

2019 TEXAS A&M – TED NELSON INVITATIONAL – Day 1

*Gilliam Indoor Track Stadium at the McFerrin Athletic Center
College Station, TX
Friday, January 11, 2019*



TEXAS A&M TRACK & FIELD

TEAMS ATTENDING (FINALIZED):

Houston Baptist, Incarnate Word, Lamar, Louisiana Lafayette, Louisiana Monroe, Louisiana Tech, McNeese State, New Mexico JC, Northwestern (LA), Prairie View A&M, Sam Houston St, Texas A&M-Corpus Christi, Texas A&M-Kingsville, Texas Southern, Tillotson University, UTRGV, Western Texas College

ENTRY DEADLINE:

Noon on Tuesday, January 8, 2019

ENTRY RESTRICTION:

- Please note DMR and 5000 Meters are open to schools competing both Friday and Saturday
- 1 entry per team in the DMR
- 2 entries per team in the 4x400m - only one relay scores
- 3 entries per team for remaining events.
- Additional team entries may be considered by meet management. Please contact Wendel McRaven at wmcraven@athletics.tamu.edu / 979-845-3257
- Only 1 relay and 3 entries per team can score.

ENTRY FEE:

\$400 per gender per team

ENTRY PROCEDURE:

All entries will be done online through Direct Athletics. Please see the attached document with entry procedures.

PACKET PICK-UP:

Packet pick-up is located near the clerking area inside the Indoor Football Facility adjacent to the indoor track. You may pick up your packet when the facility is available for warm-up/workout. Please see Facility Availability section for times.

2019 TEXAS A&M – TED NELSON INVITATIONAL – Day 1**CREDENTIALS:**

Wrist bands will be issued to competing athletes, Managers, Coaches, Media and Trainers for entry into warm-up facility, access between the track and warm-up facility and for General Admission seating.

Access to back stretch coaching area will be restricted to 6 staff members per institution - No athletes. An additional wristband will be issued for use by staff to access the back stretch coaching area.

TIMING:

The meet will be timed by Flash Results

PREFERRED LANES:

Straight Sprint Races	4-5-3-6-2-7-1-8
Oval Sprint Races	5-6-4-3-(2-1)
Oval Distance Races	Random

ADVANCEMENT PROCEDURE:

Field Events – 9 advance to final

SCORING:

Individual	10, 8, 6, 5, 4, 3, 2, 1
Relay	10, 8, 6, 5, 4, 3, 2, 1

FACILITY AVAILABILITY:

The McFerrin Athletic Center Indoor Track and the Indoor Football Facility will be available for teams on:

- Friday, January 11 10:00am-7:00pm – Indoor Football Facility open for warm-up

OPENING HEIGHTS:

Friday, January 11:	Women Pole Vault	11'0	Women High Jump	5'2
	Men Pole Vault	14'6	Men High Jump	6'2

MEET RULES:

Weight Throw – If an athlete's control during the release of the weight implement is such that it becomes a danger to spectators and/or other athletes in the facility, then that athlete is subject to disqualification from the event.

SPIKES:

- **ATHLETES WILL NOT RUN IF YOU DO NOT COMPLY WITH THIS RULE**
- The only spike pin allowed for our facility is the ¼" pyramid spike from MF Athletics, 800-556-7464, Item #6650-1/4 (¼" Pyramid Spike pins).
- The Omni-Lite ¼" spike is **NOT ALLOWED**. The spike measures longer than the Pyramid Spike we allow.
- The use of ¼" pyramid spikes will be strictly enforced.
- **NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED.**
- No permanent spike shoes allowed.
- Shoes will be checked at last call in the Clerk Area and prior to getting on the track.

RUNWAY MARKS:

Basic runway markings will be provided. Chalk is not permitted. Cones and white athletic tape will be provided and may be used on the runways.

2019 TEXAS A&M – TED NELSON INVITATIONAL – Day 1**COMPETITION WARM-UP:**

No warming up will be allowed on the track. Warm-up is available in the Indoor Football Field only. Field Event warm-ups will be conducted per the NCAA Rules.

WEIGH-IN:

The implement room is located under the stands through the Northwest portal, Room #102. Implements can be checked-in 2 hours prior to the start of the day's competitions and up to 45 minutes prior to the event. The implement room will be closed 45 minutes after the completion of the last throwing event of the day.

Weight – NCAA 2-11.1.b "Filled Head: The head shall be a shell made of plastic or other suitable polymer material in the shape of a sphere, designed to protect the landing surface. The head shall be filled with lead or other material inserted in a manner that minimizes any internal void or movement and has a center of gravity not more than 9 millimeters from the center of the sphere certified by the manufacturer. The head may deform upon impact, but must return to the shape of a sphere. Note: Rubber is not an acceptable material for the shell."

Shot – NCAA 2-8.1 "... completely filled with lead or other material. For indoor facilities, synthetic-covered implements shall be used. Internal movement within the shot is permitted."

