



TRACK & FIELD

UNIVERSITY OF MICHIGAN

LEN PADDOCK OPEN

FRIDAY, MAY 3, 2019 | U-M OUTDOOR TRACK & FIELD STADIUM | ANN ARBOR, MICH.

ENTRY INFORMATION

AS OF MAY 2, 2019

FACILITY LOCATION

2530 South State Street, Ann Arbor, MI 48104

TEAMS TO PARTICIPATE:

Michigan, Bowling Green, Central Michigan, Eastern Michigan

ENTRY DATES

- Open: 8am on Wednesday, April 10, 2019
- Close: 8pm on Tuesday, April 30, 2019

ENTRY PROCEDURES

- Online ONLY at Direct Athletics.
- Entry marks must have been achieved during the 2017-18 or 2018-19 seasons (indoor or outdoor) and recorded through TFRRS.
- In cases where no TFRRS mark is available, a verifiable high school mark (i.e. Milesplit/Athletic.net) for first-year collegians may be considered by meet management
- If no mark is submitted or verifiable from 2017-18 or 2018-19, an entry of NT/NM will be used

ENTRY RESTRICTIONS

- This is a non-scored, open meet.
- Three (3) individuals per event
- Two (2) entries per institution for 4x100m and 4x400m
- Additional team entries may be considered at the discretion of meet management. Please contact Steven Rajewsky (rajewsky@umich.edu) directly with these requests

ENTRY FEES

- \$400 per team per gender or \$800 for both genders' teams (All fees must be paid on Direct Athletics, no exceptions).
- There will be a limited number of Individual entries and these must approved by the meet staff. Email Steve Rajewsky @ (rajewsky@umich.edu). You will find out if you are in the meet or not when the Performance Lists come out on Wednesday. Cash Only.

PACKET PICK-UP

- Available at the southwest entry. You may pick up packets when the facility is available



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ADVANCEMENT PROCEDURE

- Field Events - Top nine (9) performances advance to final
- All other events will be contested as seeded sections against time
- 200m dashes will be seeded after the women's 800 meters. Runners must declare at the clerking table by the end of the women's 800 meters.

LANES

- Preferred Lanes:
 - Straightaway races..... 5-6-4-7-3-8-2-9-1
 - Curve races..... 4-5-6-3-7-2-8-1-9
 -

OPENING HEIGHTS

- Final opening heights will be determined by entries and projected NCAA qualifying standards.

FACILITY AVAILABILITY

- The Michigan Outdoor Track will be available for teams on:
 - Thursday, May 2nd: 5pm - 7pm.
 - Friday, May 3rd: Track available for warm-up from 10am until noon.

FACILITY RULES AND RESTRICTIONS

- Only white athletic tape and tennis balls may be used on runways and on the track. The use of chalk and cones is not permitted.
- Only water is permitted in the competition venue or any location with track surfacing. No food or beverages other than water are allowed in those areas.

SPIKES RULES AND RESTRICTIONS

- The use of only 1/4" pyramid spikes will be strictly enforced. High jump spikes with a recessed spike element will be allowed to use 3/8" spikes. (Refer to "legal spikes" image on next page).
- No NEEDLE or CHRISTMAS TREE spikes allowed
- Athletes will not be permitted to compete if not in compliance with spike policy
- Spikes will be checked at last call in the Clerk Area and prior to getting on track
- Athletes using anything but allowable spikes will be disqualified from the meet and their marks will be removed from the results.



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COMPETITION INFORMATION (CONT.)

AS OF MAY 2, 2019



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid



NO
Needle
Spike
Pins

ATHLETE CHECK-IN PROCEDURE

- **Track athletes:** Check in 30 minutes prior to event at the HIP NUMBERS table located in the southwest corner of the facility. 15 minutes prior to event all athletes must report back to the clerking area in the southwest corner of the facility. Athletes will then be escorted from the clerking area to the start of their event.
- **Throwers & horizontal jumpers:** Report to the head event official 45 minutes prior to the START of your event, not flight.
- **High jumpers:** Report to the head event official 60 minutes prior to the START of your event.
- **Pole vaulters:** Report to the head event official 90 minutes prior to the START of your event.
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IMPLEMENT CERTIFICATION

