



41ST ANNUAL AZTEC TRACK AND FIELD OPEN AND INVITATIONAL

Thursday, Friday & Saturday - March 21st – 23rd 2019

Entry Guidelines for Open Meet, Invitational Meet and High School Meet

Men & Women Open Combined Events

Thursday-Friday, March 21st-22nd @ SDSU

- All decathlon and heptathlon entries will be accepted.
- NCAA implements and hurdle heights. Contact the Meet Director for any questions.

Invitational Hammer & Open Javelin

Friday, March 22nd @ UCSD

- Invitational Meet hammer throw and Open Meet javelin throw will be contested at UC San Diego. Open hammer will not be offered.

Open Meet

Friday, March 22nd @ SDSU

- All Junior and Community College Team entries will be accepted.
- Individual/Unattached athletes that do not meet invitational standards must enter in the Open Meet.
- Field event competitors in the Open Meet will receive four attempts in the horizontal jumps and throws. After achieving one mark, only trials that achieve or exceed the minimum distances posted on page 8 will be measured. Open Meet throwing events will be limited to 27 competitors. Open Meet javelin throw will be at UC San Diego.

Distance Carnival for all three Meets

Friday Evening, March 22nd @ SDSU

- All Mile, 3000m Steeplechase, 1500m, 3000m and 5000m competition for the Open and Invitational Meets will be held during the Distance Carnival in seeded heats based on the respective meet entered.

Invitational Meet

Saturday, March 23rd @ SDSU

- All Invited College and University Team entries will be accepted.
- Invited College and University Teams may also enter athletes in Friday's Open Meet.
- Individual/Unattached athletes that do not meet invitational standards must enter in the Open Meet.
- Field event competitors in the horizontal jumps and throws of the Invitational Meet will have three preliminary attempts. The top nine marks will earn three final attempts.
- Invitational Meet hammer throw will be at UC San Diego on Friday, March 23rd

High School Meet

Saturday, March 23rd @ SDSU

- National Federation of State High School Associations (NFHS) national sanction through host San Diego High School.
- CIF-San Diego Section Sanctioned Events
 - 4x100m Relay
 - 4x400m Relay
 - 100m
 - 200m
 - 400m
 - 800m
 - Mile (During Friday Distance Carnival)
 - 110/100m Hurdles
 - Shot Put
- Meet will be limited to 12 High Schools with athletes per event for a field size of 36.
- Entry by invitation on Athletic.net.
- Contact the Meet Director for any questions.

Meet Information

Entry Information

Universities, Colleges, Clubs, Individual and Unattached enter at these links:

Invitational Meet Team Link: <https://www.directathletics.com/meets/track/58498.html>

Invitational Meet Individual/

Unattached Athlete Link: <https://www.directathletics.com/meets/track/58499.html>

Open Meet Entry Link: <https://www.directathletics.com/meets/track/58497.html>

Invited High Schools enter at these links:

High School Main Meet Link: <https://www.athletic.net/TrackAndField/meet/2650731/register>

High School Mile-Only Link: <https://www.athletic.net/TrackAndField/meet/2650729/register>

Invited College and University Team athletes are not required to meet the Invitational Qualification Standards. However, coaches may elect to enter those athletes in Friday's Open Meet which typically includes a broader range of seed marks. Invited College and University Teams also have the option of competing athletes in both the Open and Invitational Meets in the same or different events.

Only Invited College and University Teams can enter directly into the Invitational Meet on DirectAthletics. Individuals and Unattached athletes who meet the qualifying standards (2018 or 2019 season) may enter and pay for the Invitational Meet on a separate link. However, the Meet Director will verify all Individual and Unattached entry marks more before putting the athlete on the start list. Individuals and Unattached athletes should ensure their marks are valid and verifiable, since there are no refunds.

Entries must be submitted no later than **11:59 PM Wednesday, March 13th**. All submitted entries in the system at the entry deadline listed above will be considered **FINAL. NO INDIVIDUAL or UNATTACHED late entries will be accepted past the entry deadline.** Late team entries will be charged a **\$100 late fee** that must be paid at the ticket office. **Be sure to print a copy of your team's entries and bring it to the meet as confirmation.**

Entry Marks

Only use accurate times/marks achieved during the 2018 outdoor or 2019 indoor or outdoor season—not lifetime PRs. If no seed time/mark is provided, the athletes and/or relay team(s) will be placed at the bottom of their respective event performance list. Please use metric distances on DirectAthletics (DA). Individuals/Unattached athletes **MUST** use DA entry notes with meet name and date so marks can be verified.

Open Throws Limits

Open Meet throwing events will be limited to 27 competitors per event per gender. Entry is not guaranteed and the entry fee is not refundable. Athletes will be selected from a descending order performance list based on entry seeds. Teams and individual athletes traveling great distances should contact the Meet Director for special circumstances.

