



TRACK & FIELD

43rd ANNUAL Hillsdale College “GINA” Relays APRIL 23rd - 25th, 2009

- SITE** The Ken Herrick Outdoor Track & Field Complex, on the campus of Hillsdale College.
- SURFACES** The Ken Herrick Outdoor Track is an 8-lane, 400m, Mondo “Super X” surface- the same surface featured at the 2000 & 2004 Olympic Games! The Shot, Discus, and Hammer circles are concrete pads. The Javelin runway is grass.
- ENTRY FEE** **All Entry Fees will be paid on DirectAthletics.com ...\$250.00 per team, or \$25.00 per individual, whichever is less.**
- The Team Entry Fee will cover 4 Individuals and 2 Relay Teams per event. Any additional entries will be \$10 per athlete, per event.
- Example: 4 Individuals entered in the 5,000m (fee fully covered)
5 Individuals entered in the 5,000m (\$10 extra)
7 Individuals entered in the 5,000m (\$30 extra)
- A separate \$25.00 decathlete/heptathlete entry fee will also be charged. See separate entry form.
- UNATTACHED ENTRIES** Unattached, Club and Open entries are welcome -- \$25.00 per individual, to be paid on DirectAthletics.com
- ENTRY MARKS** **Entry marks should be projections for this point in the season- not personal bests.** This will ensure that each athlete will be placed into a heat/flight that they can handle at this point in the season. You can enter an athlete with NM (no mark); however, they will be placed in the slowest heat or weakest flight.
- ENTRY DEADLINE** Entries must be received by 12:00pm on Wednesday, April 22nd, 2009. Go to DirectAthletics.com to enter the Hillsdale College “Gina” Relays.
- PERFORMANCE LIST** A Performance List will be posted at www.hillsdale.edu/athletics by Thursday, April 23rd @ 5pm.
- SCRATCHES** Any scratches can be emailed to Andy.Towne@hillsdale.edu.
- HEAT SHEETS** Heat sheets will be included in each Coaches’ Packet.
- PACKET PICK-UP** Packet Pick-Up will take place at the Jesse Phillips Arena Service Door, which is located on the Southwest Corner of the Arena. Jesse Phillips Arena is adjacent to the Ken Herrick Track. Packets will be available on Friday at 10:00am, and on Saturday at 8:00am.

HEAT PROGRESSIONS

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

Check-In will take place in the North Endzone.

All athletes competing in the 100m, 200m, 400m, 100m/110m hurdles and 400m 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.

TIMING/RESULTS

We will be using ***On The Mark Timing***, which provides outstanding FinishLynx/Hy-Tek service. Results will be posted in the Southwest Corner of the Track Complex. Results will also be posted at www.hillsdale.edu/athletics.

FIELD EVENT CHECK-IN

All field event contestants should report to the Head Official at the event site.

IMPLEMENT WEIGH-IN

All implements must be weighed-in **1 hour** prior to your event. Implement weigh-in is located in the Northwest Corner of the Track Complex.

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 a later flight that posts a mark good enough for finals will receive 3 more throws.

MINIMUM MEASUREMENTS

We have established “minimum” measurements in the shot put, long jump and triple jump. However, we will still measure each athlete’s first performance. After an athlete’s first performance, only performances that meet our “minimum” will be measured. Our minimum measurements are as follows:

<u>Shot Put</u>	<u>Long Jump</u>	<u>Triple Jump:</u>
Men – 42’	Men – 20’	Men – 38’
Women – 37’	Women – 16’	Women – 32’

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 a later flight that posts a mark good enough for finals will receive 3 more jumps.

In the Triple Jump, there will be three takeoff boards available - 42’, 36’, and 31’.

POLE VAULT

There will be two flights for both the Men’s and Women’s Pole Vault. Both flights will be seeded, with the top flight competing first.

STARTING HEIGHTS/PROGRESSIONS

High Jump

Men - 1.90, 1.95, 2.00, 2.05, 2.10, 2.15

Women - 1.55, 1.60, 1.65, 1.70, 1.75, 1.80

Pole Vault

Men - 4.10, 4.25, 4.55, 4.70, 4.85, 5.00, 5.15

Women - 3.10, 3.25, 3.40, 3.55, 3.70, 3.85, 4.00

ATHLETIC TRAINING

A certified athletic trainer will be on site to provide ice, water and any emergency medical attention that may be needed. Please bring your own athletic tape.

DRESSING FACILITIES

Available upon request.

RESTROOMS

Restrooms are located in the Northwest Corner of the Track Complex. Portable restrooms will also be available.

SEATING

Athletes may sit anywhere, except on the football field.

AWARDS

T-shirts to Individual Event Champions, Individual Event Runner-Ups, and Relay Champions.

OUTSTANDING PERFORMER AWARDS

The Joseph Rubbo, Jr. Memorial Award will be presented to the Outstanding Male and Female Performers of the meet. Recipients will receive a plaque and have their name placed on a large commemorative trophy housed in the Hillsdale College Sports Complex.

SEND QUESTIONS TO:

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