Boston University
David Hemery Valentine Invitational

Date: Friday February 9th-Saturday February 10th

Location: Boston University Track and Tennis Center located at 100 Ashford St. Boston, MA 02215

Entry Deadline: Friday February 2nd, 2024, 10:00pm EST

Entry Procedure: All entries will be completed through direct athletics. Meet management may adjust seed marks after the verification process. Only verified marks will be accepted. See entry standards/instructions below.

Entry Fee: No team entry fee cap. All entry fees need to be paid through direct athletics. Please note that it is an entry fee, not an acceptance fee. Entry fees are non-refundable.
- Sprint & Field Events - $50 per entry
- 800m - $50 per entry
- Mile - $75 per entry
- 3000m & 5000m - $100 per entry
- Relays - $100 per relay team

Late Entries: Late entries will be available (if field sizes allow) on Monday February 5th – Opening at 10:00am and closing at 6:00pm EST for a fee of $100/entry

Entry Limits: There are no team entry limits in the running events, however fields will be capped to the number of heats listed below. All field events will be limited to the top 32 competitors in each event. Collegiate athletes in the following events - (800m - 5000m) – must have hit the provisional entry standard listed below for consideration.

Unattached/Club Athletes: Unattached/Club athletes must have met the listed automatic entry standard below for each event (see below). All unattached/club athletes must enter and pay through direct athletics. If you do not have a direct athletics account, you can create one by going to www.directathletics.com. Entry fees are non-refundable.

Parking: Parking around the Boston University Track and Tennis Center is very limited. Limited parking is available for cars and vans in metered spaces around the facility for a maximum of four hours. Limited all day parking for cars and vans is available in the Langsam Parking Garage at 278 Babcock St. Boston, MA 02215 for between $10-$12/day and in the Agganis Arena Parking Garage located at 100 Harry Agganis Way, Boston, MA 02215. For those wishing to take the subway, “The T”, the cost is $2.80 each way. Use the Green Line/Babcock Street stop, and the track is a short 2-3min walk. DO NOT parking in the Star Market parking lot across from the track or you may be towed.

Starting Heights: Will be sent out once all entries are received.

Implement weigh-in: Will be completed next to the throwing arena immediately prior to the event.

Spectators: Tickets may be purchased in advance here: https://am.ticketmaster.com/agganis/track or at the door for $12 (cash or card accepted). Tickets will be limited so we recommend purchasing in advance.

**Please note: Due to facility capacity athletes of the opposite gender will not be allowed entrance without purchasing a spectator ticket. Those who enter a DMR team will receive 5 wristbands for those competitors and 1 alternate.

**For meet info updates, deadline reminders, and meet day communication follow: @BU_TrackMeets on Twitter
# Entry Standards

## Men

<table>
<thead>
<tr>
<th>Event</th>
<th>*Automatic Standard</th>
<th>** Provisional Standard</th>
<th>Target Field Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>800m</td>
<td>1:55.0</td>
<td>1:59.5</td>
<td>30 heats</td>
</tr>
<tr>
<td>1000m</td>
<td>2:28.0 (1:55/4:10)</td>
<td>2:33.0</td>
<td>5 Heats</td>
</tr>
<tr>
<td>Mile</td>
<td>4:10.0 (1:53/8:10)</td>
<td>4:22.0</td>
<td>25 Heats</td>
</tr>
<tr>
<td>3000m</td>
<td>8:18.0 (4:08/14:15)</td>
<td>8:30</td>
<td>13 Heats</td>
</tr>
<tr>
<td>5000m</td>
<td>14:20.0 (8:15)</td>
<td>14:50.0</td>
<td>9 Heats</td>
</tr>
<tr>
<td>DMR</td>
<td>*If heats fill, we may ask for verification of seeds</td>
<td>3 Heats</td>
<td></td>
</tr>
<tr>
<td>4x400</td>
<td>*If heats fill, we may ask for verification of seeds</td>
<td>8 Heats</td>
<td></td>
</tr>
</tbody>
</table>

## Women

<table>
<thead>
<tr>
<th>Event</th>
<th>*Automatic Standard</th>
<th>** Provisional Standard</th>
<th>Target Field Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>800m</td>
<td>2:20.0</td>
<td>2:32.0</td>
<td>25 heats</td>
</tr>
<tr>
<td>1000m</td>
<td>2:55.0 (2:15/5:00)</td>
<td>3:05.0</td>
<td>5 Heats</td>
</tr>
<tr>
<td>Mile</td>
<td>5:05.0 (2:16/10:00)</td>
<td>5:25.0</td>
<td>20 Heats</td>
</tr>
<tr>
<td>3000m</td>
<td>10:00.0 (4:57/16:55)</td>
<td>10:35.0</td>
<td>14 Heats</td>
</tr>
<tr>
<td>5000m</td>
<td>17:10 (10:00)</td>
<td>18:25.0</td>
<td>7 Heats</td>
</tr>
<tr>
<td>DMR</td>
<td>*If heats fill, we may ask for verification of seeds</td>
<td>3 Heats</td>
<td></td>
</tr>
<tr>
<td>4x400</td>
<td>*If heats fill, we may ask for verification of seeds</td>
<td>8 Heats</td>
<td></td>
</tr>
</tbody>
</table>

*Athletes with a verified mark at or under the automatic qualifying standard from Dec 1 2022 or after are guaranteed entry into the meet.