Performance List

A performance list will be posted on <http://finishedresults.com/> no later than 8:00 PM Friday, March 15th. This performance list will communicate which individual and unattached athletes have been accepted into the Invitational Meet. It will also identify the 27 Male and Female athletes who have been accepted into each Open Meet throwing event. All coaches and athletes should consult this list to verify their entries.

Entry Fees

There will be an entry fee of \$15 per individual entry per event, \$20 per combined event (decathlon and heptathlon) entrant, \$20 per relay team. Max of \$400 per gender per College, University and Club team for both meets. High Schools are \$75 per gender per team with checks payable to San Diego High Track and Field at check-in the day of meet.

Individuals/Unattached athletes must pay entry fees online in order to participate. All College, University and Club Teams must make payment on-line by credit card prior to registration deadline or by check at packet pick-up or by mail to:

Women's Track & Field
Department of Athletics
San Diego State University
5500 Campanile Dr
San Diego, CA, 92182-4313

Checks should be made out to: **San Diego State Track & Field**

Important Notes: Per University policy, we will not be able to accept cash. Credit cards cannot be accepted after on-line registration closes.

NCAA "Counter"

Per NCAA Bylaws 20.9.7.1, 20.9.7.2, 20.9.7.3.2 we will make sure that our meet qualifies as a counter meet for sports sponsorship. Based on the team entries into our meet, a decision will be made if the meet falls under the 2/3rds rule or not. If the team entries do not have more than 2/3rds Division I institutions, we will score the meet accordingly to allow institutions to use the meet as a counter for sports sponsorship. If we meet the 2/3rds requirements we will not score the meet.

Final Schedule

The final meet schedule will be posted on Tuesday evening, March 19th.

Heat Sheets

Heat sheets will be posted on <http://finishedresults.com/> no later than 8:00 PM **Wednesday, March 20th**. Please check one last time to make sure athletes have been entered in the correct event(s) with the correct seed times/marks. Heat sheets & results also will be posted on the bulletin board located in the northwest corner of the stadium, directly above the clerk of the course / check-in area.

No entry changes will be allowed in any Meet once the first event of that Meet has commenced.

Packet Pick-up

Packet pick-up will be available at a check-in table, located just outside the track entrance, 15 minutes before track opens on each day starting on Friday. Each team will be supplied with athlete and coach wristbands which will be used to gain admittance to the meet. Athletes must be wearing their wristband to compete. Individual/unattached athletes can pick-up their wristbands at the check-in table anytime.

Results

Live results will be available at: <http://finishedresults.com/> via their app. Final results will be available at: www.goaztecs.com. Coaches, team managers and unattached athletes are responsible for reviewing final results for accuracy. If an anomaly or error is suspected, it should be brought to the Meet Director or timing tent for review and possible correction, prior to leaving the meet.

Throwing Implements	All teams and athletes must provide their own implements. Athletes must weigh-in all throwing implements. Implement weigh-in will be located in the Aztec team room located at the north end of the stadium. Invitational Hammer and Open Javelin will be weighed at the UCSD competition location. No implements will be processed less than one hour before the start of the event.
Athlete Check-In	<p>Track athletes are required to check-in at the clerk of the course a minimum of 30 minutes prior to their event where hip numbers will be given to the competitors and must be placed on the hip prior the entering the track for competition. The clerk of the course will be located at the bottom of the stairs below the track entrance.</p> <p>After being checked-in, athletes may sit in the staging area, just up the stairs that lead to the track behind the clerk of the course.</p> <p>Field athletes may check-in at their respective event area no later than 30 minutes prior to the start of the event.</p> <p>Athletes competing in more than one event simultaneously must check in/out with each official to avoid being scratched/disqualified.</p>
Starting Heights	Open Meet starting heights are posted later in this package. Invitational starting heights and height progressions will be available in team packets at packet pick-up. In the Invitational Meet on Saturday, the ten lowest men and women seed heights will vault at 11:00 a.m., while the rest of the athletes will vault at 1:00 p.m.
Facilities	<p>Track: Nine (9) lane Mondo.</p> <p>1/4 in (6mm) pyramid spikes. No needle or Christmas tree spikes. A limited amount of spikes will be available for purchase. Spikes will be checked at check in.</p> <p>Men's and Women's Pole Vault, Triple Jump and Long Jump will be run concurrently on side-by-side runways.</p> <p>Long Throws (Javelin Throw, Hammer Throw and Discus Throw) are scheduled to be measured electronically.</p>
Parking	<p>Parking is available in Parking Structure (PS) 7, located directly underneath the track. Parking will be free on Saturday, March 23, because of the campus open house. Attendees must pay for parking on Thursday and Friday. There are three ways to pay for parking. 1) Purchase permit on-line ahead of time. \$7/day. If you don't have an account, create one at https://aztecs.t2hosted.com/cmn/newuser.aspx. Go to this link to purchase a permit: https://aztecs.t2hosted.com/Account/Portal and follow the instructions. Print permit and display on dash. 2) Pay at the kiosk pay station on Level 2. \$3/hr for 1-4 hours or \$15 for 5-10 hours. If you pay by credit card instead of cash, the kiosk can send you a reminder text to extend for an additional \$0.25. No need to display permit on dash. 3) PayByPhone. \$3/hr for 1-4 hours or \$15 for 5-10 hours plus \$0.35 per transaction fee. Download the PayByPhone app or set up an account on the PayByPhone website and follow the instructions. Location code for PS7 is 28507. No need to display permit on dash. Additional information on parking can be found on this website: http://bfa.sdsu.edu/campus/parkingtrans/ or by contacting SDSU Parking and Transportation Services at (619) 594-6671 or parking@sdsu.edu.</p>

