



**Stanford University Presents  
The Stanford Track & Field Invitational  
April 1-2, 2016  
Cobb Track and Angell Field**

**COLLEGE/OPEN ENTRY INFORMATION**



**DIRECT ALL COMMUNICATION TO:**

**Jess Riden - Meet Director  
Stanford Track & Field Invitational  
641 East Campus Drive  
Stanford, CA 94305-6150  
Email: [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com)  
Website: [www.gostanford.com](http://www.gostanford.com)  
Entries: [www.directathletics.com](http://www.directathletics.com)**

*(as of 2-1-16)*



Dear Coach,

On Friday, April 1 and Saturday, April 2, Stanford University will host the 2016 Nike Stanford Track & Field Invitational. Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction jump runways and several throwing sites. The facility is specifically designed to take advantage of favorable wind conditions and should provide all athletes with the best opportunity for outstanding performances.

It is our goal to provide a fair and challenging opportunity for all accepted competitors. The races are fairly and consistently divided into highly competitive heats/flights. The distance carnival will take place solely on Friday evening. The 2016 Nike Stanford Track & Field Invitational schedule will allow athletes to compete under ideal conditions for fast early season marks. Please look at the time schedule in order to ensure proper travel planning.

Kids from ages 2 to 14 are welcome to participate in the Lori Maynard Kids Half Lapper, which will take place on Saturday, April 2. In 2007 the race was named after Lori Maynard, a dedicated volunteer official who contributed 25 years of service to Stanford Track & Field as the field events coordinator. Lori's work ethic and contribution will always be remembered as a vital part of Stanford Track & Field's home meet success. Please visit [www.gostanford.com](http://www.gostanford.com) for more information.

Coaches, please make sure to read all of the enclosed information carefully, and do NOT miss our entry deadlines on [WWW.DIRECTATHLETICS.COM](http://WWW.DIRECTATHLETICS.COM). If you have any questions, please email our Meet Director, Jess Riden at [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com). We hope that you find our policies to be positive and in the best interest of the athletes. We appreciate your support and look forward to welcoming you and your athletes to Cobb Track and Angell Field for another outstanding meet.

Sincerely,

*Chris Miltenberg*

**Chris Miltenberg**

The Franklin P. Johnson Director of Track and Field



## IMPORTANT INFORMATION AND DEADLINES

Date	Time	Deadline
Monday, February 15, 2016	8:00 a.m., PST	Entries OPEN on Direct Athletics ( <a href="http://www.directathletics.com">www.directathletics.com</a> )
Friday, March 18, 2016	12:00 p.m., PST	Online entries CLOSE
Wednesday, March 23, 2016	12:00 p.m., PST	Accepted Entries Posted/Online Declarations OPEN
Friday, March 25, 2016	5:00 p.m., PST	Online Declarations CLOSE
Wednesday, March 30, 2016	5:00 p.m., PST	Heat Sheets Posted ( <a href="http://www.gostanford.com">www.gostanford.com</a> )

## COLLEGIATE ENTRY AND DECLARATION INFORMATION

### INITIAL ENTRIES

- **ALL ENTRIES** should be completed on [www.directathletics.com](http://www.directathletics.com). Entries submitted by any other method will **NOT BE ACCEPTED**. **COLLEGIATE ENTRIES should be entered via a TEAM ACCOUNT ONLY**. Unattached entries MAY NOT be entered via team accounts.
- **ALL ENTRIES are DUE BY FRIDAY, MARCH 18, 2016 @ 12:00 P.M., PST**. You may update or change your entries anytime up until the deadline. **ALL ENTRIES WILL BE CONSIDERED FINAL AT THE CLOSE OF ENTRIES**.
- **ATHLETES WILL BE CONSIDERED ACCORDING TO MARKS SUBMITTED BY THE CLOSE OF ENTRIES – THERE WILL BE NO OPPORTUNITY TO UPDATE PERFORMANCES AFTER THE ENTRY DEADLINE.**

