

Wake Forest Opener

March 19, 2005

Kenter Stadium, Wake Forest University, Winston-Salem, NC

Confirmed Teams- Davidson, UNC-Greensboro, Virginia Tech and unattached athletes

Facility- The Kentner stadium facility was completely renovated in the summer of 2004. A Beynon BS 1000 polyurethane surface was installed and the facility layout was redesigned for better performances and meet management. The new design features multiple jump facilities and a multi-directional sprint/hurdle straightaway which allows these events to be conducted with favorable winds. A shot put venue is also included within the stadium. Adjacent to the track stadium is a new throw complex which includes venues for shot put, discus (2), hammer and javelin. The performance of the athlete was the primary concern in the design of this facility. Seating for 3000 is available on the east grandstand and for 100 on the Miller Center Balcony on the south curve. Team tents may be placed on the concourse of Kentner and on the grass hill north of the track. No tents on the Miller Center balcony. Restroom facilities are located in the northeast corner of the stadium at track level and in the Miller Center foyer. Showers will be available to teams. Please advise us if your team will need to shower. Please provide your own towels and secure your valuables.

Parking- Will be available in the northeast lot (W-1 on the WFU parking map) which is across from the track. Access to the stadium is through the gate in the northeast corner. Buses can drop off the teams and then park in the W lot.

Entry- Entries will be made on-line at cfpiming.com Entry deadline will be Tuesday, at noon. Final declarations will be due Wednesday, at 9pm EST. No changes will be taken after this time, only scratches. Entry fee will be \$150 per team. Men and women separate. Individual entry fee is \$10. Checks should be made to- Wake Forest Track and Field.

Awards- Functional awards will be given to the collegiate winners in each event and to all members of winning relay teams.

Warm-up- Warm-up will be allowed on the infield turf. Athletes are asked to stay within the designated warm-up area, minimize spike use on the turf and to stay away from finish and clerking areas. The track backstretch can be used when not in use. Athletes are encouraged to do general warm-up on the Wake Forest cross country trails.

Trainers- Trainers will be available throughout the meet. Anne Bradley, Wake Forest Track and Field Trainer is the person to contact if you have questions. Her number is 336-758-4592 or e-mail- bradlean@wfu.edu Visiting teams sports medicine information is available at www.wfu.edu/athletic/medicine/visiting.html

Results- Results will be available 30 minutes following the completion of the last event and will be posted at www.wakeforestsports.com

Questions- Any questions regarding the meet should be directed to Scott Hall by phone- 336-758-5860 or by e-mail - hallsa@wfu.edu

Tentative Time Schedule
Saturday, March 19, 2005

Field Events

10:00am	Hammer-women Long Jump- men and women Shot Put-men Pole Vault- women
11:30am	Hammer-men Shot Put- women
12:00pm	Triple Jump- men and women
1:30pm	Discus-men Pole Vault-men
3:00pm	Discus- women
4:30pm	Javelin- men
6:00pm	Javelin- women

Running Events- (all events women then men)

1:00pm	3000m Steeplechase
1:35pm	400m Relay
1:45pm	1500m
2:05pm	100m/110m High Hurdles
2:25pm	400m
2:35pm	100m
2:45pm	800m
3:00pm	400m Intermediate Hurdles
3:20pm	200m
3:35pm	3000m/5000m (simultaneous)
4:15pm	1600m Relay