

# **BOBBI PALMA UALBANY SPRING CLASSIC**

**TRACK & FIELD EVENTS - FRIDAY, APRIL 19, 2024**

**3:00 PM Field Events / 4:00 PM Track Events**

**(9 - 48" Lane -Beynon BSS 2000 Surface)**

**Track Events - 4:00 PM start - Rolling Schedule – all events are women followed by men.**

**All races are final on time except 100m/hurdles if needed.**

**All Events and all sections will be contested fast to slow.**

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National Anthem

4:00pm	4x100 Relay	Final
4:15pm	1,500 Meters	Final
4:35pm	400 Meters	Final
5:00pm	110/100 Hurdles	Final
5:30pm	100 Meters	Final
6:00pm	800 Meters	Final
6:25pm	400 Hurdles	Final
6:45pm	200 Meters	Final
7:05pm	3,000 Steeplechase	Final
7:35pm	4 x 400m Relay	Final
7:55pm	5000m	Final

## **Field Events – 3:00 PM Start**

### **Throws**

3:00 PM	Men's Hammer (Upper Cage)
	Women's Hammer (Upper Cage) - 30 minutes after completion of Men's Hammer
3:00 PM	Women's Javelin (High Jump Apron)
	Men's Javelin (High Jump Apron) - 30 minutes after completion of Women's Javelin
	Women's Shot Put (Circle by 200m) - 30 minutes after completion of Men's Javelin
	Men's Shot Put (Circle by 200m) - 30 minutes after completion of Women's Shot Put
	Men's Discus (Lower Cage on Track infield) – 30 minutes after completion of Men's Javelin
	Women's Discus (Lower Cage on track infield) - 30 minutes after completion of Men's Discus

### **Horizontal Jumps**

3:00 PM	Women's LJ, followed by Men's LJ, followed by Women's TJ, followed by Men's TJ (30 minutes between events for warm-up)
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### **Vertical Jumps – Height Progressions: TBD**

5:00 PM	Pole Vault - Women
	Pole Vault – Men (60 minutes after completion of Women's Pole Vault)

5:00 PM	High Jump - Women
	High Jump – Men (45 minutes after completion of 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: Roberto Vives [rvives@albany.edu](mailto:rvives@albany.edu) 518-209-1973

### **Entry and Entry Fees:**

All entries are accepted

Entry and Entry Fees: **All entries and payments MUST go through [directathletics.com](http://directathletics.com)**

Entry Fee is \$35.00 per individual events entered (ie: 2 EVENTS = \$70.00). \$50.00 per relay. There is no team maximum. **Entries close on Monday, April 15, 2024 @ 9:59pm**

### **This is a non-scoring meet**

On Thursday, April 18th, 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**

At the small white tent beyond the fence by the sprint/hurdle start line 1:30pm-3:00pm

### **Athletic Trainers:**

Located by the Track offices past the common finish line.

### **Clerking:**

Located under the large tent by the finish line.

### **Field Event Warm-up:**

HJ – 45 minutes prior to event start

PV – 1 Hour prior to event start

LJ/TJ/Throws – 30 minutes prior to event start

Long Jump runway is 150'+

Long Jump board is 9' 8"

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

Pole Vault runway is 130'

Javelin runway is 130'