



2024 OSU High Performance Meet

Friday, April 26, Saturday, April 27, 2024

PRELIMINARY MEET INFORMATION

TEAM AREAS

Team areas will be able to be set up on the North side of the facility. No team seating will be allowed in the Grandstands. Grandstands will be spectator seating only – meet information and pricing for spectator seating will be available at www.osubeavers.com by mid January 2024.

ENTRY FEE

\$550 per Team per Gender– Entry Deadline, Monday, April 22 @ NOON

Team Designation = 14 People

\$35 Per Individual Entry Under Team limit of 14

\$40 Unattached Entry Fee

ENTRY STANDARDS – FIELD EVENTS

New in 2024 due to overwhelming number of field event entries, we will be instituting meet qualifying marks. Please see end of document for meet standards. These standards must be achieved in the following window: March 1, 2023 up until April 19, 2024. This will limit the time of these events and wear and tear on our officials.

UNATTACHED ENTRIES

Please email Meet Director and Head Coach, Louie Quintana, at louie.quintana@oregonstate.edu to request entry into the meet.

PACKET PICKUP

Packet Pick up location and time will be designated the week of the meet.

PARKING & ATHLETE DROP

Parking and Meet Flow will be sent out the week of the meet

IMPLEMENT INSPECTION TIMES

All implements should have school identification written on implement for identity. Shots and hammers with stamps.

Implement Inspection – At least 60 min before the start of your flight. You may also weigh in your Javelins and Shot Puts on Friday.

PRACTICE AVAILABILITY

Practice will be available at the facility beginning at 2:30p on Thursday, April 25. Request to go earlier can be made by contacting Louie Quintana – louie.quintana@oregonstate.edu

STARTING HEIGHTS – VERTICAL JUMPS

TBD – Week of the meet email will be sent out

SPIKES and World Athletics Shoes

All athletes must use only pyramid spikes that are no longer than 1/4-inch (7mm) in length, with the exception of high jump and javelin where 3/8-inch (9mm) or lesser spike may be used. Spikes will be checked and those not meeting the regulations must be replaced by the athletes. Also, new this year – we have submitted our application to be on the World Athletics Calendar of Certified Meets. With that, please note that you can still wear “super shoes” in events, but that those marks will be disqualified to use for World Athletics qualification and world rankings. As per World Athletics, we must do random shoe check. We will be doing it at check in clerk for the running event and at event site check in for the field events. Not everyone will be checked. It will be random.

RESULTS

Live results will be provided through *AthleticTiming.net*. – *A live link will be provided the week of the meet*

CONTACT INFORMATION Meet Director: Louie Quintana / Cell: 541-760-9268 / louie.quintana@oregonstate.edu

Meet Medical: Taylor Whitter / Cell: 541-760-9435 / taylor.whitter@oregonstate.edu

Meet Media: Andrew Goodwin/Andrew.goodwin@oregonstate.edu

WHYTE TRACK AND FIELD CENTER PROTOCOLS

STUDENT-ATHLETE MEET FLOW

ENTRY:

We will have entry and meet flow information the week of the meet

WARM-UP AREA:

Student-athletes may warm up on the OSU Softball Facility to the Northwest of the Facility – athletes can utilize the outfield for warmups – no spikes. In addition, we will open in the infield for warm ups on Friday after full completion of the Discus throw – official time TBD – but, it's quite possible it will be open for the distance carnival. We will also have the area clear where we traditionally pole vault. We have about 12 lanes of about 60m in length for the power event sprint warm ups and final hard strides in spikes for distance vents. That area is located on the North side of the track – just beyond the backstretch.

