

Wake Forest Open

March 25-26, 2005

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

Confirmed Teams- Akron, Boston College, Binghamton, Bucknell, Campbell, Gardner-Webb, Indiana University-Pennsylvania, James Madison, Western Carolina, Wheeling Jesuit and unattached athletes

Facility- The Kenter 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 camps and tents will need to be set up only concourse of the stadium or on grass hill at north end of the track. No tents on 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 will need to drop off in W lot (across from stadium) and may have to park at Groves Stadium.

Entry- Entries will be made on-line at cftpitiming.com Look for name of meet and follow the instructions/prompts. 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 \$200 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 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 or on Football field turf practice area.

Trainers- Trainers will be available. 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 team 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
Friday, March 25, 2005

Field Events-

3:00pm	Javelin-women
4:00pm	High Jump- women
	Pole Vault-men
	Shot Put- women
	Long Jump- men and women
6:30pm	Shot put- men

Running Events- (all events women then men)

6:00pm	3000m Steeplechase
7:00pm	5000m

Saturday, March 26, 2005

Field Events

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

Running Events- (all events women then men)

10:00am	100m/110m High Hurdles	qualifying on time
11:00am	100m	qualifying on time
1:00pm	400m Relay	Final on time
1:25pm	1500m	Final on time
2:05pm	100m/110m High Hurdles	Final
2:20pm	400m	Final on time
2:45pm	100m	Final
2:55pm	800m	Final on time
3:25pm	400m Intermediate Hurdles	Final on time
3:50pm	200m	Final on time
4:20pm	3000m	Final on time
5:00pm	1600m Relay	Final on time