



Plattsburgh State Tuesday Track & Field Meet

Tuesday, February 4, 2025

Meet Director: Andrew Krug, krug3810@plattsburgh.edu (518-791-0614)

Entry process: Go to www.directathletics.com to submit your individual and team entries. Unattached entrants should contact the Meet Director.

Entry deadline: Monday, February 3rd at 12:00pm (noon).

Entry Fee: \$200 per team (men's and women's team = \$400 total), \$20 per individual (Payment in DA will be set up by entry deadline).

Scratches: Email Andrew Krug (krug3810@plattsburgh.edu) and Glenn Wolin (frtiming99@gmail.com) if you have known scratches prior to the meet. After arrival, please check in with FinishRight Timing Staff to confirm and/or report scratches, etc..

Performance Lists/Heat Sheets/Live results: all available on www.finishright.com

Athletic Training Needs: Please make sure you bring a stocked medical kit for your team. Any needs beyond taping, will need to be communicated ahead of time to Jason Pachter, Director of Sports Medicine: pachteja@plattsburgh.edu

Bus Drop-Off/Parking: Drop-off student-athletes at the front of the Field House. Make sure all athletes and coaches have **dry shoes for inside** the facility. Buses should park in the far end of the front parking lot (close to our softball field) or in the back by our outdoor track.

Technical Aspects

- This is a non-scoring meet.
- All races will run as timed finals and women will run first (unless otherwise noted).
- Weigh-In from 3:00-3:45pm inside the garage by the LJ pit.
- Spikes should be limited to ¼" pyramid spikes, no pins or needles.
- HJ opening heights will be determined after entries are received.

- LJ Boards will be 10' and 12'.
- TJ take-offs are 24-28-32-36'.
- Up to 9 athletes will advance into finals of the throws and horizontal jumps.
- Advancement in the 55m and 55m Hurdles are heat winners and next best time.
- All jumps and throws will be limited to a 15 minute flight specific warm-up.

Tentative Time Schedule

Field Events:

4:00pm - Women's LJ followed by Men's LJ

4:00pm - Women's Weight Throw followed by Men's WT

4:00pm - Men's HJ followed by women's HJ

0:00pm - Women's SP followed by Men's SP

0:00pm - Women's TJ followed by Men's TJ

Track Events:

5:30pm - 55m Hurdles

5:45pm - 55m Dash

6:00pm - Mile Run

6:20pm - 300m

6:35pm - 400m

6:45pm - 55m Hurdle Finals

6:50pm - 55m Dash Finals

7:00pm - 600m

7:20pm - 200m

7:40pm - 1000m