

Trine University Track & Field

HSR Qualifier #3 Friday, March 17, 2023

ARC opens at 3:30 PM
Coaches meeting at 5:00 PM
Meet starts at 5:30 PM

General Admission

\$5

Entry Procedures

ABSOLUTELY NO WALK UP OR SAME DAY REGISTRATION!

All entries must be submitted to Direct Athletics by Wednesday at 11:59 PM

Heat sheets will be available at trine.edu by 2:00 PM on Thursday

Up to *two* individual entries from the same team per event

Up to *one* relay entries from the same team per event

Team Entry Fees

\$40 Individual athletes
\$120 Relay (only if you plan to just run a relay)
\$200 Per team
\$400 Both teams

Make checks payable to

Trine University
Attn: Josh Fletcher, Track and Field
One University Ave
Angola, IN 46703

***PLEASE DO NOT SEND OR MAKE CHECK TO ANGOLA HIGH SCHOOL**

*CONTRACTS ARE AVAILBLE AT TRINE.EDU <https://www.trinethunder.com/sports/mtrack/hsmeets>

*PLEASE HAVE CONTRACT AND PAYMENT SEND AT LEAST ONE WEEK PRIOR TO ENTRY DEADLINE

*IF THE CONTRACT AND PAYMENT ARE NOT RECEIVED PRIOR TO THE MEET YOUR TEAM WILL BE OMITTED FROM COMPETITION.

Field Event Schedule

5:30 PM Boys Shot Put (Girls to follow) *3 attempts and no finals
5:30 PM Girls High Jump (Boys to follow)
5:30 PM Boys Long Jump (Girls to follow) *1.5 hours open pit per gender *3 attempts, no finals
5:30 PM Girls Pole Vault (Boys to follow)

Running Event Schedule

(Girls will compete 1st in all running events. We will use a rolling time schedule.)

5:30 PM 3200m Run
60m Hurdle finals
60m Dash finals
4x 800m Relay
4x 200m Relay
DMR (1200, 400, 800, 1600)
4x400m Relay

Scratches

Upon arrival, they can be made to the head timer at the finish line. Name changes will be made at this time.

Opening Heights & Increments

Pole Vault	8'0" girls (6" increments until 9'6", then 3")	max number of 20 entries
	11'0" boys (6" increments until 12'6", then 3")	max number of 20 entries
High Jump	4'8" girls (2" increments until 5'0", then 1")	max number of 20 entries
	5'8" boys (2" increments until 6'0", then 1")	max number of 20 entries

Minimum Marks for Measurement

Long Jump	14'0" girls	3 attempts and no finals
	18'0" boys	
Shot Put	25'0" girls	3 attempts and no finals
	35'0" boys	

***Concessions & T-shirts will be available to purchase.**

***1/4 inch pyramid spikes are NOT allowed. 1/8 inch spikes will be for sale.**

***Starting blocks will be provided by Trine University and no outside blocks will be permitted.**

***Shots will need to be weighed in upon arrival at the competition site.**

***NO FOOD OR DRINK allowed in the ARC – only water.**

***Team camps will be in the east and west gyms and Ketner in Hershey Hall. No team camps in the ARC.**

***No spikes are to be worn outside of the track (ARC) surface.**

A separate finals fee will be required if you have athletes qualifying for the HSR State Finals @ Indiana University (Individuals-\$6.00 per Individual, Relays-\$24.00). The performance deadline is midnight, Sunday, March 19 and fees must be paid for your athletes to be entered in the finals at Indiana on Saturday March 25, 2023. Schedule - 4A, 5A, 6A starts at 10:00 am doors and 1A, 2A, 3A begins at 4:00 pm

Questions?

Please contact Josh Fletcher at fletcherj@trine.edu or 260.243.2663



NO 1/4 inch spikes will NOT be permitted, **1/8 inch only!**

Spikes will be available for sale.