

UNIVERSITY AT ALBANY **GREAT DANE CLASSIC**

SATURDAY, JANUARY 16, 2016
OCEAN BREEZE TRACK & FIELD CENTER
12:30 PM – 9:30 PM

Order of Events – All events are Women followed by men except where noted

Track 12:30 pm start ** (women/men) Meet will run up to 20 minutes ahead of time

12:30 pm	60m	trials
1:30 pm	60m HH	trials
2:15 pm	5,000m	Final – One Section each (Top 25 entries)
3:00 pm	60m HH	Final – Top 8 from trials
3:05 pm	60m	Final – Top 8 from trials
3:15 pm	One Mile Run	Final
4:10 pm	400m	Final
4:55 pm	500m	Final
5:15 pm	800m	Final
6:00 pm	1,000m	Final
6:45 pm	200m	Final
7:30 pm	3,000m	Final
8:45 pm	4x400m relay	Final

Field Events (women then men except for High Jump, Long Jump, & Triple Jump)

12:30 pm	Women's Weight Throw (men – 45 minutes upon completion of women)
12:30 pm	Women's Pole Vault (men – 1 hour upon completion of women)
12:30 pm	Both Men's & Women's Long Jump (dual pits)
5:00 pm	Both Men's & Women's High Jump (dual pits)
5:00 pm	Both Men's & Women's Triple Jump (dual pits – 30 minutes after Long Jump)
TBD	Women's Shot Put (women followed by men – 45 minutes after men's Weight)

****All times are approximate – an updated time schedule will be sent after entries are complete.**

All Final running events are run slow to fast. The 4x400m relays will be run in the following order: Women's 2nd fastest section, fastest section, Men's 2nd fastest section, fastest section, Women's 3rd, 4th, 5th, etc., & Men's 3rd, 4th, 5th, etc.

Please direct all meet information questions, all seeding and all entry questions to:
Meet Director: Todd Wolin – twolin@albany.edu 518-265-9388

Open/Club athletes **MUST** contact Todd Wolin at twolin@albany.edu or **518-265-9388**. **Open/Club entries will be reviewed on a case by case basis to determine acceptance into the meet** – you must send link for proof of performance.

Entry: All entries **MUST** go through www.directathletics.com. Only FAX or EMAIL the entry sheet on the last page of this entry – Separate entry sheets for Men & Women.

Entries close at 11:59 pm on Sunday, January 10, 2016

Times from Indoor 2012 through Indoor 2013 will be acceptable for entries in all events, including High School performances for Freshmen.

All seeds must be available on TFRRS from this year or last year. Those that red-shirted last year or are Freshmen this year – you must send link for proof of performance – you may use senior year of HS performances for Freshmen.

Please do not down seed athletes, we want the best in the faster sections. Please do not be concerned with doubling your athletes, let them run where they belong. We will condense heats where needed.

Check-in/Scratches: All entries and scratches must check-in or scratch at the check-in table 1 hour prior to events listed start time, please circle number next to name to check-in and cross out name to scratch.

On Tuesday, January 12, 2016 a list of accepted entries will be emailed to all Coach's – so please make sure I can read your email address

Scoring – Due to NCAA Legislation, ONLY DIVISION I SCHOOLS will be scored – all others will be non-scoring - 60m and 60m HH finals will contest top 8 from trials regardless of Division – only finalists will score

Top 8 collegians in all events (10, 8, 6, 5, 4, 3, 2, 1) (un-seeded sections can break in and score)

Awards – Team Champions

Event minimum standards for entry (Men / Women)

All performances must be verifiable via TFRRS or link to results from 12/1/2014-1/10/2016

Running events

60m – no times slower than 7.24 / 8.24 up to top 80 entries

200m – no times slower than 23.75 / 27.50 up to top 62 entries

400m – no times slower than 53.00 / 1:04.00 up to top 62 entries

500m – no times slower than 1:07.95 / 1:19.95 up to top 50 entries

800m – no times slower than 2:01.00 / 2:29.50 up to top 64 entries

1,000m – no times slower than 2:41.00 / 3:10.50 up to top 39 entries

One Mile Run – no times slower than 4:38.0 / 5:45.0 up to top 46 entries

3,000m – no times slower than 9:25.0 / 11:20.0 up to top 45 entries

5,000m – no times slower than 16:30.0 / 20:30.0 up to top 25 entries

60m HH – no times slower than 9.00 / 10.00 up to top 64 entries

4x400m – unlimited entries – multiple teams are permitted (B, C, D teams....)