### DECLARATIONS

- A list of ACCEPTED ENTRIES will be posted on [www.gostanford.com](http://www.gostanford.com) by 12:00 p.m, PST, on WEDNESDAY, MARCH 23, 2016.
- THE DECLARATION WINDOW WILL OPEN ON WEDNESDAY, MARCH 23, 2016.
- NO ADDITIONS OR UPDATES may be made at this time.
- For seeding purposes, Meet Managements asks that coaches make all **SCRATCHES** via [www.directathletics.com](http://www.directathletics.com) during the declaration window. If you have an athlete(s) you intend to **SCRATCH** – Please do so PRIOR TO THE CLOSE OF DECLARATIONS.
- **If athletes are NOT scratched, meet management will assume that they will be competing in the events that they have qualified in. If you have no scratches, no additional action is necessary.**

### ENTRY FEES AND PAYMENT PROCEDURES

- All entry fees must be paid in full before your packet is issued. Entry fees are calculated based upon the status of your **ACCEPTED ENTRIES** at 5:00PM PST on Monday, March 28, 2016.
- **Individuals: \$20.00 per athlete per event; Relays: \$40.00 for each relay team entered**
- **Teams: (14 or more student-athletes) \$400 per gender per team**
- There will be NO REFUNDS for scratches or no-show athletes.
- We strongly recommend that you pay your entry fee in advance. Please make sure to have the correct amount on your checks. No refunds will be issued.
- Checks should be payable to STANFORD INVITATIONAL.

**Mail Checks To:**  
Meet Director  
Stanford Track and Field Invitational  
641 East Campus Drive  
Stanford, California 94305-6150



OPEN/CLUB/UNATTACHED ATHLETES

ONLINE ENTRY PROCEDURE – NEW FOR 2016!

- **ALL ENTRIES MUST BE APPROVED BY THE MEET DIRECTOR – PRIOR TO ENTERING ON DIRECT ATHLETICS.**
- Interested athletes/coaches/agents should email Jess Riden ([jriden@stanford.edu](mailto:jriden@stanford.edu)) to for entry approval. **Entry requests MUST INCLUDE A PROOF OF PERFORMANCE FROM THE LAST YEAR IN ORDER TO BE CONSIDERED.** APPROVED ENTRIES WILL THEN BE PROVIDED A **PASSWORD TO ENTER ON DIRECT ATHLETICS.**
- **PLEASE NOTE: ENTRY APPROVAL DOES NOT GUARANTEE ACCEPTANCE. ALL ENTRIES ARE AT THE DISCRETION OF MEET MANAGEMENT.**

GENERAL GUIDELINES

- Open/Club/Unattached athletes will be accepted on a LIMITED BASIS. **ALL ENTRIES ARE AT THE DISCRETION OF MEET MANAGEMENT.**
- ALL ATHLETES should have met the published entry guideline (posted below) within the last 12 months in order to be considered. PLEASE NOTE – Meeting the guideline **DOES NOT GUARANTEE THAT YOUR ENTRY WILL BE ACCEPTED.**
- Valid times/marks must be provided for proper seeding. Participants’ times/marks that cannot be verified will be moved to slower sections or subject to non-acceptance into the meet. Coaches must ONLY enter VERIFIABLE times and marks in the space provided.
- For seeding purposes, coaches may use option to input SPECULATIVE times/marks in that event and/or other events. All speculative marks must be IN ADDITION to their VERIFIABLE time/mark already provided.

TRACK EVENT	MEN	WOMEN
100 Meters	10.34	11.50
200 Meters	20.80	23.50
400 Meters	46.20	53.50
800 Meters	1:49.50	2:08.50
1500 Meters	3:45.00	4:23.50
5000 Meters	14:00.00	16:30.00
3000 (For 5K Consideration)	8:09.00	9:36.00
10,000 Meters	29:00.00	34:00.00
110/100-Meter Hurdles	14.00	13.65
400-Meter Hurdles	51.20	59.20
3000-Meter Steeplechase	8:54.00	10:50.20

