



Winston Salem State Invitational

March 28-29, 2014

Contact Information

Winston Salem State University
Track & Field Office 601 S. Martin Luther King Jr.
Drive Winston Salem, NC 27110

Email: davisal@wssu.edu or turnerir@wssu.edu

Phone: 336.750.8921/919.593.6043

Website: www.wssurams.com

Entries: www.directathletics.com

Updated: February 10th, 2014

IMPORTANT DATES

- Monday, February 10, 2014 – Online entry opens www.directathletics.com
- Tuesday, March 25, 2014
 - 8:00pm – Online entries close.
 - Make Checks payable to **Winston Salem State University Track and Field**
- Thursday, March 27, 2014 – Entry Lists will be emailed and posted on at www.wssurams.com
- Thursday, March 27, 2014, 2:00pm-7:00pm – Facility Available for Practice
- Friday, March 28, 2014, 8:00 am – Packet Pick-up Opens

ENTRIES & FEES

Collegiate Teams Athletes

- Each coach must have a Direct Athletics username and password for his/her school. If you do not know or have your username and password, you will be able to retrieve your existing account or create one by following the instructions available at www.directathletics.com/help.html.
- **Entry Fees**
 - **Collegiate Teams** - \$250.00 per gender per team (a team is considered as consisting of 14 or more athletes). If less than 14 athletes are being entered the fee is \$15.00 per individual per event. Teams are limited to 5 entries per event and 2 relay teams per relay. If only a relay is being entered the cost is \$30.00.
 - **THIS IS AN ENTRY NOT A COMPETITION FEE** – There are no refunds for scratches or no-show athletes.
 - **Late Entry Fee** – Will \$300 per gender per team an \$25 per individual per event.
 - **Payment**

Please make checks payable to Winston Salem State University Track & Field.
Mail fees and a copy of the entries from the Direct Athletics website to the addresses listed below by Monday, March 24th
601 S. Martin Luther King Jr. Drive, Winston Salem, NC 27110

Unattached/Open Athletes

- You must create a **CLUB** or **INDIVIDUAL** athlete account. Please visit www.directathletics.com.
- If you are entering a club/open relay or a coach submitting multiple club/open entries from one club affiliation you should create a team account at www.directathletics.com and select "Club" as the team type.
- **Entry Marks**
 - All entries must be completed online at www.directathletics.com by 8:00pm on Tuesday, March 25, 2014.
- **Entry Fees**
 - Entry fee is \$15.00 per athlete per event. There is not a club team rate.
 - Entry for a relay is \$30.00 per relay entered.
 - **Late Entry Fee** – Will \$300 per gender per team an \$25 per individual per event.
 - **THIS IS AN ENTRY NOT A COMPETITION FEE** – There are no refunds for scratches or no-show athletes.

ENTRIES & FEES

High School Teams

- Enter your team online through www.directathletics.com.
- **Entry Fees**
 - **High School Teams** – \$100.00 per gender per team (8 or more athletes is considered a team). If less than 8 athletes are being entered the fee is \$15.00 per individual per event. Teams are limited to 5 entries per event and 2 relay teams per relay. If only a relay is being entered the cost is \$30.00.
 - **Late Entry Fee** – Will \$150 per gender per team an \$25 per individual per event.
 - **THIS IS AN ENTRY NOT A COMPETITION FEE** – There are no refunds for scratches or no-show athletes.
 - **Payment**
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addresses listed below by Monday, March 24th

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DECLARATIONS/CHECK-IN

- Athletes must check-in at least 30 minutes prior to the scheduled start of their events with the clerk. Final heats will be drawn after clerking. **If an athlete does not check-in 30 minutes prior to the scheduled time of an event, he/she will be SCRATCHED.**
- Clerking will be done on the south side of the track just outside of the track, midway down the backstretch.

MEET INFORMATION & RESULTS

Meet information, updates, and results will be posted at www.wssurams.com.

