

Lauren McCluskey Memorial

Friday – Saturday, January 19 – 20, 2024

Last Revised: 6/23/2023 - Changes are highlighted in yellow



Facility Information:	The Lauren McCluskey Indoor Track is located inside the Kibbie Dome at the University of Idaho in Moscow, ID. (875 Perimeter Drive, Moscow ID 83844) The Track Oval and High Jump are newly surfaced in June 2022 with Mondo Super X Performance 10mm. With 62m diameter curves, and a distance of ~290m in lane 1, this means the track has wide sweeping curves similar to an outdoor track, with a typical indoor track straightaway. This track is designed for very fast times on the oval. Lanes 1 through 5 are used in races 200m and above. Lanes 1 through 8 are used on the straightaway for the 60 and 60H. Elevated runways are used for the pole vault, long jump, and triple jump; runway surfaces are rolled rubber mats. The throws surface is wood. We will be using 2 throws rings concurrently for the heptathlon and pentathlon.
Special Event Notes:	There are no special events planned at this time.
Coaches' Social:	An informal coaches' social will be held at the Best Western University Inn (1516 Pullman Road, Moscow ID 83843). All staff members are invited. Food and drink will be available for purchase. Tentatively scheduled for Friday @ 8:30-9:30pm.
Spikes:	Only 7mm / 1/4 inch or shorter pyramid spikes are allowed for all events. Spikes will be verified. Those not fitting the standards must be replaced, or you will not be allowed to compete. Spikes will be available for purchase at \$25/bag if needed.
Pentathlon / Heptathlon Entry Fee:	Pentathlon/Heptathlon entry fees are separate from the open event entry fees. \$50 per heptathlon athlete entry. \$50 per pentathlon athlete entry. If an athlete is competing in the Pentathlon/Heptathlon, AND in an open event, it is a separate entry fee for the combined event versus the open events.
Open Entry Fee:	\$500 max entry fee per college team per gender, or \$35 per athlete. \$5 entry fee for all University of Idaho students/staff/track alums. Absolutely no refunds will be given for any reason. Entry fee for the heptathlon and decathlon are separate. • College Teams: May pay by either check or online – checks payable to: University of Idaho Track and Field. • Univ of Idaho Students/Staff/Track Alums: Do not pay online. No refunds will be processed. Pay cash at packet pickup, at least 1.5 hours prior to your race. Entry must be received via email using procedures listed below. • Unattached (Collegiate/Post-Collegiate, Non-UI): For these groups, all entries must be entered and paid on DirectAthletics, plus the DirectAthletics processing fees. This meet is not open to those with high school eligibility remaining. Any fees left unpaid at the time of the entry deadline will result in all related entries being deleted from the meet.
Entry Procedure & Seed Marks:	<i>All pentathlon and heptathlon</i> entries are due online at www.DirectAthletics.com by 12pm (Noon) Pacific Time on Friday, January 12. For multis, after completing an entry on DirectAthletics, please use the Excel form to put each athlete name and DirectAthletics profile link (or high school link if a first year). If no link is provided, the 60H/60 seed times may be entered as NM. Only seed marks from the 2022-23 and 2023-24 seasons will be used. Email completed forms to IdahoMeetDirector@gmail.com <i>All open event entries</i> are due online at www.DirectAthletics.com by 12pm (Noon) Pacific Time on Monday, January 15. Note: Monday is a holiday for some schools. Only marks from the 2022-23 and 2023-24 seasons will be accepted. No additions or changes may be made at the meet. Note that with entries due on Monday at 12pm (Noon) Pacific Time, this will give you time to update marks if your student-athlete earns a better performance earlier in the weekend. To do so, delete their entry in Direct Athletics, and re-enter it. Speculative marks will not be downloaded into the meet, even if DirectAthletics allows you to enter them. The following process may be used to request a different seed time/mark • For first year athletes in your program that do not yet have marks in DirectAthletics, or that had a better mark in 2022-23, please proceed with the mark provided on DirectAthletics – even if it is NT or NM, then fill out the Excel form provided with the better mark. • This may also apply to limited situations of xc runners that ran out of their mind in the 2022 xc season. • This may also apply to 600 and 1000 seed marks, if the athlete has never run it before. In this case, please provide their 400 and 800 marks, or 800 and Mile/1500. • If you need the Excel form, reach out to IdahoMeetDirector@gmail.com. The Excel form will ask you for the actual mark in 2022-23, and a link to the result proving the performance. • All other requests to move seed times will not be accepted. Excel forms are due by Monday, January 15th at 12pm (Noon) Pacific Time to IdahoMeetDirector@gmail.com.