Field events – up to top 32 verified entries

High Jump – up to top 32 entries (1 flight – 5 alive until 9 or fewer left)

Pole Vault – up to top 32 entries (1 flight – 5 alive until 9 or fewer left)

Long Jump – up to top 32 entries (2 flights of 16) (top 9 to the finals)

Triple Jump – up to top 32 entries (2 flights of 16) (top 9 to the finals)

Weight Throw – up to top 32 entries (4 flights of 8 – top 2 flights in long cage, bottom 2 flights in short cage) – will be contested simultaneously (top 9 overall to the finals in long cage)

Shot Put – up to top 32 entries (4 flights of 8 – top 2 flights in long cage, bottom 2 flights in short cage) – will be contested simultaneously (top 9 overall to the finals in long cage)

Implement weigh-in 11:15-12:00 pm and in-between events by the throws cage 30 minutes in-between events – first 20 minutes general warm-ups than 10 minutes prior to each flight

Throws order - 1st legal throw will be measured

Women's Weight Throw – Minimum measurement – 12.75m – **1st Throw is @ 12:30 pm**

Men's Weight Throw - Minimum measurement – 14.00m – **1st Throw 45 min after women's weight**

Women's Shot Put – Minimum measurement – 12.00m – **1st Throw 45 min after men's weight**

Men's Shot Put – Minimum measurement – 14.00m – **1st Throw 45 min after women's shot put**

15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Horizontal Jumps - 1st legal jump will be measured

Long Jump – **1st Jump is @ 12:30 pm** (Men and women compete at the same time on dual pits)

Minimum measurements: Women: 5.30m Men – 6.50m

Triple Jump – **1st Jump is @ 5:00 pm** (Men and women compete at the same time on dual pits)

Minimum measurements: Women: 11.00m Men – 13.50m

15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Vertical Jumps (Based on 2014 IC4A/ECAC Qualifying Standards – may change)

Women's Pole Vault (Women – runway opens at 11:15 am) - **1st Vault is @ 12:30 pm**

Men's Pole Vault will follow Women's Pole Vault – 1 hour open runway

Height Progressions: Women – 3.00, 3.15, 3.30, 3.45, **3.60**, 3.75, 3.85, 3.95, 4.05, 4.15, 4.25, etc.

Men – 4.20, 4.35, 4.50, 4.65, **4.80**, 4.95, 5.05, 5.15, 5.25, 5.35, 5.45, etc.

High Jump (Women & Men) (Dual pits) – **5:00 pm**

Height Progressions: Women – 1.50, 1.55, 1.60, 1.65, **1.70**, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, etc.

Men – 1.84, 1.89, 1.94, 1.99, **2.04**, 2.09, 2.12, 2.15, 2.18, 2.21, 2.24, etc.

GREAT DANE CLASSIC ENTRY FORM

Men and Women are separate teams please use separate entries

Make Checks Payable to: University at Albany
Todd Wolin: Track & Field
1400 Washington Avenue
PE 132A
Albany, NY 12222

Colleges/Universities

Number of events _____ x \$ 25.00 = \$ _____

Number of relays _____ x \$ 50.00 = \$ _____

Division I Teams Check here _____ TOTAL = \$ _____

Maximum Team entry is \$ 500.00 per single sex team

Name of School _____

Head Coach _____

Coach's Email Address _____

Coach's Phone # _____

School Address _____

Individuals and Clubs/Teams

Name of Club/Team _____

Name of Individual Athlete _____

Athlete's Email Address _____

Coach's Email Address _____

Event(s) Entering _____

Event Seed(s) _____

Link(s) for Proof of Performance(s) _____

Number of events _____ x \$ 25.00 = \$ _____

Number of relays _____ x \$ 50.00 = \$ _____

TOTAL = \$ _____