

SAGINAW VALLEY STATE UNIVERSITY
INFORMATION SHEET

Indoor Track & Field Meets - 2007/2008

DATES:

1. Friday, December 7 - 4:00P.M. - SVSU Holiday Open - Entries open to all athletes beyond high school.
2. Friday, January 11 - 4:00P.M. - Cardinal Open - Entries open to all athletes beyond high school.
3. Friday, January 18 - 3:00P.M. - SVSU Open - Entries open to all athletes beyond high school.
4. Friday, February 1 - 5:00P.M./Saturday, February 2 - 11:00A.M. - DII Team Challenge

PHONE:

Jim Nesbitt - Office: (989) 964-7322 Home: (989) 686-8366 Cell: (989) 482-6788
Fax: (989) 964-7389 E-Mail: jnesbitt@svsu.edu

TRACK:

200 Meter Mondo-Rubber - 6 lanes on curve - 8 lanes on straight-away, Ryder Athletic Center.

SHOES:

Shot and weight - Flats - Wooden surface.
All other events - 1/4" spikes or racing flats.

EVENTS:

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

ENTRY FEE: \$150.00 per men's team, \$150.00 per women's team or \$10.00 per individual whichever is less.

SPECTATOR ADMISSION CHARGE: \$5.00 per adult, \$2.00 per student

ENTRIES:

You may enter as many athletes as you want in each event. The DII meet is limited to 4 entries. ENTRIES are due by Noon Wednesday prior to the event - We will be using Hy-Tek Meet Manager software. Information on how to install and use the program will be provided to participating teams.

DECLARATIONS:

Due by Noon Thursday prior to the event. Phone, Fax or E-Mail.

LOCKER ROOMS & SHOWERS:

Men's locker room B, Women's locker room D.
Bring your own locks and towels.

CONFIRMATION & SCRATCHES: Must be completed ½ hour prior to the 1st event.

AWARDS:

SVSU Invitational – 1st, 2nd and 3rd place "t" shirts - January 18th meet only

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.

**SAGINAW VALLEY STATE UNIVERSITY
HOLIDAY OPEN INDOOR CLASSIC
FRIDAY, DECEMBER 7, 2007**

3:00 - 4:00 Final scratches and confirmation of entries.

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: Women's races precede men's. FAT timed finals - all races in METERS. Semifinals in 60 hurdles and 60 dashes. Fast heats will run FIRST except where noted. We will maintain this schedule as closely as possible. We will run ahead if possible.

ROLLING TIME SCHEDULE

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

*Pentathlon: Men and Women - We will score the entries and compete in the open events as scheduled.

**Entries Due: Wednesday, December 5, 2007 - Fax (989) 964-7389 or E-Mail jnesbitt@svsu.edu
SAGINAW VALLEY STATE UNIVERSITY**

**CARDINAL INDOOR OPEN
FRIDAY, JANUARY 12, 2008**

3:00 - 4:00 Final scratches and confirmations of entries.

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 - Men with women to follow

To follow Weight Throw High Jump - Men with women to follow

To follow Long Jump Triple Jump - Women with men to follow

RUNNING EVENTS: Women's races precede men's. FAT timed finals - all races in METERS. Semifinals in 60 hurdles and 60 dashes. Fast heats will run FIRST except where noted. We will maintain this schedule as closely as possible. We will run ahead if possible.

ROLLING TIME SCHEDULE

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

*Pentathlon: Men and Women - We will score the entries and compete in the open events as scheduled.

Entries Due: Wednesday, January 9, 2008 - Fax (989) 964-7389 or E-Mail jnesbitt@svsu.edu

**SAGINAW VALLEY STATE UNIVERSITY
COLLEGIATE OPEN**

FRIDAY, JANUARY 18, 2008

2:00 - 3:00 Final scratches and confirmations of entries.

FIELD EVENTS 3 Prelims - Top 9 to Finals

3:00 Long Jump - Women with men to follow

3:00 35# weight - Men with women to follow

20# weight -

3:00 Pole Vault - Men with women to follow

To follow Weight Throw Shot Put - Men with women to follow

To follow Weight Throw High Jump - Men with women to follow

To follow Long Jump Triple Jump - Women with men to follow

RUNNING EVENTS: Women's races precede men's. FAT timed finals - all races in METERS.

Semifinals in 60 hurdles and 60 dashes. Fast heats will run FIRST except where noted. We will maintain this schedule as closely as possible. We will run ahead if possible.