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Entry Procedure & Seed Marks – cont'd:

- **Teams & Post-High School Unattached (Non-UI, Collegiate/Post-Collegiate):** Entries will be taken only through www.DirectAthletics.com. No entries will be accepted by email or phone. This meet is not open to those with high school eligibility remaining. Entries for those with high school eligibility remaining will be removed. **No refunds will be processed.**
- **Current University of Idaho Students, Staff and Track Alums:** Enter by emailing events and entry marks to IdahoMeetDirector@gmail.com. For discounted fee, do not pay online since no refunds will be given. Note that marks from this meet will not go to your DirectAthletics account for easy entry to future meets.

Scratches:

Please email scratches only to IdahoMeetDirector@gmail.com by 12pm (Noon) Pacific Time on Wednesday, January 17, 2024.

High School Entries:

This meet **is not** open to those with high school eligibility remaining. Entries for those with high school eligibility remaining will be removed. **No refunds will be processed.**

Scoring:

This is not a scored meet.

Event Winners:

Event winners will be interviewed for the live broadcast.

Rules:

NCAA rules will be used in all cases. Fully automatic timing system will be used. NCAA throwing implements and hurdle heights will be used.

Schedule / Heat Sheets:

The draft time schedule is tentative and may change based on entries. The final schedule will be posted by 5pm on Wednesday, January 17, 2024 at www.govandals.com. The meet will be run on a rolling schedule but will run no more than 5 minutes ahead of the final schedule. Heat sheets will be posted by 5pm on Thursday, January 18, 2024 at www.govandals.com.

Weigh-Ins:

Only indoor shot puts and soft-shell weights allowed. Implement weigh-ins will take place on the Southeast corner of the track at the following times:

FRIDAY: MULTIS 9:00AM – 10:15 AM; WT: 1:30 PM – 5:00 PM / SATURDAY: 9:30 AM – 12:00 PM

Spike Check

Spike check is located on the Southeast corner of the track. Spike check must be completed prior to competition event check-in. Spike check is required for all jumpers and runners.

- **Practice Hours:** Spike check will open 15 minutes prior to any practice sessions. Spike check must be done for Thursday, Friday and Saturday practice sessions before accessing the floor.
- **Competition Hours:** Spike check will open 90 minutes prior to the start of the first jumping or running event of the day, and will close 20 minutes prior to the last scheduled event of the day.

Check-In:

Check-in is located on the Southeast corner of the track. Check in will open 1 hour prior to the first open running event of the day, and close 20 minutes prior to the last open running event of the day. **Early check-in is encouraged to avoid being scratched from an event.**

- **200/400/4x400:**
 - Complete spike-check. Proceed to check-in or scratch **no later than 45 minutes prior to the scheduled event start** at the check-in table. Relay cards should be turned in at this time. At 30 minutes prior, the heats will be seeded. This will ensure full, competitive fields. **Competitors will return and report to the event start line 5 minutes before the event begins to get hip numbers and heat assignments.** Heats will be run fast to slow, and 5 people will run per heat. If an athlete misses check-in, there could be an opportunity to add them back into the event, but only to the final slow heat.
- **All Other Running Events:**
 - Complete spike-check. Proceed to check-in or scratch **no later than 20 minutes prior to the scheduled event start** at the check-in table. Competitors will get hip numbers at this time.
- **All Field Events:**
 - **Jumpers/Vaulters** must check-in at the spike check **no later than 45 minutes prior to the scheduled event start.** Then athletes should proceed to check-in at their event site with the field event judge 30 minutes prior to the scheduled start of the event.
 - **Throwers** should proceed to check-in at their event site with the field event judge 30 minutes prior to the scheduled start of the event.