FIELD EVENT	MEN	WOMEN
High Jump	7-1.75 (2.18)	5-10.50 (1.79)
Pole Vault	17-4.50 (5.30)	13-1.50 (4.00)
Long Jump	25-1.25 (7.65)	20-4.25 (6.20)
Triple Jump	51-6.25 (15.70)	42-0 (12.80)
Shot Put	59-0.75 (18.00)	52-6 (16.00)
Discus	185-4 (56.50)	169-11 (51.81)
Hammer	200-1 (61.00)	183-9 (56.00)
Javelin	220-9 (67.30)	164-0 (50.00)



**ENTRY FEE (OPEN/CLUB/UNATTACHED)**

- Entry fees for unattached/open athletes MUST BE PAID on [www.directathletics.com](http://www.directathletics.com) via a credit card. Entries that are unpaid by the close of entries WILL NOT BE ACCEPTED.
- Entry fee is \$25.00 per athlete (per event). In other words, entering the 800m and the 1500m will cost \$50.
- Payment online **DOES NOT GUARANTEE ACCEPTANCE** into the Stanford Invitational.
- The \$25.00 is an entry fee and will **NOT BE REFUNDED** if the entry is not accepted.

**PRE-MEET PROCEDURES – PACKET PICK UP AND PRE-MEET PRACTICE**

**PACKET PICK UP**

PACKET PICK UP – HOURS OF OPERATION	
Thursday, March 31	3:00 p.m. – 5:00 p.m.
Friday, April 1	9:45 a.m. – 8:00 p.m.
Saturday, April 2	7:00 a.m. – 4:00 p.m.

- All entry fees must be paid in full before your packet is issued.
- Meet management will distribute the team packet to the FIRST COACH who arrives at the packet pickup booth. This packet will contain the access credentials for the entire team. MEET MANAGEMENT WILL NOT HOLD THE PACKET FOR ANY REASON – PLEASE DO NOT ASK!
- Please make arrangements to meet your team at a designated location outside the facility to distribute your team’s credentials if you are planning to arrive at different times.
- **NOTE** – Packet Pick Up opens AFTER the first scheduled event on Friday. If you have competitors in early events, please ensure that your packet is picked up on Thursday.

**PRACTICE SCHEDULE**

- Cobb Track and Angell Field will be available to College/Open athletes for practice on the Thursday, March 31, before the Stanford Invitational at designated practice times ONLY. To assure the safety of all athletes, practice times will be strictly enforced. Headphones are NOT permitted at any time inside the facility.
- If you have a need for practice times before Thursday, please contact [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com) to discuss possible accommodations.
- The weight room is available by appointment only. Please contact Allison Ledesma at [aledesm1@stanford.edu](mailto:aledesm1@stanford.edu).

THURSDAY, MARCH 31 – PRACTICE WINDOWS	
Track and Hurdles	1:00 p.m. – 7:00 p.m.
LJ/TJ/HJ	3:00 p.m. – 5:00 p.m.
Javelin/Hammer	3:00 p.m. – 5:00 p.m.
PV/Shot Put	4:00 p.m. – 6:00 p.m.
Discus	5:00 p.m. – 7:00 p.m.



## MEET INFORMATION AND FACILITY SPECIFICATIONS

### INFORMATION FOR COLLEGIATE SECTIONS

- The 'B' section of the Long Jump and Triple Jump will have a 3-jump preliminary round with the top 9 athletes advancing to a 3-jump final round.
- The 'B' section of the Shot Put, Discus, Hammer, and Javelin will have a 3-throw preliminary round with the top 9 athletes advancing to a 3-throw final round.

### SPIKE LENGTH

- Pyramid spikes NO longer than 1/4" (9mm) must be worn on the track for ALL events, excluding the javelin and high jump (3/8 MAXIMUM). We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.



### AWARDS

- In individual events, an award will be presented to the winner.
- In relay events, awards will be presented to four declared members of the winning team.
- **NOTE:** In the case of multiple sections, final results will be based on the best performances across all sections. No awards are presented to college/open athletes in the B sections.

### WEIGHTS AND MEASURES

- Implements must be weighed in ONE HOUR PRIOR to the start of each event.
  - *Weights and measures will close 45 minutes prior to the event.*
- The specific location for the weigh-ins will be posted on a facility map the week of the competition. The facility map can be downloaded from the Stanford Track & Field page at [www.gostanford.com](http://www.gostanford.com).

