

# **UNIVERSITY AT ALBANY**

## **GREAT DANE CLASSIC**

**SATURDAY, JANUARY 14, 2017**  
**OCEAN BREEZE TRACK & FIELD CENTER**

**10:30 AM – 7:30 PM**

### **Order of Events – Meet will run up to 20 minutes ahead of time schedule**

#### **Track 10:30 am start** (All running events - women/men except where noted)

10:30 am	60m HH	Trials
11:00 am	60m	Trials
11:45 am	60m HH <b>Men followed by Women</b>	Final – Top 8 from trials
12:00 pm	60m (College)	Final – Top 8 Collegians from trials
12:05 pm	60m (Open/Club)	Final – Top 8 Open/Club Athletes from trials
12:10 pm	5,000m	Final – One Section each
12:50 pm	One Mile Run	Final
1:45 pm	400m	Final
2:45 pm	500m	Final
3:30 pm	800m	Final
4:00 pm	1,000m	Final
4:25 pm	200m	Final
5:25 pm	3,000m	Final
6:40 pm	4x400m relay	Final

All Final running events are run **fast to slow**. The 4x400m relays will be run in the following order: Women's top 2 sections (fast to slow) followed by the Men's top 2 sections (fast to slow), Women's 3<sup>rd</sup>-5<sup>th</sup> followed by Men's 3<sup>rd</sup>-5<sup>th</sup>

#### **Horizontal Jumps - 1st legal jump will be measured**

(Men and women compete at the same time on dual pits)

#### **Long Jump – 1<sup>st</sup> Jump is @ 10:30 am**

**Minimum measurement: Women: 5.30m (pit by track) Men – 6.50m (pit by sprints)**

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

#### **Triple Jump – 1<sup>st</sup> Jump is 45 minutes after Long**

**Minimum measurement: Women: 11.00m (pit by track) Men – 13.50m (pit by sprints)**

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

#### **Vertical Jumps (Based on 2017 IC4A/ECAC Qualifying Standards)**

**Women's Pole Vault (Women – runway opens at 9:30 am) – 1<sup>st</sup> Vault is @ 10:30 am**

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's Pole Vault (Men – runway opens after Women's PV) – 1<sup>st</sup> Vault is 1 hour after Women's PV**

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

**Women's High Jump – 1<sup>st</sup> Jump is 45 minutes after Men's Triple Jump (Mats by Sprints Finish Line)**

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

**Men's High Jump – 1<sup>st</sup> Jump is 45 minutes after Men's Triple Jump (Mats by Sprints Start Line)**

Height Progressions: Men – 1.89, 1.94, 1.99, **2.04**, 2.09, 2.14, 2.19, 2.22, 2.25, 2.28, etc.

**Throwing Events - 1st legal throw will be measured**

**Women's Weight Throw – 1<sup>st</sup> Throw is @ 10:30 am**

**Minimum measurement – 12.75m**

**(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)**

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

**Men's Weight Throw – 1<sup>st</sup> Throw 45 min after women's weight**

**Minimum measurement – 14.00m**

**(1 flight & finals in cage closest to window)**

30 minute warm-up, 10 minute warm-up prior to final

**Women's Shot Put – 1<sup>st</sup> Throw 45 min after men's weight**

**Minimum measurement – 12.00m**

**(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)**

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

**Men's Shot Put – 1<sup>st</sup> Throw 45 min after women's shot put**

**Minimum measurement – 14.00m**

**(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)**

15 minute general warm-up – followed by 15 minute warm-up for 1<sup>st</sup> flight, 15 minute warm-up for 2<sup>nd</sup> flight, 10 minute warm-up prior to final – finals will be contested in long cage

**Implement weigh-in 9:15-12:00 pm and in-between events by the throws cage**