

OLIVER NIKOLOFF OPEN

April 1-2, 2011

ENTRY	Unlimited – must meet entry standard. Marks verified through TFRRS.
ENTRY DEADLINE	Wednesday March 30th, 10:00 AM Final time schedule, heats & flights, Thursday, 12:00
ENTRY PROCEDURE	Register for the meet at www.ghgtiming.com
ENTRIES POSTED	Thursday, March 31, 12:00 Noon gobearcats.com
SCORING	10-8-6-5-4-3-2-1 (8 Places)
ENTRY FEE, COLLEGE	\$250 per gender. Men's & women's teams are separate \$15 per college athlete if the team has fewer than 16 athletes \$15 per athlete per event – Unattached. Make check payable to the UNIVERSITY OF CINCINNATI Open athletes must register and pay with a credit card at theregistrationspot.com .
AWARDS	T-shirts for all winners including all four relay team members.
HIGH SCHOOL MEET	There will be a high school division in this meet. Four field events and four running events will be on Friday. One field event and seven running events will be run on Saturday with the college.
WEIGH-IN	Friday 10:30 –11:30 & 2:00-4:00 pm Gettler Stadium Storage Room near the finish line. Saturday 8:00- 1:00pm Gettler Stadium Storage Room near the finish line.
FACILITY	Gettler Stadium. 400 M. Beynon surface. 8 x 42" lanes. 1,500 seats. Shot put & discus at Gettler Stadium. Hammer & javelin at Coy Field—1.5 miles away. West on Calhoun St. to dead end. Right on Clifton Ave., one block, left on Straight St., 3 blocks, right on Coy St.
PARKING	Buses: Park on west side of Jefferson Ave. (No charge – notify in advance) Vans: Park at the Calhoun Garage next to the track (No charge) Spectators: Park at the Calhoun Garage next to the track. (\$5.00).
COMBINED EVENTS	The Decathlon and Heptathlon will be contested over the two days. See time schedule.
FIELD EVENTS	HT, DT, SP, JAV, LJ, TJ (3 attempts in prelims, 3 in finals. Top 9 to finals). In the long throws only the longest throw will be measured in the prelims & finals. Minimum Measurements will be the Entry Standard. The flights will be arranged from worst to best with random seeding within each flight.
RUNNING EVENTS	Multiple sections will be run from fast to slow.
STARTING HEIGHTS	HJ: 1.48 (4' 10-1/4") 1.78 (5' 10") PV: 3.05 (10' 0") 3.95 (12' 11-1/2")
RESULTS	Available in press box after the meet or at www.gobearcats.com .
TEAMS	Bellarmino, Cedarville, Cincinnati, Dayton, Findlay, IPFW, Kentucky State, Marquette, Miami, Robert Morris (PA), Shawnee State, Ursuline College, Wheeling Jesuit, Wright State, Xavier (15)

FRIDAY, APRIL 1, 2011 – FINAL TIME SCHEDULE

			<u>Entries</u>	<u>Heats / Flights</u>	<u>Min. Meas.</u>
<u>FIELD EVENTS</u>					
12:05	LONG JUMP (Men)	Decathlon	8	1	8
12:35	HIGH JUMP (Women)	Heptathlon	5	1	5
1:00	SHOT PUT (Men)	Decathlon	8	1	8
1:55	HIGH JUMP (Men)	Decathlon	8	1	8
1:40	SHOT PUT (Women)	Heptathlon	5	1	5
3:00	JAVELIN (Women)	Coy Field	15	1	15
4:30	JAVELIN (Men)	Coy Field	15	1	15
4:00	DISCUS (Girls)		11	1	11
4:00	SHOT PUT (Boys)		4	1	4
4:00	LONG JUMP (Boys)		7	1	7
4:00	POLE VAULT (Girls)		6	1	6
4:00	POLE VAULT (Boys)		1	Combined w/ girls	
5:30	DISCUS (Boys)		4	1	4
5:30	SHOT PUT (Girls)		10	1	10
5:30	LONG JUMP (Girls)		12	1	12
					30.48 100'
					36.58 120'
					Top 24
					Top 24
					Top 24
					Top 24
					Top 24
					Top 24
					Top 24

