minutes
Pole Vault	90 minutes	90 minutes
Horiz Jumps and Throws	40 minutes	Flight 1 – 30 min before start Flight 2 – 30 min after flight 1 Flight 3 – 1 hr after flight 1

Implement Inspection	Implement Inspection is located on the Athlete Level of The Podium. Hours for Implement Weigh in will be posted soon. All implements must meet all USATF rules and regulations. Only indoor shots will be permitted for practice and competition.
Coaching Areas	Coaches' areas will be clearly marked around the perimeter of the track for the field events. Coaches will not be permitted on the infield. Children are not permitted on the competition floor or in coaching boxes.
Competition Area	The competition floor is for competing athletes only. The permitted persons on the competition floor are officials, medical, authorized coaches, meet management and competing athletes. When each race/flight is complete, athletes will be escorted off the competition floor into the warmup area.
Team Camp Areas	Team camps will be located in the south side of the competition floor, separated into corrals. Additional team seating will be located in the upper section of bleachers on the west side of the building, past the finish line
Spikes	<p>Only 1/4" Pyramid spikes are allowed on all running and jumping surfaces. Spikes will be checked and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition floor or warm-up area.</p> <ul style="list-style-type: none"> • No permanent spike shoes allowed. • No Needle Spikes or Christmas Tree Spikes allowed. • Shoes will be checked at check-in at clerking.
Seeding	<p>60M Open – Preliminary heats will be randomized seeding. Top 8 overall athletes will advance to 60M Open finals. Finals will be seeded 4-5-3-6-2-7-1-8.</p> <p>60M Invite – Top 16 verified times will be accepted into the 60M Invite. Preliminary heats will be randomized seeding. Top 8 overall athletes will advance to 60M Invite Finals. Finals will be seeded 4-5-3-6-2-7-1-8.</p> <p>60H – Preliminary heats will be randomized seeding. Top 8 overall athletes will advance to finals. Finals will be seeded 4-5-3-6-2-7-1-8.</p> <p>200M Open: Races will be run as a single-round timed-section final. Races will be seeded fast to slow for entries accepted in the 200M Open.</p> <p>200M Invite – Top 12 verified entries will be accepted into the 200M Invite section. Races will be run as a single-round timed-section final.</p>

Entries in the 200 Invite will be seeded fast to slow for entries in the 200M Invite.

400M – Races will be run as a single-round timed-section final. Heats will be seeded fast to slow.

800M – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

Open Mile – Races will be run as a single-round timed-section final. Entries in the Open Mile will be seeded slow to fast.

Mile Invite – Top 12 verified entries will be accepted into the Mile Invite section. Races will be run as a single-round timed-section final for the Mile Invite section.

3,000M – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

4x200M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

4x400M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

4x800M Relay – Races will be run as a single-round timed-section final. Heats will be seeded slow to fast.

High Jump –

Girls High Jump Opening Height: Information coming soon.

Boys High Jump Opening Height: Information coming soon.

Pole Vault –

Girls PV Opening Height: Information coming after accepted entries.

Boys PV Opening Height: Information coming after accepted entries.

Please note that opening height will not start BELOW 1.97m for girls or boys Pole Vault.

Long Jump/Triple Jump/Shot Put/Weight Throw –

Top 9 advance to finals.

Long Jump Board: 3M Board

Runway Marks

White athletic tape is only mark permitted for use on runways.

Field Size Limits

Meet Director reserves the right to limit entries and/or field sizes. Any adjustments made to field sizes will be at the discretion of the Meet Director.

LJ/TJ Boys/Girls – Top 42 Athletes Each Gender

High Jump Boys/Girls – Top 24 Athletes Each Gender

SP/WT– Boys/Girls – Top 32 Athletes Each Gender

Pole Vault – Boys/Girls – Top 24 Athletes Each Gender

If an event is not listed, there is no current field size limitations.

Relay Teams

Relay teams must have $\frac{3}{4}$ of athletes matching in uniform. Batons will be provided or you may use your own. Please declare your final relay team at clerking when checking in for the event. Relay forms will be provided at packet pickup and at clerking.

Media

Photography and videography by Spokane Sports/The Podium will be taken throughout the event. Content may be utilized for marketing and promotional efforts.

Any interested media will be required to fill out [THIS FORM](#) for consideration of a media credential. After completion of this form, media will be approved or denied and contacted with applicable information. Meet Management reserves the right to approve or deny any application. Please refer to 'Meet Info' tab on Athletic.net for media rules and regulations.

Spectator Admission

All tickets are general admission are available for purchase at the exterior ticket window located on the north side of The Podium or can be purchased online [HERE](#). Discounts will be provided to students, children under 12 and first responders if purchased onsite at the door.

Clear Bag Policy: Guests may carry one clear plastic or vinyl bag no larger than 14" x 14" x 6". One-gallon clear plastic zip-top bags or small clutch bags no larger than 4.5" x 6.5" are also permitted. Backpacks and purses larger than 4.5" x 6.5" are not permitted. Exceptions will be made for medically necessary items or single compartment diaper bags (child must be present). The Clear Bag Policy does not apply to Athletes/Coaches/Officials.

Outside Food & Drink Policy: No outside food or drink is allowed. Participating athletes and spectators may bring in water. The Podium Powered by STCU has worked diligently to provide healthy food options for athletes and spectators.

Prohibited Items: Please see the full list of prohibited items at The Podium, [HERE](#).

Awards

Top 3 finishers in each event category will receive a medal. Top 3 will be escorted from finals to receive medal. Please listen on the PA for top 3 announcements by event.

Merchandise

Merchandise will be provided by Fine Designs, and they will have various clothing items for purchase. Items will be customizable and heat pressed on site.

Meet Logistics

Meet specific and up to date logistics will be sent directly to competing teams/athletes the week of competition. For additional information/scratches contact the Meet Director Anna Alsept at anna@spokanesports.org.