

Carthage College Track & Field

Carthage Final Qualifier

Friday, March 1, 2019

LAST UPDATE: February 27, 2019

Eligibility:	Open to members of intercollegiate teams and approved unattached athletes. High school athletes are NOT eligible.
Entry Deadline:	Must be received by 12:00 noon on Wednesday, February 27 th . All entries will be done online via Direct Athletics (www.directathletics.com).
Entry Limit:	None. You may run more than one relay team.
Entry Fee:	\$250.00 Per Team (\$500.00 Men & Women combined) Individual Entries - \$30.00 – Are permitted. Unattached Relays - \$100.00 – Are permitted. <u>Please make all checks payable to Carthage College</u>
Scratches:	Scratches only on day of meet. No additions!
Info Packets:	Pick up packet and pay fees upon arrival at finish clerk's table near finish line.
Track:	6-Lane 200-meter Mondo surface. HJ / LJ/ TJ/ PV surface is same as track. Chalk only for field event marks- chalk will be provided at event site. NO FOOD OR DRINK ON THE TRACK LEVEL.
Spikes:	¼' are maximum allowed. Pyramid only. Shoes will be checked! Carthage WILL NOT provide replacement spikes.
Timing:	Finish Lynx and NCAA rules will govern the meet.
Weigh-In:	Throwing implements must be weighed in at venue between 1:45 and 2:45 p.m. Any and all illegal implements will be impounded until completion of the event(s).
Results:	Live results will be posted online by Sportstats (www.sportstats.us). In addition, results will be posted on a results board after each completed event. Results will also be posted online at the conclusion of the event on Carthage Athletics, TFRRS, and Sportstats by meet management.
NCAA Qualifiers:	Results will be posted to TFRRS by meet management following the meet.
Dressing Rooms:	Available on lower level of TARC. Please provide your own towels and locks.
Trainers:	Certified athletic training staff will be available throughout the meet.
Meet Director:	Josh Henry, Men's Track & Field Coach Carthage College 2001 Alford Park Drive Kenosha, WI 53140 Cell: (262) 945-5735 e-mail: jhenry2@carthage.edu

Carthage Final Qualifier
Friday March 1, 2019
Carthage College, Kenosha, WI

Order of Events

2:00 – 3:00pm

Implement weigh-in

FIELD EVENTS 3:00

POLE VAULT

(men followed by women)

LONG JUMP

(men – south pit / women – north pit)

HIGH JUMP

(women followed by men)

TRIPLE JUMP

(to follow completion of long jump)

FIELD EVENTS 3:30

***SHOT PUT**

(men & women simultaneously- 2 rings)

***WEIGHT THROW**

(to follow completion of shot put – w followed by m)

9 will Advance to Finals - Collegiate Athletes ONLY

***Meet management reserves the right to put down a minimum mark line based on
the number of entries in the throwing events***

RUNNING EVENTS 3:15

**All events women first, followed by men unless stated otherwise*

**All heats will be run FAST to SLOW*

55 METER HURDLE TRIAL (8 fastest collegiate times will advance)

Men only, women's field is too small for a preliminary round

55 METER DASH TRIAL (8 fastest collegiate times will advance)

5000 METER RUN

MILE RUN

55 METER HURDLE – FINAL (men followed by women)

55 METER DASH – FINAL

400 METER DASH

800 METER RUN

200 METER DASH

3000 METER RUN

4 x 400 METER RELAY

The 55M/55H finals will be run as 2 heats of 4 athletes due to interference of the pole vault

Carthage Final Qualifier
Carthage College
March 1, 2019

Indoor Final Qualifying Meet Advancement Procedures

55 Meters and 55 Hurdles:

8 fastest collegiate times will advance to the final round by time only.

Other races/relays (200m and up):

Run as timed finals in sections

Seeding

All heats will be ordered fast to slow. Jumps/Throws flights will be worst to best. 55m & 55H prelims will be random seeding.

200m, 400m, 1600m Relay: 5,6,4,3,2,1

55m/55h Finals:

Heat of 8: 4,5,3,6,2,7,1,8 -OR- 2 Heats of 4: 5,6,4,7...Fastest finals heat will run first.

800m and up: Hip numbers at random within each heat

Long Jump, Triple Jump, Shot Put, Weight Throw:

Preliminary rounds will be contested in flights - 3 attempts will be allowed; top 9 collegiate marks will advance to the final round for 3 additional attempts

Non-collegiate Athletes:

Unattached athletes do not advance to final round of field events and running events with a preliminary round.

Vertical Height Progressions

Women's PV		Men's PV
3.81		4.90
3.76		4.85
3.71		4.80
3.61		4.70
3.46		4.55
3.31		4.40
3.16		4.25
3.01		4.10
2.86		3.95
2.71		3.80

Men's HJ		Women's HJ
2.08		1.71
2.05		1.68
2.02		1.65
1.97		1.60
1.92		1.55
1.87		1.50
1.82		1.45
1.77		1.40

- *Men's High Jump to increase by 3cm increments after 2.03 until one competitor remains.
- *Women's High Jump to increase by 3cm increments after 1.65 until one competitor remains.
- *Men's Pole Vault to increase by 5cm increments after 4.80 until one competitor remains.
- *Women's Pole Vault to increase by 5cm increments after 3.71 until one competitor remains.

SPIKES

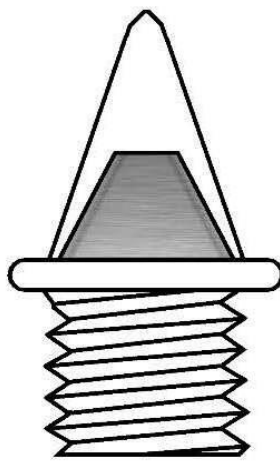
The only spike pin allowed for our Track facility is the 1/4" pyramid spike.

ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

Spike checks will be checked before the first running event in the Clerk's area. Spikes must be checked prior to the start of your race. Anyone found using any spikes other than 1/4" Pyramid Spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins