

EARLY BIRD RELAYS

Saturday, March 19, 2011

ENTRY	Unlimited Entries – Must meet entry standard. Marks verified through TFRRS (2010 marks) Open entries are welcomed.
ENTRY DEADLINE	Wednesday, March 16--10:00 AM. Final time schedule, heats & flights, Friday, 12:00
ENTRY PROCEDURE	Register for the meet at www.ghgtiming.com .
ENTRIES POSTED	Friday, March 18, Noon. www.gobearcats.com
RELAY FORMAT	No entry limitations per event. Combine your top 2 marks for a relay score. Scoring marks can be made in preliminary field events. Running events will be scored only if two athletes finish.
SCORING	10-8-6-5-4-3-2-1 (8 Places)
ENTRY FEE	\$200 per gender. Men's & women's teams are separate. \$15 per college athlete if the team has fewer than 14 athletes. \$15 per athlete – Unattached athletes. Make check payable to the UNIVERSITY OF CINCINNATI Open athletes must register and pay with a credit card at: www.theregistrationspot.com
AWARDS	T-shirts for the top 2 winning team members in all individual events and all 4 members of winning relay events, (i.e., 4 x 100 or 4 x 400).
2011 TEAMS	Capital, Cedarville, Cincinnati, Dayton (M), IPFW, Morehead State, Mt. St. Joseph, Northern Kentucky, Ohio Northern, Ohio Wesleyan, Robt. Morris (IL), Thomas More, Wright State, Xavier (14)
WEIGH-IN	8:00—1:00 only 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	Busses: Park on west side of Jefferson Ave. (No cost—Notify UC in advance) Vans: Park in the Calhoun Garage next to the track (No cost). Spectators: Park at the Calhoun Garage next to the track (\$5.00)
LOCKER ROOMS	None available. Dress at home. Restrooms are available.
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: 3.00 (9' 10") 3.95 (12' 11-1.2")
RESULTS	Available in press box after the meet or at www.gobearcats.com

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FINAL TIME SCHEDULE -- 2011

<u>TIME</u>	<u>EVENT</u>			<u>Heats & Flights</u>		<u>Entries</u>	<u>Min. Meas.</u>	
9:00	HAMMER	(Coy Field)	Men	2	7-8	15	120'	36.58 M.
11:30 est.	HAMMER	(Coy Field)	Women	2	10-9	19	105'	32.00 M.
2:00 est.	JAVELIN	(Coy Field)	Women	1	10	10	100'	30.48 M.
3:30 est.	JAVELIN	(Coy Field)	Men	1	12	12	120'	36.58 M.
9:00	DISCUS	(Gettler Stadium)	Women	2	10-10	20	105'	32.00 M.
11:30 est.	DISCUS	(Gettler Stadium)	Men	2	10-10	20	120'	36.58 M.
1:00	SHOT PUT	(Gettler Stadium)	Men	2	9-9	18	40'	12.20 M.
3:00 est.	SHOT PUT	(Gettler Stadium)	Women	2	11-11	22	33'	10.06 M.
10:00	LONG JUMP		Men	2	10-8	18	20'6"	6.25 M.
10:00	LONG JUMP		Women	2	7-7	14	16'	4.88 M.
12:30 est.	TRIPLE JUMP		Men	1	9	9	39'	11.89 M.
12:30 est.	TRIPLE JUMP		Women	1	7	7	33'	10.06 M.
11:00	POLE VAULT		Men	1	11	11	13'	3.96 M.
1:30 est.	POLE VAULT		Women	1	11	11	10'	3.05 M.
11:00	HIGH JUMP		Women	1	13	13	4'10"	1.47 M.
1:00 est.	HIGH JUMP		Men	1	8	8	5'10"	1.78 M.
12:00	3,000 M. STEEPLCHASE		Men	1	12	12	10:30	
12:13	5,000 M.		Women	2	18-17	35	22:00	
12:57	4 x 100		Women	1	8	8		
1:02	4 x 100		Men	1	8	8		
1:07	1,500 M.		Women	3	9-9-9	27	5:20	
1:28	1,500 M.		Men	3	9-9-9	27	4:20	
1:51	110 M. HURDLES	(Men 1st)	Men	2	8-7	15	15.80	
2:00	100 M. HURDLES		Women	2	8-6	14	16.50	
2:10	400 M.		Women	3	7-7-7	21	66.00	
2:20	400 M.		Men	3	6-5-5	16	56.00	
2:30	100 M.		Women	4	8-7-6-5	26	13.30	
2:49	100 M.		Men	4	8-7-7-6	28	11.50	
3:05	800 M.		Women	3	10-10-11	31	2:35	
3:18	800 M.		Men	3	13-13-13	39	2:05	
3:31	400 M. HURDLES	(Women 1 st)	Women	2	7-6	13	72.00	
3:40	400 M. HURDLES		Men	1	8	8	61.00	
3:45	200 M.		Women	5	8-8-8-7-6	37	27.80	
3:55	200 M.		Men	4	8-8-8-8	32	23.50	
4:05	3,000 M. STEEPLECHASE		Women	1	6	6	12:35	
4:20	5,000 M.		Men	2	24-32	56	16:45	
4:52	4 x 400		Women	2	7-4	11		
5:07	4 x 400		Men	2	6-3	9		

