



SHORTER UNIVERSITY TRACK AND FIELD

2016 Shorter Invitational
On Maddox Track at Barron Stadium
Saturday March 26, 2016

ENTRY INFORMATION:

All entries will be done on line at www.directathletics.com. No phone or fax entries will be accepted. Entry deadline is midnight (Eastern) Tuesday, March 22, 2016

You may edit and update your entries online any time before the entry deadline.

Late entries will be assessed a \$50.00 fine (per team) and will be admitted only at the discretion of meet management.

Additional entries beyond the published limits will be given consideration by meet management. Please contact Charles Oliver at coachotrack@gmail.com

The Shorter Invitational is an open contest. All entry fees are non-refundable and non-transferable.

ENTRY FEE:

\$250 per gender, \$500 for combines teams. \$30.00 for open and unattached athletes.

Teams are allowed four entries per event.

Click Here To Enter: www.directathletics.com

PAYMENT OF ENTRY FEES, ALL entry fees MUST be prepaid. We will NOT be taking entry fees the day of the meet. If we do not receive your entry fee by the posted deadlines your entries will not be accepted into the meet. Entry fees can be paid on-line by the entry deadline (3/22/2016) with a credit card. Entry fees can also be mailed to Coach O at PO Box 82722, Kenmore, WA 98028. Make checks payable to Bags By Coach O. Payment to Coach O must be received not postmarked by March 22, 2016.

PACKET-PICK UP:

Packet pick up will be at the track

Friday: March 25th from 4:00pm – 7:00pm

Saturday: March 26th from 9:00am-12:00pm

CREDENTIALS:

Managers, coaches, media and trainers will be issued credentials>

TIMING:

Timing will be done by Xpress Timing

WEIGH-IN:

Implement Weigh In will be at the Throws facility.

Weigh-in times: Saturday March 26th

8:00am-9:30am Hammer: Men & Women

9:00am-11:00am Discus: Men & Women

11:00am-1:00pm

Javelin: Men & Women
Shotput: Men & Women



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Officials have the discretion to withhold any throwing implements that fail to meet requirements until the conclusion of the meet.

FACILITY AVAILABILITY:

Barron Stadium will be open for pre-competition practice Friday March 25th from 12:00pm-7:00pm

EVENT CHECK-IN:

Athletes in running events must report to the clerk of the course (1) hour prior to their event. Field event competitors should check in (1) hour prior to their event with the head official at their event area.

COMPETITION WARM-UP:

No warm-ups will be allowed on the competition track after 9:45am
General warm-ups will be done in the designated warm-up area
Field event warm-ups will be done at event site and conducted per NCAA rule.

RUNWAY MARKINGS:

Athletic tape is the only acceptable runway marker. Chalk is not permitted.

HEIGHT PROGRESSIONS:

Starting heights for both the high jump and pole vault will be determined after entries close

RESULTS:

Results will be available online at www.coacho.com and www.goshorterhawks.com, and posted under the stands on the home side.

TRAINING ROOM:

Standard training room modalities will be provided. For additional information please contact athletic trainer Kara Kitchens at kkitchens@shorter.edu.

SPECIAL FACILITY RULES:

NCAA rules will apply in regards to all headphone use
Food is not allowed in the competition area
Coaching boxes will be established along the first row of the grandstands.

UPDATES:

Please continually check www.coacho.com and www.goshorterhawks.com for any updates and schedule changes!



FINAL

2016 SHORTER INVITATIONAL SCHEDULE OF EVENTS

NOTE: Final Schedule will be posted on March 23, 2016

FIELD EVENTS

20-30 Minute warm-ups between events

10:00 Men's Hammer Throw (Women to Follow)

10:00 Women's Long Jump (Men to follow)

12:00 Women's Discus Throw (Men to follow)

12:00 Women's High Jump (Men to follow)

12:00 Men's Javelin (Women to follow)

12:00 Women's Pole Vault (Men to follow)

1:30 Men's Shot Put (Women to follow)

2:00 Women's Triple Jump (Men to follow)

RUNNING EVENTS

10:00 Shorter Invite Mile Women (Men to follow)

11:20 Women's 4x800m Relay

11:35 Men's 4x800m Relay

11:50 Women's 3k Steeplechase

12:05 Men's 3k Steeplechase
12:25 Women's 4x100m Relay
12:30 Men's 4x100m Relay
12:40 Women's 1500 Meters
1:10 Men's 1500 Meters
1:40 Women's 100m Hurdles
1:50 Men's 110m Hurdles
2:05 Women's 400 Meters
2:20 Men's 400 Meters
2:35 Women's 100 Meters
2:50 Men's 100 Meters
3:05 Women's 800 Meters
3:25 Men's 800 Meters
3:45 Women's 400m Hurdles
3:35 Men's 400m Hurdles
4:10 Women's 200 Meters
4:30 Men's 200 Meters
4:40 Women's 5k
5:05 Men's 5k
5:30 Women's 4x400m Relay
5:45 Men's 4x400m Relay