RUNNING EVENTS

11:30	100 M. (Men)	Decathlon	8	1	8
12:00	100 M. Hurd. (Women)	Heptathlon	5	1	5
2:25	200 M. (Women)	Heptathlon	5	1	5
3:05	400 M. (Men)	Decathlon	8		
4:15	4 x 800 (Girls)		5	1	5
4:15	4 x 800 (Boys)		1	Combined w/ girls	
4:35	4 x 200 (Girls)		6	1	6
4:35	4 x 200 (Boys)		1	Combined w/ girls	
4:40	300 M. Hurd. (Girls)		6	1	6
4:45	300 M. Hurd. (Boys)		4	1	4
4:50	3200 M. (Girls)		6	1	6
4:50	3200 M. (Boys)		2	Combined w/ girls	
5:05	200 M. (Girls)		13	2	5-8
5:10	200 M. (Boys)		3	1	3
6:05	10,000 M. (Men)		22	1	22
6:45	10,000 M. (Women)		9	1	9

UNIVERSITY MULTI-EVENT SCHEDULE

<u>FRIDAY</u>			<u>SATURDAY</u>		
DEC.	100 M.	11:30	DEC.	110 HURDLES	9:00
	LONG JUMP	12:05		DISCUS	9:35
	SHOT PUT	1:00		POLE VAULT	10:40
	HIGH JUMP	1:55		JAVELIN (COY FIELD)	12:30
	400 M.	3:05		1500 M.	2:11
HEP.	100 HURDLES	12:00	HEP.	LONG JUMP	10:00
	HIGH JUMP	12:35		JAVELIN (COY FIELD)	12:00
	SHOT PUT	1:40		800 M.	1:20
	200 M.	2:25			

Saturday, April 2, 2011 -- FINAL TIME SCHEDULE

				<u>Entries</u>	<u>Heats / Flights</u>		<u>Min.Meas.</u>	
9:00	HAMMER	(W)	Coy Field	34	3	11-11-12	32.00	105'
9:00	HIGH JUMP	(Boys)		4	1	4		
10:30	HIGH JUMP	(Girls)		7	1	7		
10:45	TRIPLE JUMP	(M)		6	1	6	11.89	39'
10:45	TRIPLE JUMP	(W)		15	1	15	10.06	33'
10:45	DISCUS	(M)		29	2	14-15	36.58	120'
12:30	HIGH JUMP	(M)		12	1	12	1.78	5' 10"
1:00	HAMMER	(M)	Coy Field	25	2	12-13	36.58	120'
1:00	DISCUS	(W)		28	2	14-14	32.00	105'
1:00	LONG JUMP	(M)		18	2	9-9	6.25	20' 6"
1:00	LONG JUMP	(W)		17	2	8-9	4.88	16'
2:00	POLE VAULT	(W)		23	1	23	3.05	10'
2:30	HIGH JUMP	(W)		14	1	14	1.47	4' 10"
3:00	SHOT PUT	(W)		29	2	14-15	10.06	33'
4:30	SHOT PUT	(M)		22	2	11-11	12.19	40'
4:30	POLE VAULT	(M)		19	1	19	3.96	13'
9:00	110 M. HURDLES-DEC (M)			8	1	8		
12:00	3,000 M. STEEPLE (M)			15	1	15	10:30	
12:12	5,000 M.	(W)		38	2	18-20	22:00	
1:00	4 x 100	(Girls)		6	1	6	Top 16	
1:04	4 x 100 (Boys)			2	1	2	Top 16	
1:08	4 x 100	(W)		10	2	6-4		
1:16	4 x 100 (M)			8	1	8		
1:20	800 M. – HEP.	(W)		5	1	5		
1:24	1600 M.	(Girls)		12	1	12	Top 24	
1:24	1600 M. (Boys)			2	Combined w/ girls		Top 24	
1:30	1,500 M.	(W)		44	3	14-15-15	5:20	
1:47	1,500 M. (M)			44	4	11-11-11-11	4:20	
2:11	1,500 M. – DEC. (M)			8	1	8		
2:18	110 M. HURDLES (M)			20	3	6-7-7	15.80	
2:27	110 M. HURDLES (Boys)			3	1	3	Top 24	
2:30	100 M. HURDLES	(Girls)		8	1	8	Top 24	
2:33	100 M. HURDLES	(W)		26	4	8-7-6-5	16.50	
2:45	400 M.	(Girls)		18	3	3-7-8	Top 24	
2:55	400 M. (Boys)			3	1	3	Top 24	
2:58	400 M.	(W)		29	4	8-7-7-7	66.00	
3:10	400 M. (M)			29	4	8-7-7-7	56.00	
3:22	100 M.	(Girls)		15	2	7-8	Top 24	
3:28	100 M. (Boys)			2	1	2	Top 24	
3:31	100 M.	(W)		32	4	8-8-8-8	13.30	
3:43	100 M. (M)			31	4	8-8-8-7	11.50	
3:55	800 M.	(Girls)		12	1	12	Top 24	
3:59	800 M. (Boys)			2	1	2	Top 24	
4:03	800 M.	(W)		52	4	11-13-14-14	2:35	
4:19	800 M. (M)			47	4	11-12-12-12	2:05	
4:35	400 M. HURDLES	(W)		25	4	7-6-6-6	72.00	
4:47	400 M. HURDLES (M)			20	3	7-7-6	61.00	
4:57	200 M.	(W)		46	6	8-8-8-8-7-7	27.80	
6:09	200 M. (M)			39	5	8-8-8-8-7	23.50	
5:19	3,000 M. STEEPLE	(W)		21	1	21	12:35	
5:33	5,000 M. (M)			46	2	21-25	16:45	
6:12	4 x 400	(Girls)		5	1	5	Top 16	
6:12	4 x 400 (Boys)			1	Combined w/ girls		Top 16	
6:18	4 x 400	(W)		19	3	8-6-5		
6:33	4 x 400 (M)			15	2	8-7		