- Seating** Seating is available on the west side of the stadium. The Aztrack Sports Deck seats about 1,000 people. Teams may put up canopies only on the top row of the stadium. To ensure a good meet, we ask that athletes remain out of the competition area when not competing.
- Athletic Training Tent** All athletic trainers will be located on the northeast side of the stadium. Athletic trainers will be available one hour prior to the start of competition.
- Warm-Up Area** All athletes must do their warming up outside the stadium. The intramural turf field will be available for warm-ups, located adjacent to the Sports Deck (just west of the track).
Visiting teams may set-up tables in this area or warm-up area on lower field.
- Vaulting Pole Shipment** Vaulting poles may be shipped to the following address:
- San Diego State University
Department of Athletics, Women’s Track & Field
Attn: Coach Richard Fox
5500 Campanile Dr
San Diego, CA, 92182-4313
- Coach Fox, richardfox5050@gmail.com, +1 (619) 807-8800 (mobile) will maintain custody of poles until pick-up at San Diego State.
- Directions** The Aztec Sports Deck is located on the corner of Montezuma Rd. & 55th St.
- SDSU is easily accessible from the I-8 Freeway (Exit Fairmont Ave., continue on Montezuma if coming from the WEST) (Exit College Ave. South, make a Right on Montezuma if coming from the EAST).
- From the Airport: Exit the terminal and follow the signs for I-5 NORTH. Head EAST on N Harbor Dr. Make a LEFT at Laurel St. Turn LEFT at India St. Merge onto I-5 NORTH. Take the I-8 Exit EAST towards El Centro. Exit on Fairmont Ave, and stay right to continue onto Montezuma Rd.
- Facility Schedule**
- | | |
|----------------------|--|
| Monday, March 18: | Please contact us |
| Tuesday, March 19: | 6:00 a.m. – 8:00 a.m.
3:30 p.m. – 6:30 p.m. |
| Wednesday, March 20: | 6:00 a.m. – 11:00 a.m. (no pole vault)
3:30 p.m. – 6:30 p.m. (including pole vault) |
| Thursday, March 21: | Track opens at 8:00 a.m. |
| Friday, March 22: | Track opens at 7:30 a.m. |
| Saturday, March 23: | Track opens at 7:30 a.m. |
- Hammer cage at UC San Diego will be available. Please contact Coach Anthony Salerno, asalerno@ucsd.edu, +1 (858) 229-2832, to schedule and for further info.
- Concessions** We will have complete concession stands with multiple food vendors at the meet.
- Spectator Entry** Tickets are sold Friday and Saturday at the Ticket Office near the track entrance.
\$5.00 Cash Only
12 & Under are Free
San Diego State Students with Red ID are Free

Additional Info

The official San Diego State Visiting Team Guide containing additional information can be found at: <https://tinyurl.com/2018-2019SDSUVisitingTeamGuide>

Contact Information

Meet Director: Rick Reaser E-Mail: rick-reaser@msn.com
Mobile: (310) 227 – 5534 Fax: (310) 647-3238
Head Coach: Shelia Burrell E-Mail: sburrell@mail.sdsu.edu
Office: (619) 594 – 5514

INVITATIONAL MEET

QUALIFICATION STANDARDS

100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
Long Jump	7.15m (23-05.50)	5.85m (19-02.50)
High Jump	2.10m (6-10.75)	1.70m (5-07.00)
Triple Jump	15.00m (49-02.50)	12.35m (40-06.25)
Pole Vault	5.00m (16-04.75)	3.80m (12-05.50)
Shot Put	16.75m (54-11.50)	13.70 (44-11.50)
Discus Throw	51.80m (169-11)	48.80m (160-01)
Javelin Throw	57.90m (189-11)	44.20m (145-00)
Hammer Throw	45.00m (147-08)	48.00m (157-06)

Qualification standards must be achieved using NCAA implement weights, hurdle heights and hurdle spacing at an official competition with publicly available results during the 2018 or 2019 indoor or outdoor seasons.

