



Terrapin Invitational
January 21st, 2017
MEET INFORMATION

Contact Information:

Danielle Siebert dsiebert@umd.edu (*EMAIL PREFERRED)

1. Only 4 athletes can be entered in each running and field event and 2 relays per team. Additional entries beyond this limit should be emailed directly to dsiebert@umd.edu for approval (additional fees apply)
2. Official results will be FAT and the results will be available at the conclusion of the meet.
3. On the track, the women's sections will run first with the men's sections to immediately follow. We will move to a rolling schedule up to 30 min ahead if necessary. The schedule will be updated and emailed to all coaches within 48 hrs of competition.
4. The 800M run will use a one turn stagger, or waterfall. Top two heats of the 600m will run in lanes. All other heats will use a one-turn stagger. The 4x400M Relay will use a two-turn stagger.
5. LJ, TJ, Weight, and Shot Put: Top 9 collegiate athletes from trials advance to the finals. Unattached athletes will not advance.
6. 60m dash and 60m hurdles: Top 8 collegiate athletes from trials advance to the finals. Unattached athletes will not advance.
7. **In the field events, the first mark will be measured. Subsequent tries after the first legal attempt, which does not exceed the minimum, will not be measured.**
The following are the minimum standards for the field events:

Long Jump	Women 17'0"	Men 21'0"
Triple Jump	Women 37'0"	Men 44'0"
Shot put	Women 38'0"	Men 45'0"
Weight Throw	Women 44'0"	Men 45'6"
High Jump	Women 5'0"	Men 6'0"
Pole Vault	Women 9'8"	Men 12'0"

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8. Implement weigh-in will be an hour prior to each event. Located outside fence by the throwing cage.
9. A full staff of trainers will be present.
10. All Coaches, spectators and parents must stay off the track and infield. There will be designated coaches boxes for the field events.
11. Athletes warming up must not interfere with meet. Coaches please keep your athletes away from the finish line while the meet is in progress!
12. Athletes must check in with the **clerk 60 minutes** before their race. Athletes should report back 20 minutes prior to the event in the case that heat/lane changes are made. Field events participants report 30 minutes before their event at the event site. Please submit any scratches in advance so that we can plan accordingly and ensure no empty lanes.
13. All competitors must wear ¼” pyramid spikes or shorter. Spikes will be checked prior to competition.
14. Please make entries at the direct athletics website. The following is the address to the direct athletics website: www.directathletics.com. All unattached athletes must email entries to dsiebert@umd.edu by 5pm on Monday, January 16th. Approval requests will be sent by January 18th after team entries are received.
15. TEAM Entry deadline: **Tuesday, January 17th by 5:00 PM**. All late entries will be rejected! Please try to get your entries in early so we can have a better idea of field sizes. Additional requests beyond 4 per event should be emailed to dsiebert@umd.edu by 5:00pm on January 26th when entries close. You will receive an email confirmation for these entries and they will be manually entered if approved.
16. Please seed your athlete realistically so we can ensure competitive heats. We will use TFRRS to verify marks and will check HS marks for Freshmen as well. Do not double enter athletes in events that are not possible to complete a double. Do your best to make an entry decision by the deadline. If an athlete is double entered please scratch before heat sheets are generated (48 hours prior to competition).
17. The clerk of the course for running events is located at the 60m start at the North End of the track.
18. The entry fee is \$300 per gender and an additional \$10 for each entry beyond four per event. \$30 for each open entry. Please make checks payable to UMCP Foundation. Pick up team packets and submit payment prior to competition. Entry fees will be collected by Coach Siebert who will be located by the start line.

All policies of the Prince George’s Sports and Learning Complex will be enforced.

Prince George’s Sports and Learning Complex

8001 Sheriff Rd

Landover, MD 20785-4258

(301) 583-2400



Indoor Terrapin Invitational Saturday – January 21st, 2017

FINAL

Updated: 1/18/17

Field Events

10:00 AM	Weight Throw	men
	Weight Throw	women
	<i>(Women's Weight will follow Men- Tentative start time= 11:00am)</i>	
	Shot Put	men
	<i>(Men's Shot will follow Women's Weight- Tentative start time= 1:00pm)</i>	
	Shot Put	women
	<i>(Women's Shot will follow Men's Shot- Tentative start time= 3:00pm)</i>	
10:00 AM	Pole Vault	men
	Long Jump	women & men (2 pits)
	High Jump	women
12:00 PM	Pole Vault	women
2:00 PM	High Jump	men
	Triple Jump	women & men (2 pits)

Running Events

10:00 AM	5k	women
10:20 AM	5k	men
10:40 AM	DMR	women
10:55 AM	DMR	men
11:10 AM	60 H Heats	women
11:25 AM	60 H Heats	men
11:35 AM	60 M Heats	women
11:50 AM	60 M Heats	men
12:00 PM	Mile	women
12:20 PM	Mile	men
12:40 PM	300 M	women
12:55 PM	300 M	men
1:10 PM	600 M	women
1:25 PM	600 M	men
1:35 PM	60 H Finals	women (1 section final)

1:45 PM	60 H Finals	men (1 section final)
1:50 PM	60 M Finals	women (1 section final)
1:55 PM	60 M Finals	men (1 section final)
2:00 PM	400 M	women
2:15 PM	400 M	men
2:30 PM	800 M	women
2:45 PM	800 M	men
3:00 PM	200 M	women
3:20 PM	200 M	men
3:35 PM	3000 M	women
4:05 PM	3000 M	men
4:30 PM	4x400	women
4:50 PM	4x400	men

*We will run up to 20 minutes ahead of schedule. Please make sure to check in **1 hour** prior to your event. Spikes will be checked- ¼” Pyramid spikes only.