RUNNING EVENTS - FRIDAY: CHECK IN

Student-athletes in running events will check-in for their event(s) at the Clerk of the Course tent on the North End of the competition facility no later than 30 minutes prior to the scheduled start of their event. We are encouraging them to check in before they warm up or when they arrive to facility to receive final instructions. They must then report back to the Clerk's tent 15 minutes prior to the scheduled start of their event to be escorted on to the practice lanes on the backstretch of the track - we will have a paddock area where they can spike up. **NO STRIDES ON TURF FIELD UNTIL THE COMPLETION OF THE DISCUS EVENT**

RUNNING EVENTS – SATURDAY – CHECK IN

Student-athletes in running events will check-in for their event(s) at the Clerk of the Course tent on the North End of the competition facility no later than 30 minutes prior to the scheduled start of their event. We are encouraging them to check in before they warm up or when they arrive to facility to receive final instructions. They must then report back to the Clerk's tent 15 minutes prior to the scheduled start of their event. Student athletes will be permitted to use the North end of the facility with 12 lane sprint warm ups prior to their event. They are also permitted to use the Softball Outfield for warm ups. We will escort them to paddock area 15 min before race time. **PLEASE DO NOT UTILIZE THE INFIELD TURF AS PRIMARY WARM UP AREA – JAVELIN COMPETITION WILL BE GOING ON SATURDAY**

FIELD EVENTS:

Student-athletes in field events should check-in for their event(s) directly at their event. We will do things different this year – we will provide specific times for check in or estimated times for check in: Below is general guidelines

Long Jump & Triple Jump: Report 45 minutes before the scheduled start of the event – we will jump to the East and utilize both North and South runways. Report to check in and receive instructions. 20-minute warm-up period. If more than one flight, we will determine estimated check in times – Please refer to event specific check in below

Pole Vault: Report 70 minutes before the scheduled start of the event at Pole Vault competition site – West D Zone of facility – 60 min warm up period

High Jump: Report 60 minutes before the scheduled start of the event at the East D Zone for check in and instructions. 50-minute warm-up period.

Shot Put, Discus, Javelin, Hammer: Report 45 minutes before the scheduled start of the event for check in and instructions. If more than one flight, we will give an estimated time to check in, but it will be on the athlete to check in and be aware of flights. 15 min warm up. **Chalk will not be provided for any field events**, so athletes should bring their own chalk. Please refer to event specific check in below

COACH & TEAM STAFF MEET FLOW/LOGISTICS

FACILITY ENTRANCE and TEAM PARKING:

All parking and facility flow and entry will be sent out the week of the meet. All athletes and coaches will need a wrist band that will be in packet pick up.

TEAM MEDICAL and TEAM CAMPS:

Teams will be given a space in the soccer bleachers or soccer bleachers or on the circle grass area on the map next to soccer. The grass circle next to soccer may be able to set up 4-5 teams – please be mindful of your space and set up when accessing that grass circle...don't hog the space. Please set up on the edges to allow for other teams to utilize space. We will have a facility map designating team camp areas. No teams or coaches may sit in grandstands. Grandstands will be only for ticketed spectators.

WARM-UP AREA:

Athletes may utilize outfield of softball. No Spikes. Also, athletes will be able to utilize the warm up track straightaway prior to competition. The infield will be off limits completely on Saturday due to the Javelin competition. It will be open on Friday for warm ups after the completion of Discus. We will make an announcement when that area is clear for warm ups.

COACHES BOXES:

Only coaches in coach's boxes – please respect the competitive process and actively communicate with your team and staff that no one other than coaches and medical may be in designated coaching areas. We will not actively monitor, but we will expect you to honor our request. **Also, please communicate with your athletes to not occupy the turf infield of the track at any time. It will be used for competition and will be strictly off limits for team gathering/team camps or warm ups. We will open for warm ups only after Discus is complete on Friday night for the Distance Carnival.**

DISTANCE CARNIVAL – COACHES/SPECTATORS

Coaches and Spectators can stand on the track beyond lane 5 during the races. Please clear track at start of any competition as to not impede racing. **Just use common sense.**

FIELD EVENT ENTRY STANDARDS 2024

MEN

Javelin Throw	40.00m
Hammer Throw	39.50m
Discus Throw	37.00m
Shot Put	12.75m
Pole Vault	4.35m
High Jump	1.75m
Long Jump	6.25m
Triple Jump	12.00m

WOMEN

Javelin Throw	35.50m
Hammer Throw	41.00m
Discus Throw	35.70m
Shot Put	11.00m
Pole Vault	3.20m
High Jump	1.50m
Long Jump	5.00m
Triple Jump	10.50m