

Trine University Track & Field

HSR Qualifier #3
Friday, March 15, 2024

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

General Admission

\$10

Entry Procedures

TEAM MUST BE ACCEPTED TO THIS MEET. IF YOU WISH TO ATTEND, please contact Ben Markison at

Markisonb@Trine.edu

Once accepted, you will receive an invitation on directathletics.com.

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: Ben Markison, 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://trinethunder.com/sports/2024/6/11/high-school-meets.aspx>

*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")	<i>max number of 20 entries</i>
	11'0" boys (6" increments until 12'6", then 3")	<i>max number of 20 entries</i>
High Jump	4'8" girls (2" increments until 5'0", then 1")	<i>max number of 20 entries</i>
	5'8" boys (2" increments until 6'0", then 1")	<i>max number of 20 entries</i>

Minimum Marks for Measurement

Long Jump	13'0" girls	<i>3 attempts and no finals</i>
	17'0" boys	
Shot Put	25'0" girls	<i>3 attempts and no finals</i>
	35'0" boys	

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

***1/4 inch pyramid spikes will be allowed.**

***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.**

Questions?

Please contact Ben Markison at Markisonb@Trine.edu