OPEN MEET MINIMUM MEASURED DISTANCES AND OPENING HEIGHTS

Event	Men	Women
Long Jump	5.60m (18-04.50)	4.50m (14-09.00)
High Jump	1.68m (5-06.00)	1.37m (4-06.00)
Triple Jump	12.20m (40-00.50)	10.00m (32-09.75)
Pole Vault	3.50m (11-05.75)	3.00m (9-10.00)
Shot Put	10.00m (32-09.75)	9.00 (29-06.50)
Discus	33.50m (109-11)	26.00m (85-04)
Javelin	30.50m (100-01)	26.00m (85-04)

The Open Meet will be using NCAA Men's and Women's Track and Field and Cross Country Rule 6, Section 3, Alternate Procedures, Article 1 and Article 3. Open Meet horizontal jumps and throws will be conducted as a four-attempt final competition. Each athlete's first legal trial will be measured regardless of whether the minimum distances in the above table are reached. Subsequent trials must achieve or exceed the minimum distance to be measured.

SAN DIEGO STATE



ATHLETIC TRAINING

Dear Track & Field Athletic Trainer,

On behalf of the San Diego State University Athletic Training Staff, we would like to take this opportunity to welcome you to San Diego State University and to the Aztec Track.

Athletic Trainers will be stationed in clearly marked room at the north end of the track.

On the Track:

- Water
- Cups
- Biohazard kit
- First Aid Supplies
- Emergency Equipment
- Treatment tables
- Treatment ice with bags, and flexi-wrap

A physician will be on-call for the meet. If you need those services prior, please do not hesitate to ask and we will accommodate you as best as we can.

If your team is not traveling with an Athletic Trainer please let us know in advance. Please send your team with a medical kit and letter of any specific treatments so that we can provide the proper care for your athletes.

If you have any questions, please feel free to contact me.

Sincerely,

Joshua Ruiz MS, ATC
Assistant Athletic Trainer
joshua.ruiz@sdsu.edu
Cell: +1 (323) 240-8489

OFFICIAL MEET HOTEL



San Diego Marriott Mission Valley

8757 Rio San Diego Drive
San Diego, CA 92108

Contact: LaVonna Sullivan, Sales Manager
619-209-6650 Direct
619-692-3800 Hotel
619-692-3960 Fax

<http://www.marriott.com/sanmv>

Teams/Individuals:

Please contact hotel representative
LaVonna Sullivan for accommodations

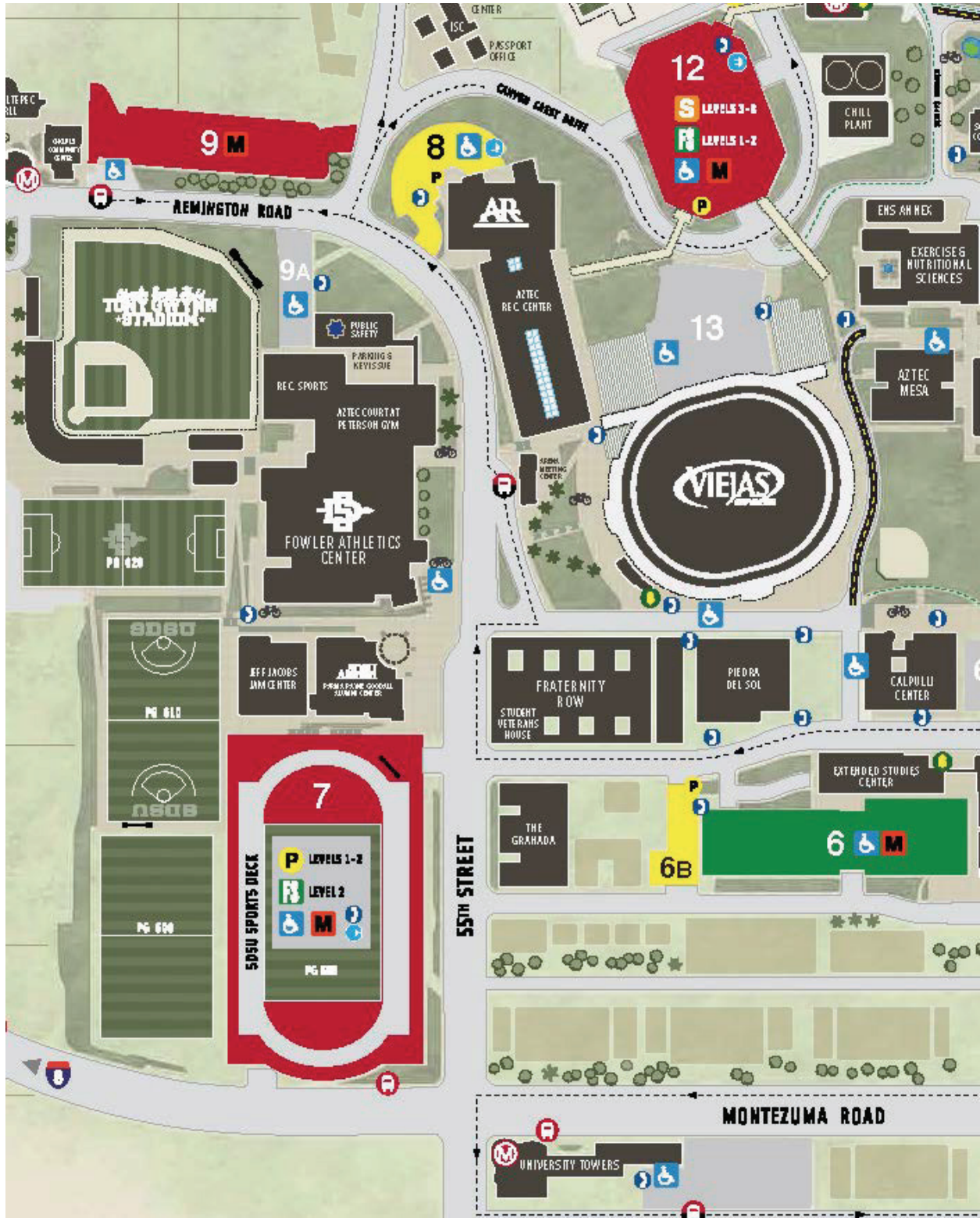
\$159 per night double occupancy

- two buffet passes per room
- complimentary bus/van parking
- complimentary internet

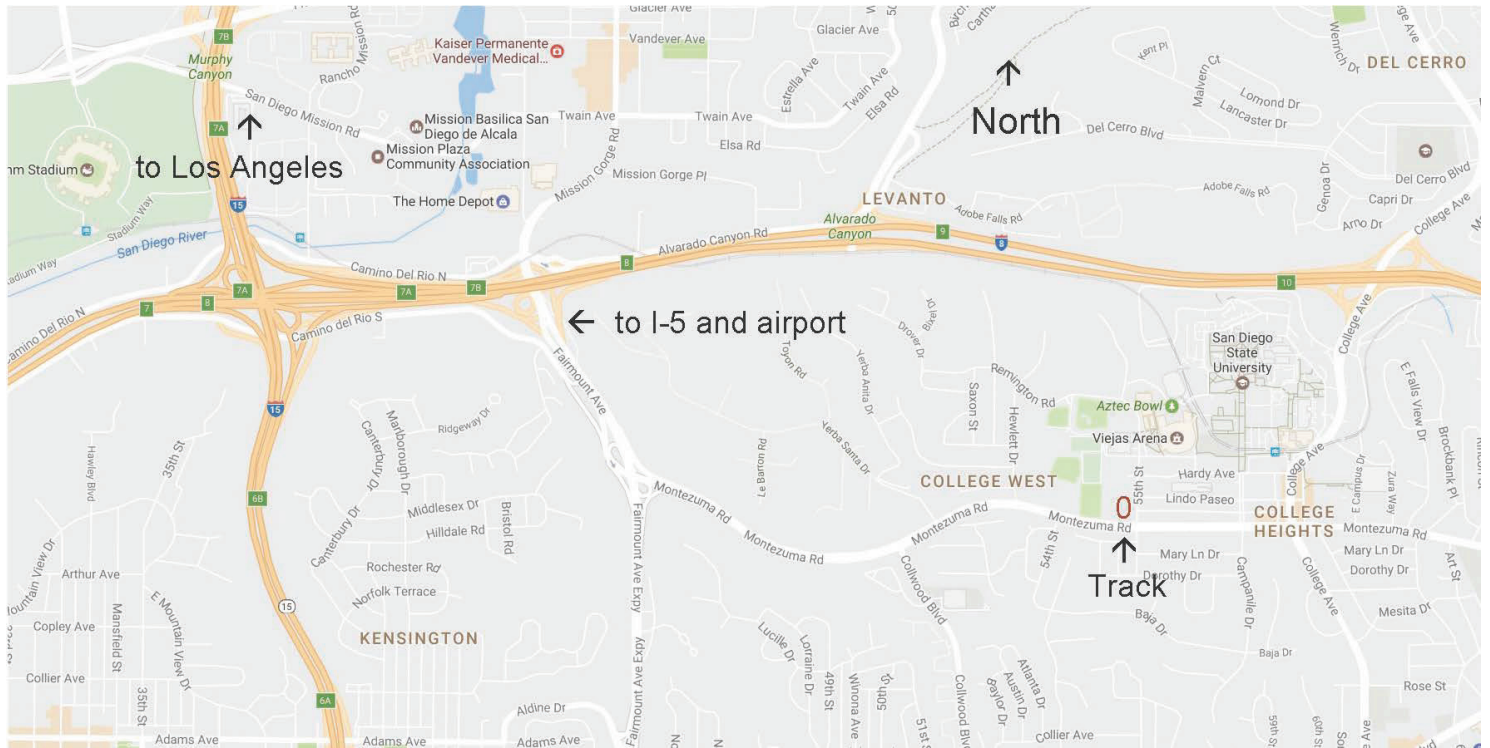
San Diego Marriott Mission Valley

- Newly Renovated: Brand new Guestrooms, Restaurant, Lobby and Meeting Space
- Centrally located off the 8 freeway just 5 miles from SDSU, walking distance to Mission Valley Mall, San Diego Trolley and 30+ restaurants and just 10 minutes from all major attractions
- Team Friendly, past host of NCAA tournament teams, designated bus parking
- 353 Guestrooms; 179 rooms with Double/Doublebeds
- All Rooms are equipped with 51" HDTV SMART TV with Marriott Entertainment Package, mini fridge and individual coffee makers.
- Visit the DEN (Dine/Entertain/Network) Restaurant, offering a la carte and buffet options, open for breakfast, lunch, and dinner. Unwind with cocktails, local craft beers, and Starbucks coffee.

