

## **Catamount Classic Track & Field Invitational Saturday, April 2, 2005**

**Facility:** The Western Carolina University track is an 8-lane, 400 meter Beynon 1000 System. There are two long jump/triple jump/pole vault runways with pits on both ends. The facility also includes a 66' x 108' high jump apron, two javelin runways, one shot put area, one discus area, and one hammer area (located outside of the track).

### **Entry & Meet Information**

**Entries:** Each school is limited to 5 entries per event and 3 relays.

**Entry deadline:** Monday, March 28, 2005 at 6:00pm

**How to enter:** Go online to: <http://www.cfpitiming.com> and click on the Western Carolina logo. **\*\*Coaches please be honest with your entries, so that athletes will be competitive in their heat or flight.\*\***

**Entry fee:** \$200.00 per team/\$400.00 for men and women's team  
Please make checks payable to: Western Carolina Track & Field  
Unattached entries: must be received by fax (828)227-7079 no later than March 21, 2005. Entry fee of \$25.00 must be received by March 28, 2005 or entry will not be accepted.

**Meet packets:** Available at building at the end of the track.

**Athlete check-in:** Running events-check in at the start line of the particular event 30min. prior to the scheduled start of the event. Field events-check in at the site of the event 30min. before the scheduled start of the event.

### **Running events**

All running events will be run as finals. There will be no preliminaries. Heats will be seeded according to entries, so please be honest and fair. Fastest sections will run first.

### **Field events**

All athletes will receive 4 attempts in the LJ, TJ, SP, DT, JT, and HT.

The starting heights will be as follows:

High Jump	men: 5'10"
	women: 4'8"
Pole Vault	men: 12'0"
	women: 8'0"