



# 2012 Hillsdale Invitational



April 14<sup>th</sup>, 2012 – Ken Herrick Outdoor Track

## TENTATIVE Order of Events

### *Field Events*

12:00pm Men's Hammer Throw (Women to Follow) \*W/M Discus Throw to Follow  
12:15pm Women's Pole Vault (Men to Follow)  
Men's Long Jump (Women to Follow) \*M/W Triple Jump to Follow  
12:30pm Women's Shot Put (Men to Follow)  
Men's Javelin Throw (Women to Follow)  
12:45pm Women's High Jump (Men to Follow)

### *Running Events*

1:00pm Women/Men 100m Dash Prelims  
Women/Men 100m/100m Hurdle Prelims  
Women/Men 3000m Steeplechase Final  
Women/Men 4x100m Relay Final  
Women/Men 1500m Run Final  
Men/Women 110m/100m Hurdle Final  
Women/Men 400m Dash Final  
Women/Men 100m Dash Final  
Women/Men 800m Run Final  
Women/Men 400m Hurdle Final  
Women/Men 200m Dash Final  
Women/Men 5000m Run Final  
Women/Men 4x400m Relay Final





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## SURFACES

The Ken Herrick Outdoor Track is an 8-lane, 400m, Mondo Super-X surface with aluminum curbing. All jumping runways and approaches are also Mondo Super-X surfaces. The Shot, Discus, and Hammer circles are concrete pads. The Javelin runway is grass.

## ENTRY FEE

\$125.00 per team; Men's & Women's Combined Program is \$250.00

## ENTRY PROCEDURE

**ALL entries must be done through [www.DirectAthletics.com](http://www.DirectAthletics.com). No entries via phone or email will be accepted.**

## ENTRY MARKS

**Entry marks should be reasonable projections for this point in the season- not personal bests.** This ensures that each athlete will be placed into an appropriate heat/flight. You may also enter an athlete with NM (no mark); however, they will be placed in the slowest heat or weakest flight. Meet Management reserves the right to change any entry with cause.

## ENTRY DEADLINE

**Entries must be received by Midnight ET on Wednesday, April 11<sup>th</sup>, 2012.**

## PERFORMANCE LIST

A Performance List will be posted at [www.hillsdale.edu/athletics](http://www.hillsdale.edu/athletics) by Thursday, April 12<sup>th</sup> @ 5pm.

## SCRATCHES

Prior to the day of the meet, scratches can be emailed to [atowne@hillsdale.edu](mailto:atowne@hillsdale.edu). On the day of the meet, scratches can be communicated at the Timing Tent up to 1 hour before the meet begins.

## PACKET PICK-UP

Packet Pick-Up will take place at the Timing Tent, near the Southwest Corner of the Track.

## HEAT SHEETS

**Heats will be seeded 1 hour prior to the start of the meet. Heat sheets will be posted near the Results Area, near the Southeast Corner of Jesse Phillips Arena (adjacent to the Outdoor Track).**

## HEAT PROGRESSIONS

All races on the track will progress from FASTEST to SLOWEST heats.

## CHECK-IN

Check-In for Running Events will take place in the North Endzone. Check-In for Field Events will take place at the event site. **All participants are encouraged to check-in at least 30 minutes prior to the start of the 1<sup>st</sup> heat/flight of their competition.**

## 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.

## TIMING/RESULTS

FinishLynx Timing will be utilized. Results will be posted in the Results Area, near the Southeast Corner of Jesse Phillips Arena (adjacent to the Outdoor Track). Results will also be posted at [www.hillsdale.edu/athletics](http://www.hillsdale.edu/athletics) and [www.MichianaTiming.com](http://www.MichianaTiming.com)

## RUNNING PRELIMS/FINALS

There will be prelims of the 100m Dash and 100m/110m Hurdles, with the Top 8 competitors from the prelims advancing to the Finals. All other running events will be timed finals.

## HORIZONTAL JUMPS

All horizontal jump flights will be seeded, with flights progressing from worst-to-best. The top 9 will advance to finals. In the Long Jump, there will be a Wood Board at 8'. In the Triple Jump, there will be Wood Boards available at 42' and 36'. Taped Boards will also be made available.

## VERTICAL JUMPS

All vertical jumps will be conducted using "5-Alive". Starting Heights will be determined once entries close. **In case of inclement weather, the HJ and PV will be contested in Jesse Phillips Arena (adjacent to track)**

## THROWING EVENTS

All throwing flights will be seeded, with flights progressing from worst-to-best. The top 9 will advance to finals.

## 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.

## SPIKES

**¼" spikes are the longest allowable spike. No Christmas Tree or Needle/Pin Spikes.**

## RESTROOMS

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

## ADMISSION

\$5 for all spectators.

## SEATING

Athletes may sit anywhere, except on the football field.

## SEND QUESTIONS TO:

Andy Towne, Head Women's Track & Field Coach, Hillsdale College  
Email: [atowne@hillsdale.edu](mailto:atowne@hillsdale.edu)  
(517) 607-3155



TRACK  
& FIELD