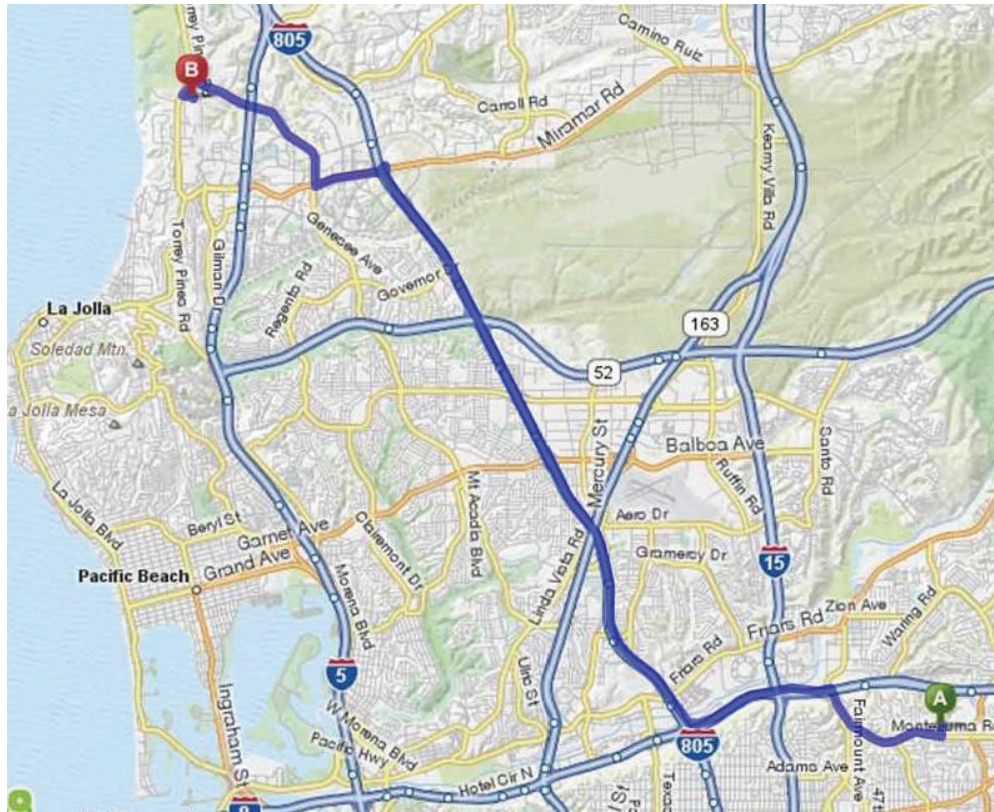
SAN DIEGO STATE WEST CAMPUS MAP



MAP TO SAN DIEGO STATE



DIRECTIONS TO UC SAN DIEGO



UC San Diego is approximately 16 miles (25 mins) northwest of San Diego State.