PACKET PICK-UP

- Team packets will be distributed to the first coach (it will not be issued to team athletes) who arrives at the packet pick-up. Packets will not be held on pick-up from additional coaches that are arriving at a later time. The packet will contain access credentials for the entire team.
- Packets will be picked-up from the building located at the east end of the track.
- All entry fees must be paid in full prior to the packet being issued.
- Packet Pick-up Times
 - o Friday, March 28, 2014: 8:00am-8:00pm
 - o Saturday, March 29, 2014: 7:45am-3:00pm

EVENT INFORMATION

All events will take place at the WSSU Track and Field facility located on the Winston Salem State campus on **Diggs Blvd Winston Salem, NC 27107**

- **All races will be seeded by time and run against time.**
- **100m, 100m H & 110m HH** – These events will be a trials to finals with the trials and the two section final.
- **Shot Put, Discus, Hammer & Javelin** – Will have trials and finals advancing the top 9 to finals. The first legal mark will be measured and subsequent attempts must meet minimum marks to be measured.
- **Long Jump & Triple Jump** – Will have trials and finals advancing the top 9 to finals. The first legal mark will be measured and subsequent attempts must meet minimum marks to be measured.
- All minimum marks are listed on the time schedule.

SPIKE LENGTH

Spikes no longer than ¼” (9mm), with pyramid spikes being preferred, must be worn on the track for all events, excluding the javelin and high jump. Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.

WEIGHTS & MEASURES

Implements must be certified and will be weighed at the track building located at the east end of the facility near the throwing cage. Please see the meet schedule for implement weigh-in times.

SAFETY RULES

In an effort to conduct a safe and quality meet for all participants, no headphones, cell phones or radios will be permitted inside the competition areas. These devices can present a safety risk for competitors due to having several events competing simultaneously in the venue. Please notify your athletes in advance that they can only use these items outside the competition areas.

FACILITY ACCESS

Only athletes and coaches will be permitted inside the competition areas. Credentials will be required to have access to these areas. Contestants will be escorted into the facility after completing check-in with the clerk. Access to the infield and competition areas will be limited to immediate events. Spectators will be required to remain outside the fences at all times.

PRACTICE SCHEDULE

The facility will be available to competitors for practice on Thursday, March 27th prior to the WSSU Invitational between 2:00 p.m. and 7:00 p.m. If a coach would like to use the facility at another time, he or she must make the request via email at davisal@wssu.edu.

SPORTS MEDICINE

- Please contact Ian Mushinski at mushinskiia@wssu.edu or call him at 336.750.2597 for any questions regarding medical or training room questions.
- Each participating team should provide its own taping supplies.
- If a Certified Athletic Trainer will not be traveling with your team, please bring an authorization for modality form from your Certified Athletic Trainer or team physician.
- The team physician will also be on call or present during competition.

ADDITIONAL NOTES

- Concessions will be available during the days of the meet.
- Additional warm-up area will be available on the practices field located beside the track facility
- Admission is free of charge to the event

Friday Field Events				
Start Time	Section	Gender	Event	Round
10:00am	College/Open	Men's	Javelin	Finals
10:00am	College/Open	Women's	Hammer	Finals
11:30am	College/Open	Women's	Javelin	Finals
11:30am	College/Open	Men's	Hammer	Finals
12:00pm	College/Open	Women's	Long Jump	Finals
12:00pm	College/Open	Men's	Long Jump	Finals
1:00pm	College/Open	Women's	Shot Put	Finals
1:30pm	College/Open	Women's	Pole Vault	Finals
2:30pm	College/Open	Women's	Triple Jump	Finals
2:30pm	College/Open	Men's	Triple Jump	Finals
3:00pm	College/Open	Men's	Shot Put	Finals
3:00pm	College/Open	Men's	Pole Vault	Finals

