

The 42nd Annual Hillsdale College "GINA" Relays

Team Fee: Please pay your team entry fee at the **Ticket Window, near the Main Gate**, upon your arrival.

Club, Unattached, Open Athletes: Please go to directathletics.com to enter and pay for your entry.

Dec/Hep: Please pay your entry fee at the **Ticket Window, near the Main Gate**, prior to the start of the first event of your Multi.

Performance Lists: Will be posted by Tuesday, April 22nd @ 10pm.

Final Scratches: Must be emailed to Andy.Towne@hillsdale.edu by Thursday @ 5pm.

Heat Sheets (for 800meters and up) will be posted on the outside wall below the Press Box as soon as possible, after the scratch period has ended.

***All Friday **"invite"** races are the fastest heat of each race. All other heats will be run in the **"open"** sections on Friday from SLOWEST to FASTEST (note: The slower 1,500m heats will be run on Saturday, Fastest to Slowest).

***All Saturday races on the track will run from FASTEST to SLOWEST heats.

Check-In: All athletes competing in the 100m, 200m, 400m and 100m/110m hurdles must check in **1 hour** before competition, or they will be scratched from the event. The events will then be re-seeded and athletes will be notified of their lane/heat assignments at final check-in, 15 minutes before competition.

Field Event Contestants: All field event contestants should report to the head official at the event site.

Throwing Events: All throwing event flights will be seeded. The top 2 flights will compete first. The top 9 will then advance to finals. Any thrower in later flights that posts a mark good enough for finals, will receive 3 more throws. There will be a general warm-up of 30 minutes for the field events, and ten minutes between flights and prior to the finals.

Implement Weigh-In: All implements must be weighed in 1 hour prior to your event. Implement weigh-in is located between the outdoor rest rooms.

Horizontal Jumps: All horizontal jump flights will be seeded. The top 2 flights will compete first. The top 9 will then advance to finals. Any jumper in later flights that posts a mark good enough for finals, will receive 3 more jumps. There will be a general warm-up of 30 minutes for the field events, and ten minutes between flights and prior to the finals.

Triple Jump Board: There will be three boards available - 42', 36', and 31'.

Starting Heights and Progression:

High Jump - Men, 1.90 (6'2 ¾"), 1.95, 2.00, 2.05, 2.10, 2.15

Women, 1.55 (5'1"), 1.60, 1.65, 1.70, 1.75, 1.80

Pole Vault - Men, 4.10 (13'5 ¼"), 4.25, 4.55, 4.70, **4.80**, 4.95, **5.05**, 5.20

Women, 3.10 (10'2"), 3.25, 3.40, 3.55, 3.70, **3.80**, 3.95

Pole Vault: There will be two flights for both the Men's and Women's Pole Vault. We will split the field according to seeds, with the better flights competing first. There will be a 30 minute warm-up period between each flight, and between women's and men's competitions.

Suggested Minimum marks in Throwing/Jumping events:

In the throwing events, every throw will be flagged. Then, in the event that a performer doesn't reach our "minimum" mark, only their best throw will be measured. Our "minimum" marks are as follows:

Shot Put: Men, 42'0". Women, 37'0".

Long Jump: Men, 20'0". Women, 17'0".

Triple Jump: Men, 38'0". Women, 33'0".

Awards: In all individual events, winners and 2nd place finishers will receive T-Shirts. In the relays, only winners receive T-Shirts. Athletes may pick up awards below the Press Box, at the South End of the stadium. Final meet results will be available in the Press Box after the final event on both Friday/ Saturday.