FACILITY SPECIFICATIONS**NORTH RUNWAY**

Runway Width	1.23m	(4'0 ¼")
Landing Pit Length	9.77m	(32'0 ½")
Landing Pit Width	3.00m	(9'10")

Long Jump

Runaway Length	55.00m	(180'5 ¼")
Board to Pit	3.50m	(11'5 ¾")

Men Triple Jump

Runaway Length	47.00m	(154'2 ¼")
Board to Pit	13.50m	(44'3 ½")

Women Triple Jump

Runaway Length	45.00m	(147'7 ½")
Board to Pit	11.50m	(37'8 ¾")

SOUTH RUNWAY

Runway Width	1.23m	(4'0 ¼")
Landing Pit Length	9.77m	(32'0 ½")
Landing Pit Width	3.00m	(9'10")

Long Jump

Runaway Length	50.00m	(164'0 ½")
Board to Pit	3.50m	(11'5 ¾")

Men Triple Jump

Runaway Length	42.00m	(137'9 ½")
Board to Pit	13.50m	(44'3 ½")

Women Triple Jump

Runaway Length	40.00m	(131'2 ¾")
Board to Pit	11.50m	(37'8 ¾")

Pole Vault

Runway Width	1.21m	(3' 11½")
Runway Length	45.00m	(147' 7½")

High Jump

Men Apron	~17.30m x ~35.00m
Women Apron	~17.30m x ~35.00m

PARKING:

Team Bus: Drop-off will be in Lot 48 off of Houston St. Team buses will park on the southbound right lane of Throckmorton. DO NOT park in lot 48, 60, or 62.

Team Van (Friday, January 11)

After 10:30 AM – Lot 61 and 62 will be available

After 5:00 PM – Lot 48 will be available

Anytime - Two pay to park parking garages (Cain and West Campus) are available.

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TRAINING ROOM FACILITIES:

Please contact Saul Luna, ATC, 979-845-3121

DRESSING/SHOWER FACILITIES:

Not Available

PARENT AND SPECTATOR TICKETS:

Please check our ticket website for reserved seating or general admission at https://www.12thmanfoundation.com/ticket-center/sport/track_field or call Texas A&M Athletic Ticket office at 888-99AGGIE (992-4443).

SPECTATOR ENTRY:

Spectators must enter through the main entrance of the Gilliam Indoor Track and Field Stadium at the McFerrin Athletic Center. Chair backs greater than 16 inches in width will not be allowed in the facility.

CLEAR BAG POLICY:

Texas A&M University has adopted a new clear bag policy for all home athletics contests. This policy will be enforced for spectators and anyone entering through the front doors. The policy **WILL NOT** apply to any credentialed person (coaches, staff, student-athletes, etc) entering the facility through the warm-up area. For more information, please visit www.12thman.com/beclear.

UPDATES:

Please continue to check www.12thman.com/homemeetinfo for any updates on meet information, parking and/or schedules.

If you have any questions, please email Brian Bancroft at bbancroft@athletics.tamu.edu or call 979-845-5823

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TENTATIVE**FIELD EVENTS**

12:00 pm	W	High Jump	Final
	M	Pole Vault	Final
	W	Long Jump	Trials & Final
	M	Long Jump	Trials & Final
1:00 pm	M	Weight Throw	Trials & Final
	W	Shot Put	Trials & Final
2:30 pm	W	Pole Vault	Final
3:00 pm	W	Weight Throw	Trials & Final
	M	Shot Put	Trials & Final
	W	Triple Jump	Trials & Final
	M	Triple Jump	Trials & Final
	M	High Jump	Final

RUNNING EVENTS

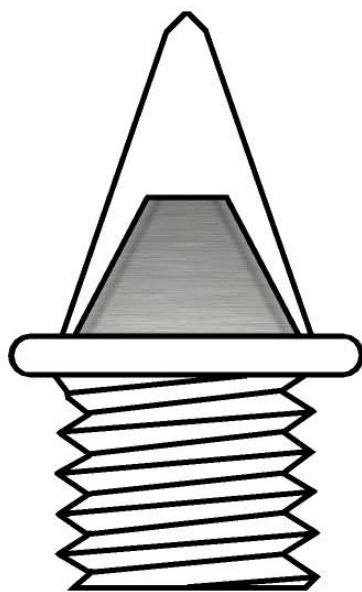
12:00 pm	W	60 Meters	Prelim
12:12 pm	M	60 Meters	Prelim
12:25 pm	W	60 Hurdles	Prelim
12:40 pm	M	60 Hurdles	Prelim
12:50 pm		<i>Break</i>	
1:25 pm		<i>National Anthem</i>	
1:30 pm	W	Mile	Sections
	M	Mile	Sections
	M	60 Hurdles	Finals
	W	60 Hurdles	Finals
	W	400 Meters	Sections
	M	400 Meters	Sections
	W	60 Meters	Finals
	M	60 Meters	Finals
	W	800 Meters	Sections
	M	800 Meters	Sections
	W	200 Meters	Sections
	M	200 Meters	Sections
	W	3000 Meters	Final
	M	3000 Meters	Sections
~4:15 pm	W	<i>DMR*</i>	<i>Final</i>
4:30 pm	M	<i>DMR*</i>	<i>Final</i>
4:45 pm	W	4 x 400 Relay	Sections
5:05 pm	M	4 x 400 Relay	Sections
5:25 pm	W	<i>5000 Meters*</i>	<i>Final</i>
5:45 pm	M	<i>5000 Meters*</i>	<i>Final</i>
~6:00 pm		Projected Finish	

