

Niswonger Foundation Invitational Johnson City, Tennessee January 26 – 27, 2007

MEET INFORMATION, PLEASE READ CAREFULLY!!!

Entry Deadline: Monday, January 22, 2007 by noon eastern time. Deadline for Scratches only by January 23, 2007.

To enter your teams: Go to: www.cfpitiming.com

Entry fee: A non-refundable entry fee of \$300.00 per team or \$30.00 per athlete will be charged for athletes entered on January 22, 2007 by noon eastern. Make all checks payable to Niswonger Invitational. Checks written to ETSU will not be accepted. Mail to track office, P O Box 70635, ETSU Track & Field, Johnson City, TN 37614.

Unattached and open athletes will be allowed to compete in the meet. \$30.00 entry fee. Packet pickup will be available on Friday beginning at 8:00 am on the west side of the mini dome on the lower level, center doors. Packets will be again available on Saturday beginning at 7:00 am. **Unattached / open athletes must wear assigned bid number in order to compete.**

IMPORTANT: FINAL START LISTS WILL BE POSTED BY NOON ON WEDNESDAY, JANUARY 24, 2007 BY NOON EASTERN TIME AT WWW.CFITIMING.COM PLEASE DO NOT TRAVEL AN ATHLETE THAT DID NOT MAKE THE START LIST. THEY WILL NOT BE ALLOWED TO COMPETE.

RUNNING EVENTS

There will be preliminaries in the 60m dash and the 60m hurdles, 200m events. Heats are seeded fastest to slowest. All other running events will be run in sections with the results based on time. **UNSEEDED EVENTS DO NOT HAVE AWARDS GIVEN.**

FIELD EVENTS

High Jump: This event will be a one flight using a Five-Alive concept. The athlete is eliminated after three (3) missed attempts at any height. Opening height: Men 6'4" Women 5'3"

Long Jump: (seeded) Each athlete will be allowed three (3) attempts, with the first official mark measured. Thereafter, only jumps over 22 ¼ (men) and 17'5" (women) will be measured. Top 9 advance to finals.

Triple Jump: (seeded) Each athlete will be allowed three (3) attempts, with the first official mark measured. Thereafter, only jumps over 44' (men) and 35' ¼" (women) will be measured. Top 9 advance to finals.

Pole vault: This event will be a one flight final. The athlete is eliminated after three (3) missed attempts at any height. Opening heights: Men: 14' Women: 9' ¼"

Weight Throw: Each athlete is allowed three (3) attempts, with the first official mark being measured. Thereafter only throws over 42' (men) 45' ¼" (women) will be measured. Top 9 throwers will advance to final & receive three (3) additional throws.

Shot Put: Each athlete is allowed three (3) attempts, with the first official mark being measured. Thereafter only throws over 46' (men) 35' 6" (women) will be measured. Top 9 throwers will advance to final & receive three (3) additional throws.

Implement Weigh-In: All throwing weights can be dropped off on Friday beginning at 8:00 am. They will be available 1 hour prior to competition. Drop off location will be East room 135.

Medical Facilities: There will be a Medical / Trainers' Room located at the Northeast end of the Mini Dome.

Unseeded Long Jump: * Each athlete will have 4 attempts. The 1st official mark will be measured. There after only jumps over 22 ½ M, 17 ½ W will be measured. There will be NO FINAL.