Grand Valley State University
Indoor Track Meets - *Kelly Family Turf Building*
1 Campus Dr, Allendale, Michigan 49401

**Track:**
300m Mondo Super-X 14mm Surface
Aluminum Curbing
6 Lanes on the Oval
9 Lanes on the Sprint straight

**Running:**
60m Dash and 60m Hurdles will have prelims and finals
One heat of nine will run a final. Heat winners and top times will advance.
All others events are timed finals

**Jumping:**
Mondo rubber surface - Two pits (*East & West*)
LJ: Wood board at 8’ from pit
TJ: Wood boards at 32'/40’ from East pit. 36'/42’ on West pit Taped boards TBA.
*All meets will have prelims and finals*
PV: 2 Raised runways on turf. Opening heights are TBA. (low pit/high pit)
Fields will be split in two with both men’s or women’s section jumping first depending.
HJ: One pit with mondo take-off area with some approach on the track
Right approach over 107’ and a left approach over 52’ must start on the track

**Throws:**
Cement/Wood Circle with cage for the weight throw and Wood Circle for shot-put both on the turf. *Three throws with the top 9 throwers to finals*
Weigh-in will be in the SW Corner of the LTB one hour prior to the event.

**Timing:**
Finish Lynx
*Large video board with results and live video*

**Locker Rooms:**
Lockers and showers available, bring your own towels and locks

**Food Services:**
Team food will be stored in the East classroom marker “Team Food”.
*NO FOOD WILL BE ALLOWED ON THE TURF OR TEAM CAMP AREA.*
Concession stand are located upstairs.

**Parking:**
Buses can drop off in front of the LTB and will park in lots B and H.

**Spikes:**
¼ Spikes are the longest. No CHRISTMAS TREE or NEEDLE/PIN Spikes. No Spikes allowed upstairs, the training room, locker rooms, or classrooms.

**Results:**
Will be posted across from the concession stand upstairs and on track level underneath the stairs.
Live results will be available on the web at [www.gvsulakers.com](http://www.gvsulakers.com) on the track & field page.
SID’s can contact Tim Nott at sports information office @ (616) 331-3275 for additional results.

**Admission:**
$7 for all spectators. *NO SPECTATORS ON TRACK LEVEL!* Standing room is available around the railing or in the main bleachers only. *NO ATHLETES IN THE BLEACHERS.*
Entry Procedure:
Teams and individuals wanting to enter must register online through [www.directathletics.com](http://www.directathletics.com).

*No high school athletes are allowed to run in college/open meets.*

If you are entering yourself into the meet as an unattached individual athlete, you must create an INDIVIDUAL or “RED SHIRT” athletes must register on their own via [www.directathletics.com](http://www.directathletics.com).

Final Entries are due via DA the Wednesday prior to meet at midnight.

**BIG MEET entries will be due Monday before at midnight.**

Scratches ONLY will be taken day of at the SCRATCH TABLE.

**Entry Fee:** Direct Athletics will be set-up with the option to accept team entry fee via Credit Card. Please note a $1 per team and 6.5% fee will be added to your entry for DA processing cost.

**Regular Meets**

*Regular Meets $300 per team, Men and Women combined is $600.*

*$20 PER Individual PER EVENT/$50 Per Relays. NO DAY OF WALK-UPS.*

**Feb 14-15** Please see Big Meet information page for pricing. Please note it is different.

Enrolled Grand Valley Students with valid ID’s are free if entered by deadline. Enter and pay on-line and you will get reimbursed entry fee minus registration fee when you pick your bib number.

**Packets/Heat Sheets/Results:**

Packets can be picked up in the ticket booth as you walk in on the concourse level.

Scratches will be taken at the timing booth up to 30 minutes prior to the beginning of running.

Heats will be seeded right after scratches are made and posted 30 minutes before running begins.

Results will be posted both on the track level and on the window next to the concessions stand.

**Warm-up/Team Camps:**

Make all team camps on the turf inside the hurdles and cones. Keep a jogging oval around the team camps open for warm-ups and cool-down. No food on the turf!

Access to the track level will be restricted to coaches, athletes, trainers, managers, and officials.

NO ATHLETES IN THE UPPER BALCONY BLEACHERS!