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Advancement Protocols 60/60H:

If less than 41 competitors are initially entered into the 60 or 60H, the qualifying rounds will be cancelled – and all competitors will run in the preliminary round. In this case, heat winners in each preliminary (max 5) will advance to the final. The remainder of the 8-person final will advance based on time.

If greater than 40 competitors are entered, qualifying rounds will be utilized. In this case, the top 16 seeds in the field will automatically advance to the preliminary round. The 17th and lower seeds will compete in qualifying rounds, with the top 8 times advancing to the preliminary round. This will result in a 3 heat preliminary where: heat winners (3) will advance to the final. An additional 5 competitors will advance based on time.

If warranted, qualifying rounds and/or preliminary rounds will be cancelled if there are not enough competitors checked in, and all will be advanced to the next round.

Starting Heights / Minimum Marks / Takeoff Boards

The long jump board will be at 12'. Triple jump boards will be at W-32' and M-40'. No other takeoff boards will be available. Bar progressions in the high jump and pole vault will be adjusted to hit Division I National marks.

Opening heights in the open vertical jumps will be determined based on entries, but WILL NOT be lower than the following minimum heights: High Jump: 4'7" (W) and 5'7" (M) Pole Vault: 9'6" (W) and 13' (M)

Live Feed / Results:

Results will be posted at the meet on the southeast and northeast walls of the Dome floor. The meet will stream on ESPN+, as well as at **TBD** for those outside the United States. Live results will display on **TBD**.

Final meet results will be available after the last event. Results will be posted online only at www.govandals.com and at www.directathletics.com.

Showers:

Showers may be available in the Kibbie Dome. Email request to KC Sheffler at sheffler@uidaho.edu by end of day 1/7/24.

Trainers:

University of Idaho trainers will be available in the training room just East of the indoor track. For special requests, please contact: **TBD (phone and email)**.

Parking

Parking is not enforced on Saturdays. Parking is recommended in lots 34 or 57, located on the west end of the dome. If there is an Idaho Vandals Basketball Game, cars will not be allowed into closer lots starting at 3pm – **future update**.

On Friday, parking will be free in lots 34 or 57, located on the west end of the dome. Note that you will get a parking ticket if you park in a Gold or Green lot, in a meter or pay station, or in specially marked spaces (such as disability, reserved, service, fire lanes, etc.) Disability spaces require a special U of I Disability permit. Please refer to <https://www.uidaho.edu/infrastructure/parking> with any questions.

For parking on Thursday, please purchase a visitor parking pass at <https://www.uidaho.edu/infrastructure/parking/visitors-community/visitors>. The purchase of a visitor parking pass for about \$3/day may be done online, or at the Parking Office located in the Intermodal Transit Center on the corner of Sweet Avenue and Railroad Street. This will allow parking in lots 34 or 57 on the west end of the Dome. Parking without a permit will likely result in a ticket and a fine.

Team Entrance and Team Camps

Teams will enter on the Southwest corner of the Kibbie Dome. Team camps will set up on the South side of the dome (the side with the tennis courts and 200 starts – not the finish line side.) Only athletes currently competing should be on the dome floor.

Tennis Courts / Coaches Box, and Warm-Up Areas:

All Athletes must stay off the tennis courts. This area is off limits during the competition and will be marked as such with signs. Absolutely no spikes on the tennis courts.

The tennis courts will be used as a coaches' box. Note that part of the tennis court will be off limits to coaches due to safety with the throws.

Warmups will take place on the concourses, not the infield. The East concourse can be used for any non-spike needs. The South concourse will have roll out rubber mats for any spike needs. Hurdle warmups may take place on the track.