ROLLING TIME SCHEDULE

4:00	DMR Relay	Women
	DMR Relay	Men
	60 Hurdles -	Women - top 8 times to finals
	60 Hurdles -	Men - top 8 times to finals
	60 Dash -	Women - top 8 times to finals
	60 Dash -	Men - top 8 times to finals
	5000 Run -	Women
	5000 Run -	Men
	1500 Women	
	1500 Men	
	Mile Run Women's	Maximum 2 heats
	Mile Run Men's	Maximum 2 heats
	60 Hurdles -	Finals - Men
	60 Hurdles -	Finals - Women
	400 Dash -	Women
	400 Dash -	Men
	60 Dash -	Finals - Women
	60 Dash -	Finals - Men
	800 -	Women
	800 -	Men
	200 -	Women
	200 -	Men
	3000 -	Women
	3000 -	Men
	1600 Relay -	Women
	1600 Relay -	Men

*Pentathlon: Men and Women - We will score the entries and compete in the open events as scheduled.

Entries Due: Wednesday, January 16, 2008 - Fax (989) 964-7389 or E-Mail jnesbitt@svsu.edu

Outdoor Track & Field - 2008

DATE: Saturday, April 12, 11:00A.M. - SVSU Open - Entries open to all athletes beyond high school.

PHONE: Jim Nesbitt - Office: (989) 964-7322 Home: (989) 686-8366 Cell: (989) 482-6788

TRACK: 400 Meter Resilite-Rubber - 9 lanes on curve - 9 lanes on straight-away

SHOES: Shot, Discus, Hammer
All other events - spikes 1/4" or less

EVENTS: All events will be seeded after final confirmation. All events will be timed finals.

FIELD EVENTS: NCAA completion rules in effect. Long Jump/Triple Jump open order. Men & Women Triple Jump combined.

ENTRY FEE: \$150.00 per men's team, \$150.00 per women's team or \$10.00 per individual whichever is less.

ENTRIES: You may enter as many athletes as you want in each event. Entries are due Wednesday prior to the event - FAX (989) 964-7389 or e-mail jnesbitt@svsu.edu. We use Hy-Tek Meet Manager software.

LOCKER ROOMS & SHOWERS: Men's locker room B, Women's locker room D.
Bring your own locks and towels.

CONFIRMATION & SCRATCHES: Must be completed ½ hour prior to the 1st event.

AWARDS: SVSU Invitational – 1st, 2nd and 3rd place "t" shirts.

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.

MINIMUM DISTANCES TO BE MEASURED:

(MEN) Discus - 120' 0"
Hammer - 120' 0"
Shot Put - 40' 0"
Javelin - 130' 0"
(WOMEN) Discus - 100' 0"
Hammer - 110' 0"
Shot Put - 36' 0"
Javelin - 80' 0"

IN THE EVENT OF INCLEMENT WEATHER, WE MAY CONDUCT SOME EVENTS INDOORS.

SVSU OUTDOOR COLLEGIATE OPEN

SATURDAY, APRIL 12, 2008

MORLEY FIELD

FIELD EVENTS

10:00 - 11:00	Final scratches and confirmation of entries
11:00	Hammer - Women then Men
11:00	Javelin - Men then Women
Noon	Pole Vault - Men then Women
11:00	Shot Put - Men then Women
11:00	Long Jump - Women then Men
11:00	High Jump - Men then Women
TBA	Discus - Men then Women (to follow men's discus)
TBA	Triple Jump - Women then men - to follow Long Jump

ROLLING TIME SCHEDULE

OPEN RUNNING EVENTS WOMEN PRECEDE MEN IN ALL EVENTS

12:00	10,000 (Men and Women combined)
12:45	5,000 (Women)
1:10	3000 Steeplechase
1:40	400 Relay
1:50	1500 Run
2:10	100 High Hurdles Finals (Women)
2:20	110 High Hurdles Finals (Men)
2:30	400 Dash
2:50	100 Dash Finals
2:55	800 Run
3:15	400 Hurdles
3:30	200 Dash Finals
3:50	3000 Run (Women)
4:05	5000 Run (Men)
4:25	1600 Relay

COACHES PICK UP RESULTS AT THE CONCLUSION OF THE MEET

Enter as many people as you wish. **NO LIMIT.** - Entries due by Noon - Wednesday, April 9, 2008.
Final Declarations by Noon Thursday, April 10, 2008.