Friday Running Events				
Start Time	Section	Gender	Event	Round
12:00pm	College/Open	Women's	3000m Steeple Chase	Finals
12:30pm	College/Open	Men's	3000m Steeple Chase	Finals
1:00pm	College/Open	Women's	400m Hurdles	Finals
1:20pm	College/Open	Men's	400m Hurdles	Finals
1:45pm	College/Open	Women's	5000m Run	Finals
2:10pm	College/Open	Men's	5000m Run	Finals
2:35pm	College/Open	Women's	200m Dash	Finals
	College/Open	Men's	200m Dash	Finals

Saturday Field Events				
Start Time	Section	Gender	Event	Round
9:00am	High School	Girl's	Pole Vault	Finals
	High School	Boy's	Pole Vault	Finals
9:00am	College/Open	Women's	Discus	Finals
	College/Open	Men's	Discus	Finals
9:00am	College/Open	Women's	High Jump	Finals
	College/Open	Men's	High Jump	Finals
9:00am	High School	Girl's	Shot Put	Finals
	High School	Boy's	Shot Put	Finals
9:00am	High School	Girl's	Long Jump	Finals
	High School	Boy's	Long Jump	Finals
11:30am	High School	Girl's	Triple Jump	Finals
	High School	Boy's	Triple Jump	Finals
12:00pm	High School	Girl's	Discus	Finals
	High School	Boy's	Discus	Finals
12:30pm	High School	Girl's	High Jump	Finals
	High School	Boy's	High Jump	Finals

Saturday Running Events				
Start Time	Section	Gender	Event	Round
9:00am	High School	Girl's	4x800m Relay	Finals
	High School	Boy's	4x800m Relay	Finals
9:30am	High School	Girl's	100m Dash	Prelims
	College/Open	Women's	100m Dash	Prelims
	High School	Boy's	100m Dash	Prelims
	College/Open	Men's	100m Dash	Prelims
	High School	Girl's	100m Hurdles	Prelims
10:20am	College/Open	Women's	100m Hurdles	Prelims
	High School	Boy's	110m Hurdles	Prelims
	College/Open	Men's	110m Hurdles	Prelims
	High School	Girl's	4x200m Relay	Finals
11:10am	High School	Boy's	4x200m Relay	Finals
	High School	Girl's	100m Dash	Finals
11:40am	College/Open	Women's	100m Dash	Finals
	High School	Boy's	100m Dash	Finals
	College/Open	Men's	100m Dash	Finals
	High School	Girl's	100m Hurdles	Finals
	College/Open	Women's	100m Hurdles	Finals
	High School	Boy's	110m Hurdles	Finals
	College/Open	Men's	110m Hurdles	Finals
	High School	Girl's	1600m Run	Finals
12:20pm	High School	Boy's	1600m Run	Finals
	College/Open	Women's	1500m Run	Finals
	College/Open	Men's	1500m Run	Finals
	High School	Girl's	4x100m Relay	Finals
1:10pm	College/Open	Women's	4x100m Relay	Finals
	High School	Boy's	4x100m Relay	Finals
	College/Open	Men's	4x100m Relay	Finals
	High School	Girl's	400m Dash	Finals
1:50pm	College/Open	Women's	400m Dash	Finals
	High School	Boy's	400m Dash	Finals
	College/Open	Men's	400m Dash	Finals
	High School	Girl's	800m Run	Finals
2:40pm	College/Open	Women's	800m Run	Finals
	High School	Boy's	800m Run	Finals
	College/Open	Men's	800m Run	Finals
	High School	Girl's	300m Hurdles	Finals
3:20pm	High School	Boy's	300m Hurdles	Finals
	High School	Girl's	200m Dash	Finals
	College/Open	Women's	200m Invitational	Finals
	High School	Boy's	200m Dash	Finals
3:50pm	College/Open	Men's	200m Invitational	Finals
	High School	Girl's	3200m Run	Finals
	High School	Boy's	3200m Run	Finals
5:00pm	High School	Girl's	4x400m Relay	Finals
	College/Open	Women's	4x400m Relay	Finals
	High School	Boy's	4x400m Relay	Finals
	College/Open	Men's	4x400m Relay	Finals