### COMPETITION ACCESS TO THE FACILITY

- Only athletes (WITH APPROPRIATE WRISTBAND) will be permitted inside the competition area. Please ensure you pay attention to the color of the wristband when distributing to coaching staff/athletes.
- Coaches MUST remain outside the fences at all times unless you are coaching an athlete in an event with a specifically designated coaching box.
- Spectators MUST remain outside the fences at all times. Contestants will be escorted on and off the facility.



**LOCKER ROOM FACILITIES**

- There are no dressing rooms or shower facilities at Cobb Track and Angell Field. Meet management encourages all teams to make use of the facilities available at their hotel.

**ADMISSIONS AND CONCESSIONS**

- Admission: Spectators may purchase admission tickets for the Stanford Invitational on the day of the meet only at Cobb Track and Angell Field.
- Concessions will be available the day of the meet.

**SPORTS MEDICINE AND TRAINING ROOM**

- Please contact Justin Police at [jpolice@stanford.edu](mailto:jpolice@stanford.edu)/650-497-3938 or Jesseca Holcomb at [jholcomb@stanford.edu](mailto:jholcomb@stanford.edu)/650-736-4068 for any medical or training room questions.
- Athletic Training: Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race on both days of competition, Friday, April 1 and Saturday April 2.
- If your trainer requires a credential they must contact Justin Police before Wednesday, March 30, by 1:00 p.m.
- Credentials will be placed in TEAM PACKETS and can be picked up at check-in.
- Please note: Each participating team should provide its own taping supplies
- If a Certified Athletic Trainer will not be traveling with your team, please make arrangements for treatments and other needs prior to your team's arrival.
- Please be sure to bring or fax ahead the Authorization for Modality Application form for modality use from a Certified Athletic Trainer or team physician if a non-certified athletic trainer will be accompanying your team.
- In case of emergency during athletic participation at Stanford University, the athlete will be transported to the Stanford University Hospital. Please have your insurance information available.
- The team physician will also be on call or present during competition.

**IMPORTANT SAFETY RULES**

- In order to conduct a safe and quality meet for everyone, NO headphones, cell phones or radios will be permitted inside Cobb Track and Angell Field. Please notify your athletes in advance that they must confine these items to the areas outside the facility. All safety rules are in accordance with the Pac-12 and NCAA rules.



**PARKING**

- **Team Buses and Vans:** May drop off in Varsity Lot, in front of the flag poles. After drop off, vehicles are directed to park in Vendor Lot (Adjacent to Lot 2).
- **Officials Parking:** Officials are directed to park in H Lot (see map below).
- **Permit and Paid Parking:** Track House Lot and Varsity Lot are paid/permit lots. Vehicles without a permit will be ticketed. Parking Permit Machines are available in Track House Lot for purchase of day permits. Permits will be valid in Track House Lot and Varsity Lot.
- **Free Parking:** Free Parking is available in El Camino Lot, which can be accessed from Nelson Road as well as the Graduate School of Business parking structure, which can be accessed off of Campus Drive.
- Please refer to the enclosed map for directions to the track and parking lot. Since teams will be arriving and departing throughout the day, please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.





## **FUTURE DATES**

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### **Payton Jordan Cardinal Invitational || Sunday, May 1, 2016**

The Payton Jordan Cardinal Invitational has developed into one of the premier Track and Field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a packed Cobb Track and Angell Field stadium. Annually, this exciting meet produces some of the top performances in the NCAA, the USA, and the World.

### **Stanford Cross Country Invitational || Saturday, October 1, 2016**

The 42<sup>nd</sup> edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 26, 2015. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.

### **Stanford Track and Field Invitational || March 31-April 1, 2017**

The 43<sup>rd</sup> Annual Stanford Track and Field Invitational will take place March 31-April 1, 2017! Our beautiful nine-lane track, dual direction runways, and multiple throwing circles produce incredible results. The schedule is thoughtfully constructed to provide the best opportunity for performance. We have exciting events for all athletes in the jumps, throws and on the track. Make sure to be a part of the action!