



Presents the



SACRAMENTO STATE

HORNET INVITATIONAL

Saturday - March 17, 2012

Hornet Stadium

***Host site: 2000 & 2004 Olympic Trials
2003, 2005-07 Outdoor NCAA Track Championships***

- MEET:** Hornet Invitational
- DATE:** Saturday, March 17, 2012
- WHERE:** Hornet Stadium, Sacramento State University
Host of the 2005-2007 NCAA Division I Outdoor Track & Field Championships
- DIVISIONS:** This meet is open to collegiate teams. Unattached and Club athletes must meet the entry standards in order to participate.
- ENTRIES:** Submit entries online via website: www.directathletics.com. Direct Athletics will be open for entries on Wednesday, March 7. Entry deadline will be at midnight on Tuesday, March 13, when the website will be closed. No additions will be accepted after this deadline. **Please see additional information on the next page.**
- ENTRY FEE:** Entry Fees for **unattached/club athletes** are \$20.00 per individual athlete per event (example 2 events entered = \$40), and \$20.00 per relay team. Unattached entry fees must be paid online at the time of registration (**see below information**). Entry Fees for **registered collegiate teams** are \$260.00 per gender, or \$520.00 for combined teams or \$20.00 per athlete which ever is less. Collegiate Entry Fees must be paid prior to the start of competition. **Checks should be made payable to: The University Foundation at Sacramento State** and sent to: **Attn: Track & Field, Sacramento State University, 6000 J. Street, Sacramento, CA 98519-6099**
- RULES:** NCAA rules will apply. The NO false start rule will be enforced. All running races are timed section finals. All field events are 3 attempt preliminaries with 8 advancing to a 3 attempt final. In the case where numbers are excessively large, we may allow only 4 attempts with no final.
- PRACTICE TIMES:** Hornet stadium and the throwing venues will be available for pre-meet practice on Friday, March 16 from **5:00 to 7:00pm**.
- FACILITIES:** Hornet Stadium is furnished with a 400 meter MONDO surface. The horizontal jumps and javelin approach are also made of MONDO. On all MONDO surfaces, the required spike length and type is ¼ inch pyramid or x-mas tree spikes. **NO needle spikes are permitted.** The throwing circles are of brushed concrete. **We will throw the shot put and discus out of two different circles concurrently.**
- WARM-UP AREA:** Hornet Stadium and the Alex G. Spanos Sports Complex has a 400 meter MONDO warm-up track. **All general warm-ups must be conducted on the warm-up track.**
- EVENT CHECK-IN:** All running event/relay teams must check-in with the clerk of the course 30 minutes prior to the event. Field event competitors will check-in at the respective event site at least 45 minutes prior to event.
- TIMING:** Fully automatic timing with Finish Lynx.
- WEIGH INS:** Weigh-ins will be conducted from 7:30am to 10:45am with first preference for the **women hammer and shot puts. They will be certified immediately and returned to the athlete/coach.** No implements will be certified for competition if they are not dropped off by 10:45am! Weigh-ins will be located in the warm up track southwest storage building.
- RESTROOMS:** The facilities are located on the back side of the west and east grandstand.
- LOCKER ROOMS:** Locker rooms are not available.
- INFORMATION:** For additional information contact Terry VanLaningham at trackcc@csus.edu.

**FIELD EVENT MINIMUM
DISTANCE LINES:**

All competitors will have their first legal throw or jump measured.
All others attempts will only be measured if they meet the Minimum Distance Requirement.

| | <u>MEN</u> | <u>WOMEN</u> |
|------------------------------|------------|--------------|
| Long Jump | 20' | 16' 1" |
| Triple Jump | 42' | 34' |
| High Jump (Opening Height) | 5' 8" | 4' 8" |
| *Pole Vault (Opening Height) | 13' | 9' |
| Shot Put | 41' | 33' |
| Discus | 130' | 105' |
| Javelin | 145' | 105' |
| Hammer | 130' | 115' |

- Two pits will be used for the pole vault if field sizes are large

IMPORTANT ENTRY INFORMATION:

COLLEGIATE ENTRY: In an attempt to maintain the quality and timeliness of the meet, each school is limited to 3 entries per event and one team per relay. They do not have to meet the entry standards. One additional entry per individual event may be allowed. If you enter 4, all the athletes entered must meet the entry standard listed below! If no entry standard is listed you may enter up to 4 athletes in individual events. All entries will require a seed mark, location, and date. Last years marks are acceptable.

