

Niswonger Foundation/KTC Invitational

Johnson City, Tennessee

January 18 – 19, 2008

MEET INFORMATION, PLEASE READ CAREFULLY!!!

Entry Deadline: Monday, January 14, 2008 by 11:59pm Eastern Time

To enter: 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 14, 2008 by 11:59 pm 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/Open Athletes will be allowed to compete in the meet. \$30.00 entry fee **Unattached / open athletes must wear assigned bid number in order to compete.** Packet pickup will be available on Friday beginning at 7:30am on the West Side of the Mini Dome on the lower level, center doors. Packets will be available on Saturday beginning at 7:00 am.

IMPORTANT: FINAL START LISTS WILL BE POSTED BY 1:00PM ON WEDNESDAY, JANUARY 16, 2008 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, the 60m hurdles, and 200m events. Heats are seeded fastest to slowest. All other running events will be run in sections with the results based on time. **UNSEEDD EVENTS DO NOT HAVE AWARDS GIVEN.**

Medical Facilities: There will be a Mobile Training Room located at the Northeast end of the Mini Dome.

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: 1.90 Women: 1.61**

Long Jump: (seeded) Each athlete will be allowed three (3) attempts, with the first official mark measured. Thereafter, only jumps **Men: 6.70 Women: 5.30** and over will be measured. Top 8 advance to finals.

Triple Jump: (seeded) Each athlete will be allowed three (3) attempts, with the first official mark measured. Thereafter, only jumps **Men: 13.70 Women: 11.30 and over** will be measured. Top 8 advance to finals.

Unseeded Long Jump Men & Women: Mark first legal jump, 4 jumps, **NO FINALS.** Thereafter, only jumps **Men: 6.70 Women: 5.30** and over will be measured.

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: 4.27 Women: 2.90**

Weight Throw: Each athlete is allowed three (3) attempts, with the first official mark being measured. Thereafter, only throws over **Men: 15.24 Women: 13.72** and over will be measured. Top 8 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 **Men: 14.50 Women: 12.19** will be measured. Top 8 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.