



# HURRICANE INVITATIONAL

March 19-20, 2010

University of Miami- Coral Gables, FL

**MEET CONDUCT**- All running events will be conducted as finals. Field events will be conducted as preliminaries with the top nine competitors advancing to the finals for three more attempts. NCAA rules will be in effect.

**ENTRY INFORMATION**- No FAX or PHONE entries will be accepted. Entries must be submitted through Direct Athletics ([www.directathletics.com](http://www.directathletics.com)). Each school should already have a username and password. See enclosed information for multi event entry.

**UNATTACHED ENTRIES** – Will register and make payments ONLY through Direct Athletics. [www.directathletics.com](http://www.directathletics.com)  
If you have any further questions please email Veronica Rodriguez at [veronicarodriguez@miami.edu](mailto:veronicarodriguez@miami.edu)

**ENTRY FEE** - *NO REFUNDS* will be provided.  
Team- \$300 per team (men and women separate)  
Individual- \$30

**PRACTICE** -The track will be available for practice:

\*Thursday availability- after 5:00 pm

\*Friday availability- 7:00- 9:00 am

\*The discus/hammer cage area will be available for practice: TBA

\*No practice will be allowed during multi event competition

**LIGHTENING POLICY**- The athletic facilities are equipped with a lightening detection system. One long siren indicates that the facility must be completely evacuated IMMEDIATELY. The facility can be re-entered when three sirens are heard.

**PACKET PICK- UP**- Packets will be available beginning one hour prior to the first event of the meet on Thursday, Friday and Saturday. Packets can be picked up at the NW gate. They will include heat sheets and coaches' passes.

**EVENT CHECK – IN**- *Running event participants* must check-in with the meet clerk of the course, no later than 30 minutes prior to the start of the scheduled event. *Field event participants* must report to the event site no later than 30 minutes prior to the start of the scheduled event.

**WARM – UP AREAS**- All warm-ups must be conducted on the fields adjacent to the track.

**IMPLEMENT WEIGH – IN**- Implements must be measured at the Implement Weigh-In Area, located through the door at the NE corner of the track, no later than 45 minutes prior to the start of the scheduled event. Uncertified implements will be impounded and released following the event.

**TIME SCHEDULE**- A tentative time schedule is enclosed. Adjustments may be made to the time schedule based on entries. Please check [www.hurricanesports.com](http://www.hurricanesports.com) on Thursday evening for adjustments to the time schedule.

**RESULTS**- Results will be posted during the meet on the scoreboard at the south end of the track immediately following each heat. Result print outs will be posted in the breeze way at the north end of the track throughout the day. [www.hurricanesports.com](http://www.hurricanesports.com) will have complete results following the completion of each day.

**ATHLETIC TRAINERS**- An athletic trainer's room will be set up in the auxiliary gym.

**POLE VAULT SHIPPING**- The shipping and receiving address for vault poles is:  
UM- Hecht Athletic Center  
5821 San Amaro Drive  
Coral Gables, FL 33146

*All poles will be left in the breeze way entrance to the track. UM assumes no responsibility for poles.*

**FOR MORE INFORMATION**- Contact Veronica Rodriguez at [veronicarodriguez@miami.edu](mailto:veronicarodriguez@miami.edu) or (305) 284-2460

**TEAM SET-UP**- Will be on Football Practice Fields located adjacent to the track



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## FRIDAY, MARCH 19

### *Field Events*

3:00 PM Hammer (w) men follow immediately  
Javelin (m) women follow immediately  
High Jump (m) women follow immediately  
3:00 PM Pole Vault (w) men follow immediately

### *Running Events*

6:30 PM 3000 steeplechase (m)  
6:45 PM 3000 steeplechase (w)  
7:00 PM 5000 (m)  
7:20 PM 5000 (w)

## SATURDAY, MARCH 21

### *Field Events*

1:00 PM Long Jump (m)  
Long Jump (w)  
2:00 PM Shot Put (w)  
Discus (m)  
3:00 PM Triple Jump (m)  
Triple Jump (w)  
4:30 PM Discus (w)  
Shot Put (m)

1:00 PM 4 x 100 Meter Relay (m)  
1:10 PM 4 x 100 Meter Relay (w)  
1:20 PM 1,500 Meter Run (m)  
1:30 PM 1,500 Meter Run (w)  
1:45 PM 110 Meter High Hurdles (m)  
2:00 PM 100 Meter Hurdles (w)  
2:15 PM 400 Meter Dash (m)  
2:30 PM 400 Meter Dash (w)  
2:45 PM 100 Meter Dash (m)  
2:55 PM 100 Meter Dash (w)  
3:10 PM 800 Meter Run (m)  
3:20 PM 800 Meter Run (w)  
3:40 PM 400 Meter Int. Hurdles (m)  
3:50 PM 400 Meter Int. Hurdles (w)  
4:00 PM 200 Meter Dash (m)\*  
4:20 PM 200 Meter Dash (w)\*  
5:00 PM 3000 Meter Run (m)  
5:15 PM 3000 Meter Run (w)  
5:30 PM 4 x 400 Meter Relay (m)  
5:45 PM 4 x 400 Meter Relay (w)

### *Running Events*

\* All athletes in the 200 meter dash must check in by 3:15 pm. The race will be seeded at time of check-in. \*

## SCHEDULE

### *FRIDAY - March 19*

<u>Decathlon- 10:00 AM</u>	<u>Heptathlon- 9:30 AM</u>
*100 meters	*100m Hurdles
*Long Jump	*High Jump
*Shot Put	*Shot Put
*High Jump	*200 meters
*400 meters	

### *SATURDAY- March 20*

<u>Decathlon- 10:00am</u>	<u>Heptathlon- 9:30 AM</u>
*110m High Hurdles	*Long Jump
*Discus	*Javelin
*Pole Vault	*800 meters
*Javelin	
*1500 meters	

*After the first event of each day, start times will be assigned upon completion of the previous events. 30 minutes minimum will occur between events with longer if need be based on facility consideration and event preparation.*