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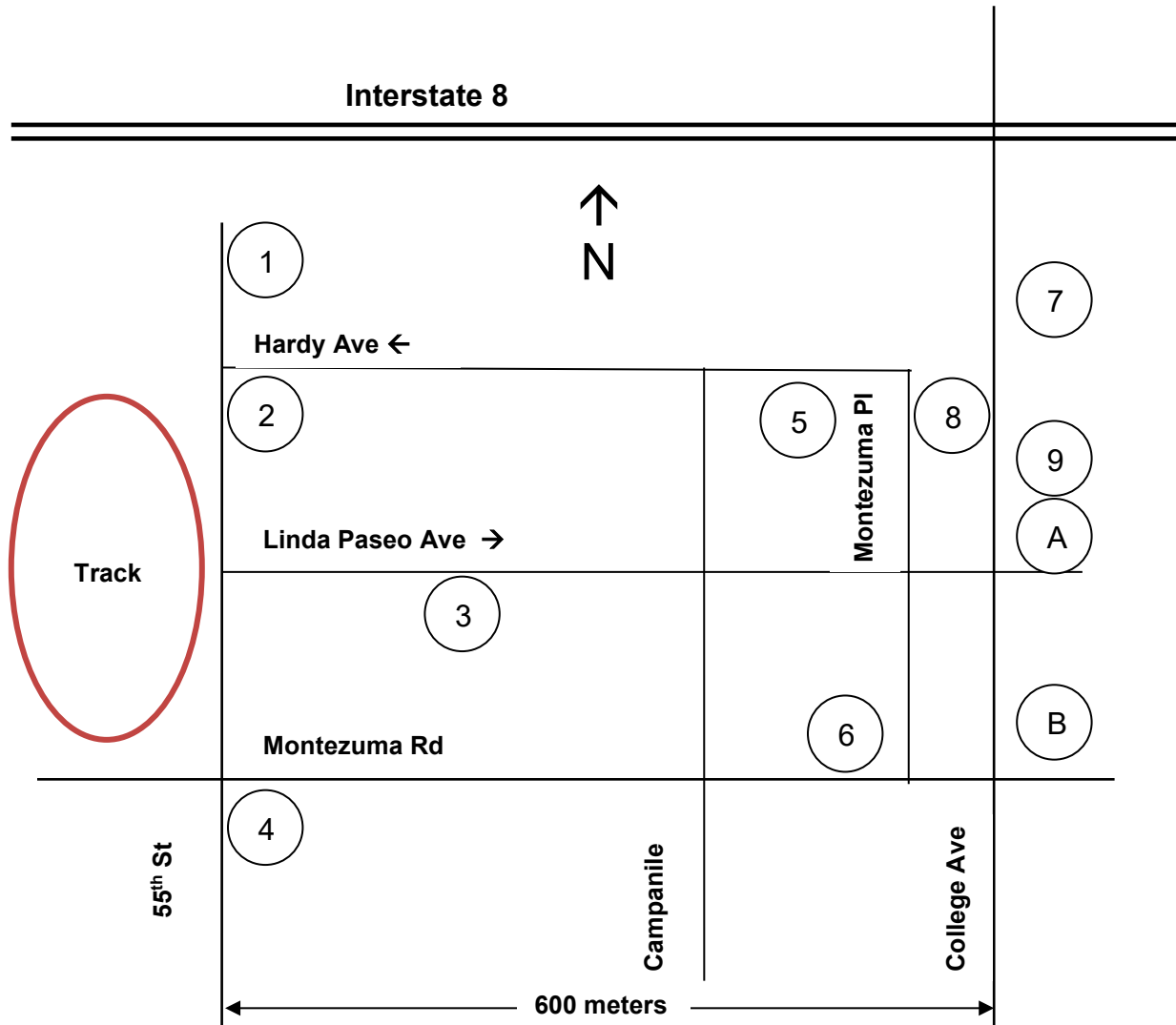
1	South on 55th St	0.1 mi
2	Turn right onto Montezuma Rd.	1.1 mi
3	Stay straight to go onto ramp.	0.2 mi
4	Merge onto Fairmount Ave.	0.2 mi
5	Merge onto I-8 W.	1.8 mi
6	Merge onto I-805 N via EXIT 6B toward Los Angeles.	8.2 mi
7	Take the La Jolla Village Dr/Miramar Road exit.	0.1 mi
8	Turn slight left to take the La Jolla Village Dr ramp.	0.2 mi
9	Merge onto La Jolla Village Dr.	1.1 mi
10	Turn right onto Genesee Ave.	2.3 mi
11	Turn left onto N Torrey Pines Rd.	0.2 mi
12	Turn left onto Northpoint Dr.	0.1 mi
B	Hammer Cage is on NW corner of Northpoint Dr. and Northpoint Ln.	0.05 mi

PARKING AT UC SAN DIEGO

Parking restrictions are enforced Monday-Friday at UC San Diego. Parking permits are available for purchase. Please park in the Hopkins Parking Structure south of RIMAC Arena or in the parking structure on the corner Pangea Dr and Scholars Dr. Both structures are approximately 500 meters from the track.



LOCAL AREA FOOD



1	Shake Smart	Shakes	(858) 461-8313	Inside Aztec Recreation Center
2	Porter's Market	Convenience Store	(619) 610-9251	Corner of Granada on Hardy
3	Subway	Sandwiches	(619) 546-5597	Inside the Suites on Paseo
4	University Towers	Salads, Sandwiches	(619) 594-8016	
5	Chipotle	Mexican	(619) 362-9973	
6	Oishi's Kitchen	Sushi	(619) 473-3863	
7	Domino's Pizza	Pizza	(619) 287-9050	
8	Eureka!	Burgers	(619) 220-2400	
9	Jack in the Box	Hamburgers	(619) 286-0433	
A	7 Eleven	Convenience Store	(619) 287-0616	
B	Trujillo's Taco Shop	Mexican	(619) 583-4182	
Link to other on-campus food options: http://www.eatatsdsu.com				

DIRECT ATHLETICS



How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

**41ST ANNUAL AZTEC TRACK & FIELD INVITATIONAL
PRELIMINARY SCHEDULE**

Combined Events

Thursday, March 21, 2019

DECATHLON

Start Time: 11:00 AM 100 Meters

The next event will start approximately 30 minutes following the end of the previous event

HEPTATHLON

Start Time: 12:00 PM 100 Meter Hurdles

The next event will start approximately 30 minutes following the end of the previous event

Friday, March 22, 2019

DECATHLON

Start Time: 8:30 AM 110 Meter Hurdles
9:10 AM Discus
10:15 AM Pole Vault
12:45 PM Javelin
2:00 PM 1500 Meters