**UNATTACHED
ATHLETES:**

Must meet the Unattached entry standards listed below. All entries will require a seed mark location, and date. You must pay your entry fee on-line at the time you submit your entry or it will not be accepted.

VERY IMPORTANT:

Your entry will be verified for accuracy. If it cannot be verified via the internet your entry will not be accepted and you will forfeit (no refund) your entry fee! You will not be notified if your entry is not accepted. **DO NOT ENTER WITH A FALSIFIED MARK!**

SATURDAY, MARCH 17, 2012
Tentative Meet Schedule

| Start | Field Event | Entry Standard for Unattached and 4th entry |
|--------------|--|---|
| 9:15 AM | Hammer Throw Men | 145' |
| | followed by Women | 155' |
| 9:30 AM | Javelin Throw Women (Warm Up Track Infield) | 120' |
| | followed by Men | 160' |
| 9:45 AM | Shot Put Women (Two Rings) If needed | 47' |
| | followed by Men (at conclusion of men's hammer) | 38' |
| 10:00 AM | Long Jump Men (West Pit) | 22" |
| 10:00 AM | Long Jump Women (East Pit) | 18" |
| 10:30 AM | Pole Vault Men | 15" |
| | followed by Pole Vault Women | 11'6" |
| 11:15 AM | High Jump Men | 6'3" |
| | followed by High Jump Women | 5'3" |
| 2:00 PM | Triple Jump Men (West Pit) | 45' |
| 2:00 PM | Triple Jump Women (East Pit) | 37' |
| 2:15 PM | Discus Throw Men (after men shot put) – Cage 1 | 150' |
| 2:30 PM | Discus Throw Women (after women hammer) – Cage 2 | 130' |

Field event schedule is subject to change based on actual entry numbers!

| Start | Running Event | Entry Standard for Unattached and 4th entry |
|--------------|------------------------------------|---|
| 9:30 AM | 5,000 Meter Women (A & B Sections) | 19:00 |
| | 5,000 Meter Men (A & B Sections) | 15:45 |
| | 4x100 Meter Relay Women | NS |
| | 4x100 Meter Relay Men | NS |
| | 1,500 Meter Run Women | 5:00 |
| | 1,500 Meter Run Men | 4:10 |
| | 100 Meter High Hurdles Women | 16.00 |
| | 110 Meter High Hurdles Men | 15.50 |
| | 400 Meter Dash Women | 60.00 |
| | 400 Meter Dash Men | 51.00 |
| | 100 Meter Dash Women | 12.80 |
| | 100 Meter Dash Men | 11.20 |
| | 800 Meter Run Women | 2:21 |
| | 800 Meter Run Men | 1:57 |
| | 400 Meter Int. Hurdles Women | 65.0 |
| | 400 Meter Int. Hurdles Men | 56.00 |
| | 200 Meter Dash Women | 26.00 |
| | 200 Meter Dash Men | 23.00 |
| | 3,000 Steeplechase Women | 12:00 |
| | 3,000 Steeplechase Men | 10:00 |
| | 4x400 Meter Relay Women | NS |
| | 4x400 Meter Relay Men | NS |

NS = No Standard

FINAL TIME SCHEDULE AND HEAT SHEETS WILL BE POSTED THE THURSDAY BEFORE THE MEET. We will consolidate and reseed heats whenever possible. WE WILL RUN AHEAD OF THE TIME SCHEDULE IF POSSIBLE!