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Practice Times:

If your team is arriving on Thursday, please contact IdahoMeetDirector@gmail.com to see if practice times would be available. Spike check will be conducted at the Southeast corner of the track before accessing the floor. **Note that we will be setting up for the meet end of day Thursday, so the facility may not look “meet ready” during practice times.**

Based on last year, the following times will **likely** be available for any entered athletes:

- Thursday 2-6pm for the oval and all field events.
- Friday practice on the oval is open 10:15am – 2pm. Note that due to the multi, LJ/TJ will only be open at approx 12pm-1:30pm, SP/WT will only be open at approx. 10:15am-11:15am and 2pm – 2:30pm, HJ will NOT be available on Friday. PV will be open 10:15am-2pm. Any other practice times would need to be done on the South and East concourses.
- Please contact IdahoMeetDirector@gmail.com for confirmation of availability.

Spectator Information:

Parking – Same as for teams. Please see above.

Clear Bag Policy – Might be in effect. If it is in effect, guidelines can be found at: <https://www.uidaho.edu/dfa/auxiliary-services/administrative-operations/events/moscow/clear-bag>

Admission – Free to the public.

Spectator Entrance – On the NW corner of the Kibbie Dome.

Information:

Cancellations / Weather Updates: Please check our Twitter @IdahoTrack.

Information: Please contact the meet director at IdahoMeetDirector@gmail.com or 970-690-3489. *Emails preferred.*

Meet Officials: Please contact Kelsey Betthausen at 651-235-2615 or kbetthausen@uidaho.edu.

Warm Ups and Finals Information for the Horizontal Jumps and Throwing Events

For the horizontal jumps and throwing events, the following procedures will be followed:

- **General Warm-up:** 20 minutes of general warm-up time for all competitors will be provided. This will occur 30 minutes prior to the start of competition. If another event precedes it in the same competition area, this warm-up time will begin immediately at the conclusion of the previous event.
- **Flight Specific Warm-up:** 10 minutes of flight specific warm-up time will be provided. This will occur 10 minutes prior to the start of competition.
- **Finals after only 1 flight:** If only 1 flight is run, there will be no warm-up period between prelims and finals.
- **Finals after 2 flights:** If 2 flights are run, there will be a 10-minute warm-up period ONLY if a participant from an earlier flight qualifies, otherwise if all competitors are from the last flight, there will be no warm-up period between prelims and finals.
- **Note:** If there is only 1 flight, a total of 30 minutes warm-up will be provided – 20 minutes general and 10 minutes for the 1 flight.
- **Advancing to Finals:** Top 9 will advance based on performance. If 9 or fewer competitors start the preliminary round of competition, each competitor that takes a legal ATTEMPT in the preliminary rounds will automatically advance, even if each preliminary attempt is a foul.

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Tentative Draft Meet Schedule – as of 6/23/2023

Note: It will be a rolling schedule on the track, but will not run more than 5" ahead of the final schedule.

Flight and heat sizes below are approximate, and will be adjusted after entries close.

The final schedule will be posted on Wednesday January 17, 2024 at www.govandals.com.

All races but 60/60H will be heats against time.

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MEN'S HEPTATHLON – DAY 1 – (22)

Time	Event	
9:50 AM	Men's 60 Meters	Hept (3H/22)
EST 10:00 AM	Men's Long Jump (1 pit)	Heptathlon
EST 11:35 AM	Men's Shot Put (2 rings)	Heptathlon
EST 12:40 PM	Men's High Jump (1 pit)	Heptathlon
EST 3:30 PM	Heptathlon Completed	

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WOMEN'S PENTATHLON – (20)

Time	Event	
9:30 AM	Women's 60 Meter Hurdles	Pent (3H/20)
EST 9:45 AM	Women's High Jump (1 pit)	Pentathlon
EST 12:45 PM	Women's Shot Put (2 rings)	Pentathlon
EST 1:50 PM	Women's Long Jump (1 pit)	Pentathlon
EST 3:20 PM	Women's 800 Meters	Pent (2H)

FRIDAY RUNNING EVENTS – (Round / Heats / # of Entrants)

