

# WESTERN COLORADO HIGH SCHOOL OPEN FEBRUARY 23, 2020

## WESTERN COLORADO UNIVERSITY TRACK & FIELD

### **Mountaineer Fieldhouse**

- Completed in Spring of 2014
- The Mountaineer Fieldhouse is located at 7717ft, it is the highest collegiate indoor track in the world.
- The facility features six 42" lanes on the oval with nine 42" lanes on the straightaway.
- The Long Jump/Triple Jump runway and Pole Vault runway are located outside the oval.
- Pole Vault Runway is 45m (148') but can accommodate longer approaches if necessary
- The Long Jump board is located at 3m (9'10) and the runway extends to 45m (148') and can also accommodate approaches up to 50m
- The Triple Jump boards are located at 10m (32'9.75") and 12m (39'4.5") and the runway extends to 39m (128') and can accommodate approaches up to 44m on the 12m board.
- A taped board will be placed for the girls Triple Jump at 8m (26'3")
- Competitors will be required to use the permanent Long Jump board and, in the triple jump, boys will be able to choose the 10m or 12m boards, while the girls will be able to choose the 8m or 10m boards.
- Throwing area is located on the north D zone and features a concrete circle and built in throwing cage with full doors.
- The High Jump are is located in the south D zone and will utilize roll out runways to accommodate approaches from approximately 25m (82')

### **Entries & Entry Fee**

- All entries will be done online through Direct Athletics
- Entries close at 11:00pm Thursday, February 20<sup>th</sup>. Late Entries will not be accepted.
- \$15 per athlete
- Team entries will be capped at \$250 per gender.
- All teams and athletes must pay when registering on Direct Athletics.
- This is an entry fee not a competition fee. There will be no refunds for non-competition

### **Packet Pick-Up**

- Heat Sheets will be available on [www.gomountaineers.com](http://www.gomountaineers.com). And will be sent to the email that was used to register through DirectAthletics.
- Packet pick up will be available in the Mountaineer Fieldhouse lobby (NE corner) starting at 8am.

### **Admission**

- Spectators will be charged \$5 for adults and \$3 for students
- Spectators will enter through the NE entrance to the Mountaineer Fieldhouse

### **Seating**

- Bleachers are available on the east wall of the Mountaineer Fieldhouse.
- Teams are required to use the bleachers for spectating
- Only competing athletes are allowed in the competition area

### **Team Camps**

- Team camps will be in the "Lower" gym, north of the Mountaineer Fieldhouse in the attached Paul Wright Gymnasium building.
- No food or drink will be allowed in the Mountaineer Fieldhouse please keep that in your team camp. Only Water is allowed in the Fieldhouse.



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## Rules

- National High School Federation rules will be enforced.
- Fully automatic timing will be used for all races.
- We will run 39" hurdles for the boys and 33" hurdles for the girls\

## Spike Requirements

- Only ¼" pyramid spikes for all events.
- No Christmas tree or needle spikes are allowed.
- No permanent spiked shoes are allowed unless they are equipped with ¼" or smaller pyramid spikes.
- Use of spikes is **strictly prohibited** on the light grey infield surface
- Runways and mats will be provided for the HJ area, competitors are required to stay on runways provided

## Advancement to Finals

- The 60m dash and 60m hurdles events will have qualifying rounds. Since seeding is difficult this early in the indoor season, the fastest times will qualify for the finals, without respect to place. [Please instruct your athletes that winning a qualifying heat does not ensure qualifying for the final].
- All other track events will be run in sections. Events run in sections will be seeded by submitted times, with the fastest competitors seeded into latter sections.

## Timing

- Finish Lynx Automatic timing will be used
- Results will be posted on the video display board in the SW corner of the track. Paper results will be pinned to the board in the NE lobby of the track.

## Event Check In

- Track events should check in with the clerk of the course on the NW corner of the track behind the 60 startline, 10 minutes before the event starts
- Field events should check in with their event judge at least 30min before their event begins.

## Implement Weigh-In

- Implement weigh-in will occur in the northwest corner of the Mountaineer Fieldhouse from 8:15am-9:30am
- Only indoor implements can be used.
- The Boys will throw the 12lb shot and the Girls will throw the 4k shot.
- The Boys will throw the 25lb weight and the Girls will throw the 16lb weight.
- A small number of indoor implements will be available for the field to use.

## Practice

- The Mountaineer Fieldhouse will be available for practice on Saturday the 22<sup>nd</sup> from 6pm to 8pm. Please email Lindsey Grasmick at [lgrasmick@western.edu](mailto:lgrasmick@western.edu) if you will be utilizing this time slot

## Team Parking and Entry to Mountaineer Fieldhouse

- Teams will park in the Paul Wright Gym Lot to the North of Mountaineer Fieldhouse.
- Teams will enter through the North entrance of Paul Wright Gym and then through the Northeast entrance to the Mountaineer Fieldhouse.
- There is Bus Parking available on the West side of Paul Wright Gym.

## Restrooms/ Locker Rooms

- Spectator Restrooms are located in the Paul Wright Gym Lobby
- Participating Athletes will be allowed to use the restroom on the north side of the track.
- Locker Rooms for visiting teams will be available upon request.

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## Concessions

- There will be concessions (food and beverages) and Western gear available for purchase in the lobby of the Paul Wright Gym.

## T-Shirts

- Event winners will receive a "Event Champion" t-shirt
- Western Track and Field merchandise will be available in the NE Lobby of the Mountaineer Fieldhouse

## Starting Heights and Progressions

- Boys High Jump will start at 1.65m/ 5'5" and bar will raise in 2" increments
- Girls High Jump will start at 1.30m/ 4'3" and bar will raise in 2" increments
- Boys Pole Vault will start at 3.05m/ 10'0" and bar will raise in 6" increments
- Girls Pole Vault will start at 2.44m/ 8'0" and bar will raise in 6" increments

## Lodging/ Dining:

- Please see our Visitor's Guide for more information

[https://gomountaineers.com/documents/2018/9/25//2018\\_19\\_Western\\_Mountaineer\\_s\\_Visitor\\_Guide.pdf?id=4407](https://gomountaineers.com/documents/2018/9/25//2018_19_Western_Mountaineer_s_Visitor_Guide.pdf?id=4407)

## Questions:

**Head Track and Field Coach: Lindsey Grasmick**  
**lgrasmick@western.edu**



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9:00am	Boys Long Jump
9:30am	Girls Pole Vault
9:30am	Boys High Jump
10:00am	Girls Shot Put
11:00am	Girls Long Jump
11:00am	Girls High Jump
12:30pm	Boys Shot Put
1:00pm	Boys Triple Jump
2:00pm	Girls Triple Jump
1:30	Boys Weight Throw
	Girls Weight Throw
	(*30 minutes after Boys Weight)

11:00am	Girls 60m	Prelims
11:15am	Boys 60m	Prelims
11:45am	Girls Mile Steeplechase	
Noon	Boys Mile Steeplechase	
12:10pm	Girls Mile	
12:25pm	Boys Mile	
12:45pm	Girls 60m Hurdles (33")	Final
12:55pm	Boys 60m Hurdles (39")	Final
1:05pm	Girls 400m	
1:25pm	Boys 400m	
1:40pm	Girls 60m	Final
1:45pm	Boys 60m	Final
1:50pm	Girls 800m	
2:00pm	Boys 800m	
2:25pm	Girls 200m	
2:50pm	Boys 200m	
3:15pm	Mixed 3200m	
3:45pm	Boys 4x400m	