**The remainder of the field will be filled with those holding verified marks at or under the provisional qualifying standard until hitting our target field sizes. We will aim to accept as many athletes as possible in each event, however, provisional entries ARE NOT guaranteed entry into the meet. We will refund entries for provisional marks not accepted into the meet; scratches and those who enter without the provisional will not be refunded.

Only verified marks will be accepted! If an entry mark is not on direct athletics, please use the notes to provide a link to your result. Standard conversions for track size, altitude, and similar event distances (1500m/1600m/3200m/2mile) will be accepted. Meet management reserves the right to use other event conversions on a case-by-case basis.

Accepted entry lists will be posted following the close of entries and we will have a scratch period before posting final performance lists.
Elite Races: This year’s Valentine Invitational will feature elite races for the Men’s and Women’s distance races. Rabbits will be provided to pace minimally for NCAA Qualifying marks. We expect to pace multiple heats of all distance events.

- Men’s 800m – Heat 1: 1:45 / Heat 2-5: TBD
- Men’s 1000m – Heat 1: TBD
- Men’s 3000m – Heat 1: 7:40 / Heat 2-5: TBD
- Men’s 5000m – Heat 1: 13:20 / Heat 2-5: TBD
- Women’s 800m – Heat 1: 2:00 / Heats 2-5: TBD
- Women’s 1000m – Heat 1: TBD
- Women’s 5000m: Heat 1: 15:20 / Heat 2: TBD
- Women’s 3000m: Heat 1: 8:55 / Heat 2: TBD

***Those interested in consideration for the elite fields should email Jordan Carpenter (jordanc@bu.edu) directly***
Tentative Meet Schedule

**Events will run fast to slow unless otherwise noted**

Friday – Doors open at 8:00am

Field Events:
- 11:00am Women’s Long jump followed by Women’s Triple (Top 32 verifiable entry marks)
- 11:00am Women’s Pole Vault (Top 32 verifiable entry marks)
- 2:00pm Women’s Shot Put followed by Women’s Weight Throw (Top 32 verifiable entry marks)
- 3:00pm Women’s High Jump (Top 32 verifiable entry marks)

Running events: Doors open 8:00am

- 9:00am Women’s 5000m (Slowest 2 heats – slow to fast)
- 9:40am Women’s 3000m (Slowest 5 heats – slow to fast)
- 10:38am Women’s 60H Open Final
- 10:50am Women’s 60H Invite Trials
- 10:55am Women’s 60m Open Final
- 11:08am Women’s 60m Invite Trials
- 11:13am Women’s 800m (25 Heats)
- 12:32pm Women’s 400m
- 1:37pm Women’s 60H Invite Finals
- 1:40pm Women’s 60m Invite Finals
- 1:43pm Women’s 200m
- 2:31pm Women’s 1000m (5 Heats)
- 2:50pm Women’s 4x400m relay (8 heats)
- 3:35pm Men’s DMR (3 heats)
- 4:07pm Intermission (30 minutes)
- 4:37pm Women’s 1Mile (20 Heats)
- 6:37pm Women’s 3000m (9 Heats)
- 8:17 pm Women’s 5000m (5 Heats)

10:00pm Estimated completion of Day 1:

A final time schedule will be published once all entries have been received

Fast sections first

Jumps: Best Flight Last
Day 2 Tentative Schedule

**Events will run fast to slow unless otherwise noted**

Saturday: Doors Open at 8:00am

Field Events:
- 11:00am Men’s Long jump followed by Men’s Triple (Top 32 verifiable entry marks)
- 11:00am Men’s Pole Vault (Top 32 verifiable entry marks)
- 2:00pm Men’s Shot Put followed by Men’s Weight Throw (Top 32 verifiable entry marks)
- 3:00pm Men’s High Jump (Top 32 verifiable entry marks)

Running events: Doors open 8:00am
- 9:00am Men’s 5000m (Slowest 4 heats - Slow to Fast)
- 10:05am Men’s 3000m (Slowest 4 heats - Slow to Fast)
- 10:50am Men’s 60H Open Final
- 11:00am Men’s 60H Invite Trials
- 11:05am Men’s 60m Open Final
- 11:20am Men’s 60m Invite Trials
- 11:25am Men’s 800m (30 Heats)
- 12:40pm Men’s 400m
- 1:50pm Men’s 60H Invite Finals
- 1:53pm Men’s 60m Invite Finals
- 1:56pm Women’s DMR (3 Heats)
- 2:36pm Men’s 200m
- 3:20pm Men’s 1000m (5 heats)
- 3:36pm Men’s 4x400m relay (8 heats)
- 4:15pm Intermission (45 minutes)
- 5:00pm Men’s 1 Mile (25 Heats)
- 7:10pm Men’s 3000m (9 Heats)
- 8:35pm Men’s 5000m (5 Heats)

10:00pm Estimated completion of Day 2:

A final time schedule will be published once all entries have been received

- Fast sections first
- Jumps: Best Flight Last