- The implement room is located at the northwest corner of the facility in the garage area. Implements can be checked in two (2) hours prior to the start of the day's first competitions and as late as 30 minutes prior to the start of the event.
- Hammer throw certification will occur near the Hammer throw area on the upper field.
- Please do not bring implements to the inspection table before check-in time
- The implement check-in will be closed 45 minutes after the completion of the last throwing event of the day.
- No implements lighter than certified for the meet will be permitted for warm-ups. o All implements, legal and illegal (heavy warm-up weights must be checked in for length), will be impounded once checked-in. If an athlete attempts to warm-up with an implement that is not checked-in, the athlete will be scratched from the competition.

COMPETITION WARM-UP PROCEDURES AND RESTRICTIONS



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COMPETITION INFORMATION (CONT.)

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- There will be NO WARM-UP on the competition track once the meet begins.
- All GENERAL warm-ups should be done on the indoor 300m track.
- Competition direction will be determined two hours prior to the start of the pole vault and one hour prior to the start of the high jump. Only an extreme change in winds would prompt consideration of a change within an hour of the start of the event. Once an event has started, jumping direction cannot be changed (such as a weather delay).
- If needed due to weather, both the high jump and pole vault competition may be moved to the indoor track. If this is decided by meet management, it will be noted by public address and through our Twitter account.

- Sprint and Hurdle specific warm-ups: Indoor track, straights only.
- The competition track will not be open for warm-ups once running events have begun.

- Field event warm-ups will be conducted per the NCAA rules.
- Field event areas can only be opened by an official for the event.
 - Depending on the size of the event field, athletes not in the current flight may be moved outside the competition area if the event area is crowded.
 - Athletes competing in the field events must leave the competition area once they have completed their final attempt. Pole vault poles can be left on the infield until the end of the day of the meet that they were used. Athletes and coaches on the infield please be aware that they may be near the sector of the javelin and discus.
 - All athletes competing in events with trials and finals must leave the event area after their flight. The athletes who qualify for finals will be announced. Once this happens, athletes will then report back to the event area.
 - 10 minutes before the first flight, the event area will be closed to any athletes not in the upcoming flight. Each flight thereafter will be open for 10 minutes for warm-ups.
 - No Headphones or Electronics in Event Area or on the Track - The NCAA mandates that no electronic devices of any kind be used in the listed areas Please make sure your athletes know this rule. Any athlete that has to be told more than once, or refuses/ignores a request to take off headphones and/or turn off any type of electronic device (this includes phones) will be removed from the meet.
- All other coaching boxes will be open to credentialed coaches only



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ADDITIONAL INFORMATION

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COACHING BOXES

- Coaching boxes will be clearly marked around the perimeter.
- No athletes are allowed on the infield except those competing in an in-progress field event
- Pole vault coaching box will have specific banding
- All other coaching boxes will be open to credentialed coaches only

PROTESTS

- Rule 4-1.15a: Protests relating to singular matters that develop during the conduct of the meet should be made at once and shall not be later than 15 minutes after the results have been announced or posted for the section involving the protest. Protests table will be located at the northeast corner of the track.

RESULTS

- Live results can be accessed during the meet at MGoBlue.com and results.deltatiming.com
- Printed results will be posted at the facility

TEAM DROP-OFF AND PARKING

- Bus and van drop-off is located on the south end of facility. Bus Parking will be in the Commuter Lot south of the Sports Performance Center
- Team Vans/Cars will park in spectator parking areas, located on both the northwest and south sides of the Sports Performance Center. No special parking pass is required.

TEAM CAMP AND TEAM SEATING

- Team camp/seating area will be located in the non-permanent bleachers on the WEST side of the track. If inclement weather, team camps will move into the indoor stands.
- No FOOD in the infield.

TRAINING ROOM

- Please contact Christina Fanning, ATC, msfannin@umich.edu with questions

MASSAGE AREA

- Team Massage area is outside the west fence on the walkway. If there is inclement weather, the massage table area will move indoors to the south staging area, near the indoor throws area.

