

**SAGINAW VALLEY STATE UNIVERSITY
HOLIDAY OPEN INDOOR CLASSIC
FRIDAY, DECEMBER 5, 2008**

Contact Information

Head Coach: Grant Wall – Office: (989) 964-7322, Email: cwall@svsu.edu
Asst. Coach: Jenny Bellsky – Office: (989) 964-7329, Email: jlbellsk@svsu.edu

Entry Fee

\$150 per men's team; \$150 per women's team; or \$10 per individual, whichever is less. Make checks payable to SVSU Track & Field.

Entry Procedure

1. Email entries to jlbellsk@svsu.edu -or-
2. Ask for a HyTek Meet Events file -or-
3. Fax entries to 989-964-7389

You may enter as many athletes as you want in each event.
Final entries are due by 5pm on Wednesday, December 3rd.

Admission Prices

Adults: \$5.00, Students \$2.00

Events

All events will be seeded after final confirmation. There will be semis and finals in the 60 dash and 60 hurdles. Fast heats will run FIRST.

Confirmation & Scratches

Must be completed an hour before the first event.

Locker Rooms

Men's and women's locker rooms B & D will be available.

Training Room

There will be trainers stationed by the long jump area throughout the competition.

Results

Complete set of results will be available at the conclusion of the meet and posted on our website (www.svsu.edu/athletics).

Starting Heights

(MEN) High Jump will start at 5'10" - Two inch raises until 6 left then 1" raises.

Pole Vault will start at 12'6" - Six inch raises until 6 left then 3" raises.

(WOMEN) High Jump will start at 4'8" - Same raises as men.

Pole Vault will start at 8'6" - Same raises as men.

Implement Weigh-In

Implement weigh-in will begin an hour prior to the start of the event.

Schedule of Events

ROLLING TIME SCHEDULE

PENTATHLON

- 1:00 60 Hurdles – Men
- 1:05 60 Hurdles – Women
- 1:30 Long Jump – Men
- 1:35 High Jump – Women
- 2:25 Shot put – Men
- 2:45 Shot put – Women
- 2:55 High Jump – Men
- 3:30 Long Jump – Women
- 4:20 800 – Women
- 4:25 1000 – Men

FIELD EVENTS

3 Prelims - Top 9 to Finals

- 4:00 Long Jump - Women with men to follow
- 4:00 35# weight - Men with women to follow
- 20# weight -
- 4:00 Pole Vault - Men with women to follow
- To follow Weight Throw Shot Put - Women with men to follow - Ryder Arena
- To follow Weight Throw High Jump - Men with women to follow
- To follow Long Jump Triple Jump - Women with men to follow

RUNNING EVENTS

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|---|--------------------------------|
| 5:00 DMR Relay Women | 7:40 400 Dash - Women in lanes |
| 5:20 DMR Relay Men | 7:50 400 Dash - Men in lanes |
| 5:40 60 Hurdles - Women - top 8 times to finals | 8:00 60 Dash - Finals - Women |
| 5:50 60 Hurdles - Men - top 8 times to finals | 8:05 60 Dash - Finals - Men |
| 6:00 60 Dash - Women - top 8 times to finals | 8:10 800 - Women |
| 6:10 60 Dash - Men - top 8 times to finals | 8:20 800 - Men |
| 6:15 5000 Women | 8:30 200 - Women |
| 6:40 5000 Men | 8:40 200 - Men |
| 7:00 Mile Run Women's Maximum 2 heats | 8:50 3000 - Women |
| 7:15 Mile Run Men's Maximum 2 heats | 9:05 3000 - Men |
| 7:30 60 Hurdles - Finals - Men | 9:15 1600 Relay - Women |
| 7:35 60 Hurdles - Finals - Women | 9:30 1600 Relay- Men |