Time	Event	Rnd (H/Ent)
2:45 PM	National Anthem	
3:20 PM	Women's 800 Meters	Pentathlon (2 Heats)
4:30 PM	Men's Mile	Final (3H/34)
4:50 PM	Women's Mile	Final (3H/39)
5:15 PM	Men's 200 Meters**	Final (11H/53)
5:50 PM	Women's 200 Meters**	Final (8H/38)
6:15 PM	Men's 3000 Meters	Final (3H/44)
6:50 PM	Women's 3000 Meters	Final (3H/42)
7:30 PM	Men's DMR	Final (1H)
7:45 PM	Women's DMR	Final (1H)

FRIDAY FIELD EVENTS – (Round / Flights / # of Entrants)

Time	Event	Rnd (F/Ent)
2:45 PM	National Anthem	
3:00 PM	Men's Weight Throw*	P/F (3F/34)
~30" aft M WT	Women's Weight Throw*	P/F (2F/28)
4:00 PM	Women's Long Jump*	P/F (2F/19)
~30" aft W LJ	Men's Long Jump*	P/F (2F/19)
4:15 PM	Men's Pole Vault	Final (22)
4:45 PM	Men's High Jump	Final (19)

Saturday, January 20, 2024

SATURDAY RUNNING EVENTS - (Round / Heats / # of Entrants)

Time	Event	Rnd (H/Ent)
9:00 AM	Men's 60 Meter Hurdles	Heptathlon
10:15 AM	National Anthem	
10:30 AM	Men's 60 Meter Hurdles	Qualifying
10:50 AM	Women's 60 Meter Hurdles	Qualifying
11:10 AM	Men's 60 Meters	Qual (5H/37)
11:25 AM	Women's 60 Meters	Qual (4H/32)
11:50 AM	Men's 60 Meter Hurdles	Pre (5H/37)
12:05 PM	Women's 60 Meter Hurdles	Pre (4H/32)
12:20 PM	Men's 60 Meters	Pre (3H/24)
12:30 PM	Women's 60 Meters	Pre (3H/24)
12:40 PM	Men's 400 Meters*	Final (7H/33)
1:00 PM	Women's 400 Meters*	Final (6H/27)
1:20 PM	Men's 800 Meters	Final (3H/27)
1:30 PM	Women's 800 Meters	Final (5H/43)
EST 1:45 PM	Men's 1000 Meters	Heptathlon (2 Heats)
2:10 PM	Women's 60 Meter Hurdles	Final (1H/8)
2:15 PM	Men's 60 Meter Hurdles	Final (1H/8)
2:30 PM	Men's 600 Meters	Final (3H/14)
2:45 PM	Women's 600 Meters	Final (4H/16)
3:00 PM	Women's 60 Meters	Final (1H/8)
3:05 PM	Men's 60 Meters	Final (1H/8)
3:15 PM	Men's 1000 Meters	Final (2H/13)
3:25 PM	Women's 1000 Meters	Final (1H/9)
3:35 PM	Men's 4x400 Meter Relay**	Final (3H/13)
3:50 PM	Women's 4x400 Meter Relay**	Final (3H/18)

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SATURDAY FIELD EVENTS - (Round / Flights / # of Entrants)

Time	Event	Rnd (F/Ent)
9:45 AM	Men's Pole Vault	Heptathlon
10:15 AM	National Anthem	
11:00 AM	Women's Shot Put*	P/F (2F/32)
~30" aft W SP	Men's Shot Put*	P/F (3F/34)
11:15 AM	Women's Triple Jump*	P/F (1F/15)
~30" aft W TJ	Men's Triple Jump*	P/F (1F/12)
12:00 PM	Women's High Jump	Final (17)
2:00 PM	Women's Pole Vault	Final (18)

*Top 9 marks will go to finals in the throws and horizontal jumps.

**The 200, 400 and 4x4 will be seeded after check-in.

***Qual or Prelim rounds of 60/60H may be cancelled if the event warrants going straight to the next round.

Quals/Prelims: 8 advance – Heat Winners + Top Times