

UNIVERSITY AT ALBANY
UALBANY SPRING CLASSIC

FRIDAY-SATURDAY, APRIL 19-21, 2018
UNIVERSITY AT ALBANY TRACK & FIELD STADIUM
(9 - 48" Lane State of the Art Facility)
Thursday/Friday – 12:00 PM – Combined Events
Saturday - 10:00 AM Field Events / 12:00 PM Track Events

THURSDAY, APRIL 19, 2018

- 12:00 pm Decathlon**
100m
Long Jump (Grass side runway)
Shot Put (Circle by 200m start)
High Jump (Purple/Yellow pit)
400 Meters
- 12:30 pm Heptathlon**
100 Hurdles
High Jump (Purple Pit)
Shot Put (Circle by LJ pit)
200 Meters

FRIDAY, APRIL 20, 2018

- 12:00 pm Decathlon**
110 Hurdles
Discus (Hammer/Discus Cage)
Pole Vault
Javelin
1500 Meters
- 12:00 pm Heptathlon**
Long Jump (Grass side runway)
Javelin
800 Meters

Saturday, April 21, 2018

Track Events - 12:00 PM start - Rolling Schedule – all events are women followed by men except the High Hurdle finals. All races are final on time – All Events and all sections will be contested fast to slow

National Anthem
Senior Recognition
5000 Meters
4x100 Relay
1500 Meters
100/110 Hurdles Prelims
100 Meters Prelims
400 Meters
110/100 Hurdles Final (pending entries)
100 Meters Final (pending entries)
800 Meters
3000 Meters
400 Hurdles
200 Meters
3000 Steeplechase
4x400 Relay

Field Events – 10:00 AM Start

Events contested in Hammer Cage

10:00 AM Men's Hammer
Women's Hammer to follow 45 minutes after Men's Hammer

Events contested on the infield

10:00 AM Women's Javelin (High Jump Apron)
Men's Javelin (High Jump Apron) to follow 45 minutes after Women's Javelin
Women's Shot Put to follow 45 minutes after Women's Hammer
Men's Discus to follow 45 minutes after Men's Javelin
Women's Discus to follow 45 minutes after Men's Discus
Men's Shot Put to follow 45 minutes Women's Shot Put

Jumps

10:00 AM Pole Vault - Women
2:00 PM Pole Vault - Men

12:00 PM Long Jump - Women (Track side runway)
12:00 PM Long Jump - Men (Infield side runway)

App 2:30 PM Triple Jump - Women (Track side runway) 45 minutes after Women's Long Jump
App 2:30 PM Triple Jump - Men (Infield side runway) 45 minutes after Men's Long Jump

12:00 PM High Jump - Women
3:00 PM High Jump - Men or 45 minutes after Women's High Jump

****Appropriate warm-up time will be given to all field events**

Meet Information

Please direct all meet information questions, all seeding and all entry questions to:
Meet Director: Todd Wolin – twolin@albany.edu 518-265-9388

Meet is open to all athletes, College, Club, Open, High School (most compete Unattached) (Girl's must be 14 years of age or older)

Entry and Entry Fees: **Unlimited Entries** - All entries MUST go through directathletics.com
Only FAX or EMAIL the entry sheet on the last page of this entry – Separate entry sheets for Men & Women. Entry Fee is \$25.00 per individual events entered (2 EVENTS = \$50.00). \$50.00 per relay and \$500.00 team maximum (Men's and Women's Teams are separate) (Late entry fee - \$50.00)
Entries close at 9:59 pm on Monday, April 16, 2018 @ 9:59pm

This is a non-scoring meet

On Wednesday, April 18, 2018 a descending order list of entries will be emailed to all Coach's, please make sure I can read your email address. You will also receive an estimated time schedule based on the final meet entry.

Implement weigh-in: by the small white tent behind the 100m start line
Thursday/Friday – 10:00am – 11:30am
Saturday - 8:30am - 1:00pm

Athletic Trainers:

Located by the Track offices past the common finish line.

Clerking:

Located under the large white tent by the common start line.

Field Event Warm-up:

HJ – 45 minutes prior to event start

PV – 1 Hour prior to event start

LJ/TJ/Throws first 20 minutes general warm-ups than 10 minutes prior to each flight

Vertical Jumps (Based on 2017 IC4A/ECAC Qualifying Standards – subject to change)

Height Progressions:

High Jump

Women – 1.50, 1.55, 1.60, 1.65, **1.70**, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, etc.

Men – 1.82, 1.87, 1.92, 1.97, **2.02**, 2.07, 2.12, 2.15, 2.18, 2.21, 2.24, etc.

Pole Vault

Women – 2.95, 3.10, 3.25, 3.40, 3.55, **3.70**, 3.85, 3.95, 4.05, 4.15, 4.25, etc.

Men – 3.50, 3.65, 3.80, 3.95, 4.10, 4.25, 4.40, 4.55, 4.70, **4.85**, 4.95, 5.05, 5.15, 5.25, 5.35, etc.

Long Jump runways are 150'+

Long Jump boards are 9' 8"

Triple Jump boards are 31' 8", 35' 9.5", & 40' 8.5".

Pole Vault runway is 130'

Javelin runway is 130'

UALBANY SPRING CLASSIC ENTRY FORM

Men and Women are separate teams please use separate entries

Make Checks Payable to: University at Albany
Todd Wolin: Track & Field
1400 Washington Avenue
PE 132A
Albany, NY 12222

Colleges/Universities

Number of EVENTS _____ x \$ 25.00 = \$ _____

Number of RELAYS _____ x \$ 50.00 = \$ _____

Division I Teams Check here _____ TOTAL = \$ _____

Maximum Team entry is \$ 500.00 per single sex team

Name of School _____

Head Coach _____

Coach's Email Address _____

Coach's Phone # _____

School Address _____

Individuals and Clubs/Teams

Name of Club/Team _____

Name of Individual Athlete/TFRRS ID# _____

Athlete's Email Address _____

Coach's Email Address _____

Event(s) Entering _____

Event Seed(s) _____

Number of EVENTS _____ x \$ 25.00 = \$ _____

Number of RELAYS _____ x \$ 50.00 = \$ _____

TOTAL = \$ _____