GENERAL WARMUP AND COOLDOWN

- Will occur on the Lacrosse field, north of the track facility



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CONTACT INFORMATION

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MEDIA & PRESS ACCOMMODATIONS

- Please contact Kyle Terwillegar, Assistant Director for Communications and Public Relations (Track and Field): kterwill@umich.edu or 989-859-2482

ATHLETIC MEDICINE ACCOMMODATIONS

- Please contact Christina Fanning, Michigan TF/CC ATC: msfannin@umich.edu

MEET MANAGEMENT QUESTIONS

- Please contact Nathan Moseley, Michigan Home Meet Director: natemose@umich.edu

FACILITY MANAGEMENT QUESTIONS

- Please contact Chris Onstad, South Athletic Campus Facility Manager: gconsted@umich.edu

WEIGHT ROOM ACCOMMODATIONS

- Please contact Lew Porchiazzo, Head Coach for Strength & Conditioning, for Sports Performance Center (SPC) Weight Room: lewporch@umich.edu

INCLEMENT WEATHER

WEATHER POLICY

- At a minimum, when there is a severe weather delay that involves thunder and lightning, the earliest consideration to resume completion will be 30 minutes after the last lightning or thunder (whichever is observed/heard last) is noted by meet management. If National Weather Service Warnings serve, we will continue to delay competition.
- Twitter - Once a weather delay has been lifted, completion will resume 30 minutes after the delay. Since it will be hard for everyone to hear the public address from their vehicles, you will also be able to get the status of weather delays from twitter.com/UMichTrack.



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FINAL SCHEDULE OF EVENTS

AS OF MAY 2, 2019

NOTE: Schedule has been updated to reflect the number of entries in each event.

FIELD EVENTS

10:00 AM	W	Hammer Throw	Trials & Final
10:00 AM	M	Javelin	Trials & Final
10:00 AM	M	Long Jump	Trials & Final
	W	Long Jump (after M*)	Trials & Final
11:00 AM	M	Hammer Throw	Trials & Final
11:00 AM	W	Javelin	Trials & Final
11:00 AM	W	Pole Vault	Final
12:00 PM	W	Discus	Trials & Final
12:00 PM	M	High Jump	Final
12:00 PM	M	Shot Put	Trials & Final
12:30 PM	M	Pole Vault	Final
1:00 PM	W	Shot Put	Trials & Final
1:00 PM	M	Discus	Trials & Final
1:30 PM	W	High Jump	Final
TBA	M	Triple Jump #	Trials & Final
	W	Triple Jump (after M*)	Trials & Final

* = to be contested 30 minutes after the conclusion of the previous gender's competition
 # = to be contested 30 minutes after the conclusion of the women's long jump

Field Event Locations:

- High Jump - Track South Apron
- Pole Vault - Track East Runways
- Horizontal Jumps - Track West Runways
- Shot Put - Track Northeast Infield
- Discus - Track Southeast Infield
- Hammer Throw - Upper Throws Field
- Javelin - Track North Infield

RUNNING EVENTS

12:00 PM	W	3000m Steeplechase	Final
12:15 PM	M	3000m Steeplechase	Final
12:30 PM	W	4x100 Relay	Final
12:35 PM	M	4x100 Relay	Final
12:40 PM	W	1500 Meters	Final
12:55 PM	M	1500 Meters	Final
1:15 PM	W	100 Hurdles	Final
1:25 PM	M	110 Hurdles	Final
1:35 PM	W	400 Meters	Final
1:38 PM	M	400 Meters	Final
1:45 PM	W	100 Meters	Final
1:50 PM	M	100 Meters	Final
2:00 PM	W	800 Meters	Final
2:12 PM	M	800 Meters	Final
2:25 PM	W	400 Hurdles	Final
2:30 PM	M	400 Hurdles	Final
2:40 PM	W	200 Meters	Final
2:45 PM	M	200 Meters	Final
2:55 PM	W	3000 Meters	Final
3:10 PM	W	4x400m Relay	Final

(Estimated completion: 3:15 PM)

NOTE: All track races are finals run in the "sections against time" format.