



High Point University - Vertklasse Meeting

A Track & Field Meet

Date: May 2, 2009

Location: Dick Vert Track & Soccer Stadium
High Point University

Format: Our unique European Format will feature twelve exciting events in a rapid-fire, 4 hour window. Spectators and athletes alike can enjoy an exciting Saturday evening of Track & Field entertainment. The meet exceeds the 10 event minimum required for NCAA Regional Qualifying.

Participating Teams: Bryan, Coastal Carolina, East Carolina, Gardner-Webb, Guilford, High Point, Livingstone, Queens (NC), Radford, US Navy, Virginia Tech, Winthrop plus Unattached athletes.

Events-Men: 100m, 200m, 110m Hurdles (College), 400m Hurdles, 800m, 1500m, 5000m, 2k Steeple (HS), 4x100 (HS), 4x400 (College), Javelin (College), Shot Put (College), Long Jump, Pole Vault

Events-Women: 100m, 200m, 100m Hurdles (College), 400m Hurdles, 800m, 1500m, 5000m, 3k Steeple (College), 4x400 (College), Javelin, Shot Put (College), Long Jump, High Jump, Pole Vault

Qualifying: All evening races are Finals – there will be no qualifying rounds.

Scoring: There will be no team scoring.

Parking: Parking will be available in the Vert Stadium lot off of West College Drive. Busses may drop off at the stadium, and then will be directed to park in the lower Millis lot, about 1 block away.

Packet Pickup: Will be located at the clerking tent at the Southeast corner of the track, between the Steele Athletics Building and Vert Stadium grandstands.

Coaches: Coaches will have access to all areas of the facility. Please be aware of your surroundings and show respect for competitors and other coaches.

Spectators: Admission is Free. Spectators are allowed in the Vert Grandstands or in the spectator bleachers adjacent to the long jump and pole vault. Spectators are not allowed on the grass infield at any time.

Time Schedule: A FINAL Schedule has been appended below. We will make every possible effort to adhere to the Final Schedule. We will not run ahead of schedule.

Check-in:

Running: Check in at the clerking tent at LEAST 30 minutes prior to the scheduled start of your event. Athletes not checked in at this time will be scratched. You must then RETURN to the clerk's tent 10 minutes prior to the scheduled start of your event to be escorted to the starting line. No announcements will be made to remind athletes to do this.

Field: Check in with the official at your event venue at LEAST 30 minutes prior to the scheduled start of your event. No announcements will be made to remind athletes to do this.

Warmup: All running event warm-ups must occur on the lower field below the Steele Athletics Building. Hurdles will be available for warmup. Any general warmup for field events should also occur on the lower field. Only specific warmup activities will be allowed at the event venue. No warm-ups may occur on the infield, as we will be conducting the javelin throw in this area.

Field Events:

Vertical Jumps: Suggested height progressions are as follows. Special requests for qualifying purposes should be communicated with the event official upon arrival.

Women's High Jump: 1.37-1.42-1.47-1.52-1.58-1.63-1.68-1.73-**1.75**-1.80-1.85-1.90

Men's Pole Vault: 4.10-4.25-4.40-4.55-4.70-4.85-5.00-**5.05**-5.15-5.30-5.45-5.60

Women's Pole Vault: 2.60-2.75-2.90-3.05-3.20-3.35-3.50-3.65-3.80-**3.85**-3.95-4.10

Horizontal Jumps and Throws: All athletes will get 6 attempts.

Minimum mark: All legal attempts will be measured. Long jump boards are at 12 feet.

Weigh in:

Results: Results will be posted in the breezeway on the concourse level in Vert Stadium, under the pressbox. Online results can be found after the meet at highpointpanthers.com.

Athletic Training: Water and ice will be available. HPU Athletic Training Staff will be on site for first aid only. Team and individuals will be responsible for their own taping and standard treatments. Any special request should be directed to in advance to Ms. Carter at cartex08@highpoint.edu.

Restrooms: Restrooms will be available in Vert Stadium behind the stands.

Showers: No shower facilities will be available.

Waiver of Liability: Unattached athletes will be asked to sign a Release & Indemnity Agreement at Packet Pickup.

HPU Vertklasse Meeting – FINAL Schedule

<u>TRACK</u>	<u>FIELD</u>
6:00 Boys HS 400mH Mens College/Open 400mH	5:30 Combined Mens Pole Vault
6:15 Girls HS 400mH Womens College/Open 400mH	6:00 Combined Womens High Jump Girls HS Javelin Womens College/Open Javelin
6:25 Boys HS 100m Dash – <i>2 heats</i> Mens College/Open 100m Dash – <i>2 heats</i>	6:45 Mens College/Open Javelin Boys HS Long Jump Womens College/Open Long Jump
6:35 Girls HS 100m Dash Womens College/Open 100m Dash– <i>2 heats</i>	
6:45 Boys HS 1500m Run Mens College/Open 1500m Run	7:30 Combined Womens Pole Vault Mens College/Open Shot Put Girls HS Long Jump Mens College/Open Long Jump
6:55 Girls HS 1500m Run Womens College/Open 1500m Run	
7:10 Mens College/Open 110 Hurdles – <i>2 heats</i> Womens College/Open 100 Hurdles	8:15 Womens College/Open Shot Put
7:25 Greek 4x100m Relay	
7:35 Boys HS 4x100m Relay	
7:40 Boys HS 800m Run – <i>2 heats</i> Mens College/Open 800m Run	
7:55 Girls HS 800m Run Womens College/Open 800m Run	
8:05 Boys HS 200m Run– <i>2 heats</i> Mens College/Open 200m Run – <i>2 heats</i>	
8:15 Girls HS 200m Run Womens College/Open 200m Run	
8:30 Boys HS 2000m Steeple	
8:40 Womens College/Open 3000m Steeple	
8:55 Mens College/Open 4x400m Relay Womens College/Open 4x400m Relay	
9:15 Combined Mens 5k (entry standard - 14:30)	
9:35 Combined Womens 5k (entry standard – 17:30)	