HEPTATHLON

Start Time: 9:00 AM Long Jump
11:00 AM Javelin
1:00 PM 800 Meters

41ST ANNUAL AZTEC TRACK & FIELD INVITATIONAL

PRELIMINARY SCHEDULE

Friday, March 22, 2019

Field Events

Invitational Hammer and Open Javelin at UCSD

8:00	Hammer	Men	Invite
10:00	Hammer	Women	Invite
1:00	Javelin	Men	Open
3:00	Javelin	Women	Open
9:00	Long Jump	Heptathlon	
9:10	Discus	Decathlon	
10:15	Pole Vault	Decathlon	
10:30	High Jump	Men	Open
11:00	Javelin	Heptathlon	
11:00	Long Jump	M/W	Open
12:45	Javelin	Decathlon	
12:30	High Jump	Women	Open
12:45	Pole Vault Sec 1	M/W	Open
2:30	Discus	Men	Open
2:30	Shot Put	Women	Open
2:30	Triple Jump	M/W	Open
2:30	Pole Vault Sec 2	M/W	Open
4:30	Discus	Women	Open
4:30	Shot Put	Men	Open

Track Events

8:30	110m Hurdles	Decathlon	
9:30	4 x 100 Relay	Women	Open
9:40	4 x 100 Relay	Men	Open
9:55	100 Hurdles	Women	Open
10:10	110 Hurdles	Men	Open
10:30	400 Meters	Women	Open
10:50	400 Meters	Men	Open
11:10	100 Meters	Women	Open
11:40	100 Meters	Men	Open
12:30	800 Meters	Heptathlon	
12:35	800 Meters	Women	Open
12:45	800 Meters	Men	Open
1:00	400 Hurdles	Women	Open
1:15	400 Hurdles	Men	Open
1:30	200 Meters	Women	Open
2:00	1500 Meters	Decathlon	
2:15	200 Meters	Men	Open
2:30	4 x 400 Relay	Women	Open
2:45	4 x 400 Relay	Men	Open

Distance Carnival

4:40	Mile	Girls	High School
4:50	Mile	Boys	High School
5:00	3000 Steeple	Women	Invite/Open
5:20	3000 Steeple	Men	Invite/Open
5:35	5000 Meters	Women	Invite/Open
6:20	5000 Meters	Men	Invite/Open
7:00	1500 Meters	Women	Invite/Open
7:25	1500 Meters	Men	Invite/Open
7:50	3000 Meters	Women	Invite/Open
8:05	3000 Meters	Men	Invite/Open

Invitational Sections will go first followed by Open Sections.
Detailed schedule will be available after entries close.

Saturday, March 22, 2019

Field Events

9:00	Shot Put	Girls	High School
9:00	Javelin	Women	Invite
10:30	Long Jump	M/W	Invite
11:00	Shot Put	Boys	High School
11:00	Javelin	Men	Invite
11:00	High Jump	Women	Invite
11:00	Pole Vault Sec 1	M/W	Invite
1:00	Shot Put	Men	Invite
1:00	Discus	Women	Invite
1:00	Pole Vault Sec 2	M/W	Invite
1:30	Triple Jump	M/W	Invite
1:30	High Jump	Men	Invite
3:30	Shot Put	Women	Invite
3:30	Discus	Men	Invite

Track Events

9:30	4 x 100 Relay	Girls	High School
9:40	4 x 100 Relay	Boys	High School
9:50	4 x 100 Relay	Women	Invite
10:00	4 x 100 Relay	Men	Invite
10:10	100 Hurdles	Girls	High School
10:20	100 Hurdles	Women	Invite
10:35	110 Hurdles	Boys	High School
10:45	110 Hurdles	Men	Invite
11:00	400 Meters	Girls	High School
11:15	400 Meters	Boys	High School
11:30	400 Meters	Women	Invite
11:45	400 Meters	Men	Invite
2:55	400 Meters	Mixed	Wheelchair
12:05	Break	Senior Recognition	
12:35	100 Meters	Mixed	Wheelchair
12:40	100 Meters	Girls	High School
12:50	100 Meters	Boys	High School
1:00	100 Meters	Women	Invite
1:15	100 Meters	Men	Invite
1:30	800 Meters	Girls	High School
1:40	800 Meters	Boys	High School
1:50	800 Meters	Women	Invite
2:25	800 Meters	Men	Invite
2:40	400 Hurdles	Women	Invite
2:50	400 Hurdles	Men	Invite
3:00	200 Meters	Girls	High School
3:20	200 Meters	Boys	High School
3:40	200 Meters	Women	Invite
4:00	200 Meters	Men	Invite
4:20	4 x 400 Relay	Girls	High School
4:30	4 x 400 Relay	Boys	High School
4:40	4 x 400 Relay	Women	Invite
4:50	4 x 400 Relay	Men	Invite

Athletes must check in 30 minutes prior to their event
1/4 in (6 mm) pyramid spikes only