Men's and Women's DMR and 5000 Meters will include teams from Saturday's meet

Texas A&M Track & Field



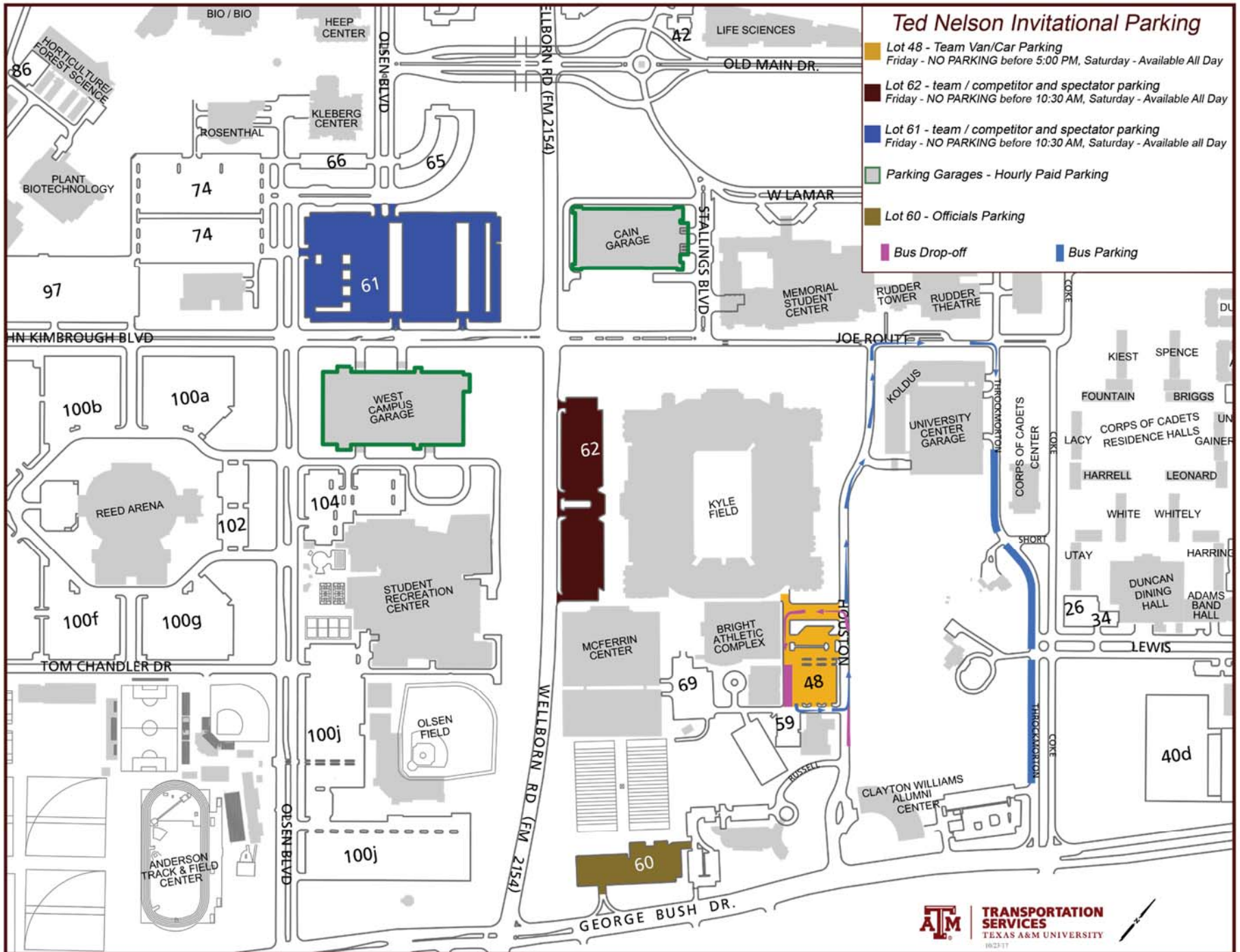
NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
Item #6650-1/4
from MF Athletics
(800) 556-7464



NO
Needle
Spike
Pins





How to Submit Online Entries

NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster/entries to the meet by clicking the green "Register" link. (Step 3 below) Your rosters/entries are not submitted until you complete Step 3.

STEP 1—Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

If you already have a DirectAthletics account for your Cross Country team, and know your username and password....	If you do NOT know your username and password....
<ol style="list-style-type: none">1) Go to www.directathletics.com2) In the login box, enter your username and password and click Login. <p>(Remember that your password is case-sensitive)</p>	<ol style="list-style-type: none">1) Go to www.directathletics.com2) Click on the link "New User? Click HERE".3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track and Field

Team: Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select "Trinity College School (W)".

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster/Entries

Once your athletes are added to your roster, you must submit your roster to the meet.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster.
- 3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.
- 4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.
- 5) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.