IF WE CAN RUN AHEAD OF SCHEDULE, WE WILL

MEET PROCEDURES

1. **ATHLETE DROP OFF:** On Corry Blvd. in front of the track.
2. **FIRST STOP-SHEAKLEY LAWN:** Pick up wrist bands at the tent at Sheakley Lawn.
3. **PACKET PICK-UP:** On Sheakley Lawn across the street from the track. Wristbands and coaches box passes will be in the packet.
4. **PARKING:** Busses park on Jefferson Ave. facing south. No charge.
School vans park in the Calhoun Garage (next to the track) No charge.
We need to know how many vans & busses you will bring in advance in order to get permits. Please email that number to: Bill Schnier at schniewk@uc.edu.
5. **WARM-UPS:** No one will be allowed to warm up on the infield. General warm-up at Sheakley Lawn. Field event warm-up at the event site.
6. **STADIUM ACCESS:** All people who enter Gettler Stadium will need a wristband. Athletes will use a (red wristband), coaches (pink wristband) ,officials a (yellow wristband) and spectators will purchase a ticket at the ticket window and be stamped.
7. **COACHES' BOXES:** Will be provided near the field event areas.
8. **CHECK-IN:** Check in for running events will be at Sheakley Lawn, across Corry Blvd. from the track. Pick up your hip numbers at the tent. Field events report to the event site.
9. **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 when the event is over.
10. **RELAYS:** Fill out relay cards. Give to the clerk 30 min. prior.
11. **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.
12. **COY FIELD SHUTTLE:** Take the UC Shuttle between Gettler Stadium & Coy Field. Do not drive on Coy St. since it is too narrow. If you do drive, park on Straight St.
13. **FIELD EVENTS:** Measure one legal attempt. Then you must meet the Entry Standard.
14. **LONG THROWS:** Will be marked by a stick. Only the best mark will be measured.
15. **NUMBERS:**

Field events:	No numbers needed	
Running events:	No numbers needed	400 & shorter
Running events:	3 numbers, both hips and left chest	800 & longer
16. **COACHES HOSPITALITY:** In the equipment room as you enter Gettler Stadium starting at noon. It will last as long as there is food.

FINAL ODDS & ENDS

1. **FIRST STOP:** First stop for everyone is at the tent on Shakeley Lawn.
 Pick up your packets & wristbands
 Pay your entry fee
2. **AWARDS:** T-shirts for all winners in either 2 or 4-man teams.
 Pick up these awards at the tent on Sheakley Lawn.
3. **HOSPITALITY:** At the equipment room on the concourse near the finish line. All coaches
 and officials.
4. **NO MORE CHANGES:** If you have scratches don't tell us, just don't show up. Otherwise no
 changes.
5. **FOOD:** Food for the teams will be allowed in Gettler Stadium.
6. **ATHLETES ENTRANCE:** The main gate in the middle of the track off Corry Blvd.
 Field events: Enter this gate and go to your event.
 Running events: Check in at the Sheakley Lawn tent.
 You must be escorted to your event by a clerk.
7. **RELAY CARDS:** Fill out your relay cards at the check-in at the tent. Give it to the person in the
 tent.
8. **WEATHER:** Low, 45 High, 60 Sunny
 We got lucky