MEET PROCEDURES

1. **ATHLETE DROP OFF:** On Corry Blvd. in front of the track. **FIRST STOP – SHEAKLEY LAWN**
2. **PACKET PICK-UP:** On Sheakley Lawn across the street from the track. **Wristbands** and coaches box passes will be in the packet.
3. **PARKING:** School vans in the Calhoun Garage (next to the track). No charge. Busses park on Jefferson Ave. facing south. We need to know how many vans and buses ahead of time to get permits. Please email Bill Schnier at schniewk@uc.edu
4. **WARM-UPS:** No one will be allowed to warm up on the infield. General warm-up at Sheakley Lawn. Event warm-up at the event site.
5. **STADIUM ACCESS:** All people who enter Gettler Stadium will need a wrist band. Athletes will use a red wrist band, coaches & officials a pink wrist band. Spectators will purchase a ticket at the ticket window.
6. **CHECK-IN:** Check in for running events will be at Sheakley Lawn, across Corry Blvd. from the track. Pick up your hip number at the tent. 100-200-100 (No hip numbers). 800 & longer (3 numbers: both hips and left chest). Field events report to the event site.
7. **RUNNING EVENT FLOW:** Running event groups will be escorted into Gettler Stadium to the starting line by clerks, i.e. (men's steeplechase, all sections of the women's 4 x 100). No exceptions. **Check in** (30 min. prior), **Final Call** (15 min. prior), **Escort to starting line** (10 min. prior). If you do not come with your group and the clerk, you cannot run. Enter through the main gate. Exit up the ramp.
8. **RELAYS:** Fill out relay cards. Give to clerk 30 min. prior.
9. **FIELD EVENT FLOW:** Field events will report to their event area, but will gain access via the main gate on Corry Blvd. just like the runners. Check in (60 min. prior). Pole Vault (90 min. prior). Access will be via wrist band only. Enter through the main gate.
10. **COY FIELD:** No wrist bands required.
11. **FIELD EVENTS:** Measure one legal attempt. Then you must meet Entry Standard.
12. **LONG THROWS:** Will be marked by a stick. Only the best will be measured.
13. **COY FIELD SHUTTLE:** Take the UC Shuttle between Gettler Stadium & Coy Field. Do not drive on Coy St. since it is too narrow. Park on Straight St.
14. **CHANGE IN THE JAVELIN:** The college javelin will now be on Friday at Coy Field. This will enable us to end the meet on time on Saturday.
3:00 Women's Javelin, 4:30 Men's Javelin (Both on Friday)