

**2006 Catamount Classic
Track and Field Invitational
@ Western Carolina University
Friday April 21, 2006**

Meet Information

General Info – The meet will be an invitational meet open to colleges and universities, along with approved un-attached athletes.

Facility: The Western Carolina University facility is an 8-lane, 400 meter Beynon 1000 System. There are two PV,LJ/TJ runways with pits on either end. The facility also includes a 66' X 108' HJ apron, two Javelin runways, one shot put and discus area located inside the track and one hammer/discus area located directly beside the track. The facility has seating for approx. 1500 spectators.

Entries: Entries will be available online at www.cfpitiming.com. Entries are due on Monday April 17, 2006 by 6:00pm. No entries will be accepted after this date. Coaches, please be honest and accurate with your entries so that all athletes will be able to compete to their best ability. Each school is allowed up to 4 entries in each individual event and 1 relay. Unattached entries must be emailed to dwilliams@email.wcu.edu no later than 5:00pm on Monday April 17, 2006.

Entry Fees: An entry fee of \$20.00 per athlete or \$200.00 per team. Unattached athletes cost is \$25.00. The fee is an entry fee, not a competition fee: fees are based on the number of entries not the number that actually competes. Fee can be paid at packet pick-up. Make all checks payable to **Western Carolina University Track and Field**.

Scratches or corrections (no additions): emailed to dwilliams@email.wcu.edu by Tuesday April 18, 2006 by 7:00pm. Please be diligent in reporting scratches to avoid empty lanes.

Packet Pick Up: Will be at the building at the finish line end of the Track on Friday April 21, 2006 beginning at 12:00pm.

Athlete Check-In: All running events will check in at the purple tent located by the long jump pit 30 min. prior to the start of their event, and then re-check-in at the start line of their event 10 min. prior to the start of the event. Field events will check in at the site of the event 1 hour prior to the start of the event.

Running Events: All running events will be sections vs. time, with the fastest sections running first.

Field Events: In the shot put, Hammer, Discus, Javelin, Long Jump and Triple Jump all athletes will receive four (4) attempts, and there will be no finals. Athletes with the best entered marks will compete against each other in the flights with the best flight going first. All marks will be measured.

Field Event Starting Heights: Will be determined after the close of entries.

Implement Weigh-In: Located in the building at the finish line end of Track (far right door). All Implements will be weighed in at one time. Hammers will be able to be carried to the hammer circle by athletes, but will be re-checked before competition begins. All other implements will be taken to the event area by the officials.

Sports Medicine: Athletic Trainers will be available, please bring any supplies necessary. Visiting athletic trainers will have access to the training area.

Warm-Up Area: Areas adjacent to the track on both sides. Hurdlers will be able to warm up on the hurdles using only the 4 outside lanes.

****NO ATHLETES WILL BE ALLOWED ON THE INFIELD AT ANY TIME DURING THE MEET. COACHES WILL HAVE FREE ACCESS TO THE FACILITY AS LONG AS THIS IS NOT ABUSED.**

Contact Information concerning the Meet:

Danny Williamson – Head Coach	(828) 227-2026	<u>dwilliams@email.wcu.edu</u>
Brandy Venable – Asst. Coach	(828) 227-2027	<u>bvenable@email.wcu.edu</u>

****Heat/Flight Sheets and Final Time Schedule will be posted at www.catamountsports on the Track and Field page on Thursday April 20, 2006 by 3:00pm.**