



Meet Information

February 7-8, 2020

Entry Limits (2019 Last Accepted TFFRS Mark):

Entry Limits (2019's last accepted mark)											
Long Jump	32	(W: 5.50 M: 6.70)	60 M. Dash	48	(W: 7.98 M: 7.24)	800 M. Run	48	(W: 2:18.02 M: 1:55.95)			
Triple Jump	32	(W: 11.10 M: 13.55)	60 M. Hurdles	48	(W: 9.40 M: 8.86)	Mile Run	60	(W: 5:12.04 M: 4:21:16)			
Pole Vault	16	(W: 3.40 M: 4.50)	200 M. Dash	48	(W: 25.99 M: 23.27)	3000 M. Run	60	(W: 10:18.91 M: 8:48.20)			
High Jump	16	(W: 1.64 M: 1.97)	400 M. Dash	48	(W: 58.99 M: 50.84)	5000 M. Run	50	(W: 17:56.99 M: 15:10.11)			
Weight Throw	36	(W: 15:54 M: 13.59)	600 M. Run	18	(W: 1:46.53 M: 1:26.42)	4x400 M. Relay	N/A	(W: 3:56.97 M: 3:20.69)			
Shot put	36	(W: 11.65 M: 12.70)				DMR	12	(W: 12:16.75 M: 10:05.92)			

Entry Procedure:

- All institutions will submit entries online at Direct Athletics.
- Entries will be accepted based on performance, with the exception of institutions who have received a team guarantee.
- Field sizes will be limited in two steps. Entries will first be assessed against previous years' final accepted entry mark. Once entry marks have been verified and processed, we will then limit field sizes to the max numbers listed above.
- Unattached athletes wanting to compete can contact meet director, Cody Brousek at cbrousek@nd.edu with name, event, and **valid proof of performance** for approval.

Important Dates & Times

- December 1st 10:00am Direct Athletics Open for Entries
- February 2nd 5:00pm Entries Close
- February 3rd 10:00am Performance List/Accepted Entries Posted
- February 3rd 7:00pm Deadline for Coaches to make scratches
- February 6th Heat sheets will be distributed (All heats will be FINAL)

Entry Fee:

- \$400 per team. Each gender will be considered a separate team.
- Institutions not bringing a full team will be charged \$30.00 per accepted entry.
- Unattached athletes will be charged 30.00.
- Entry fee will be based upon accepted entries and not on how many athletes compete at the meet.
- Cash and check will be accepted as payment at the time of packet pickup. Entry can also be paid on Direct Athletics before the closure of entries on February 2nd.
- All checks can be made out to: University of Notre Dame
- Notre Dame Students with a valid Irish1Card and valid proof of performance within the standards will be allowed to compete for FREE.

Event Coverage: This year's Meyo Invitational will once again be featured and broadcast on the ACC Network Extra.

Facility:

- Meyo Field is located inside Loftus Sports Center. A 320 meter Mondo track will provide athletes an opportunity to race on the nation's largest NCAA legal indoor track. The Pole Vault, Long Jump, and Triple Jump will be contested on a raised Mondo runway. The High Jump will be contested on a plywood/Mondo surface placed on top of the turf infield. Throwing events will be contested on a wood circle with the sector lying within the turf infield.
- Preferred Lanes:
 - 60 M Dash: 4 – 3 – 5 – 2 – 6 – 1
 - 60 M Hurdles: 4 – 3 – 5 – 2 – 6 – 1
 - 200 M Dash: 5 – 6 – 4 – 3 – 2 – 1
 - 400 M Dash: 4 – 5 – 6 – 3 – 2 – 1
 - 600 M Run: 4 – 5 – 6 – 3 – 2 – 1
 - 4x400 M Relay: 4 – 5 – 6 – 3 – 2 – 1

Facility Restrictions:

- ¼" Pyramid Spikes **ONLY**. We ask that coaches please make sure all athletes have the correct spikes. Shoes may be checked at check in or at pre-race clerking. If spikes are not in compliance, the athlete will be disqualified.
- No marking chalk, cones, or duct tape will be allowed on the track or runways. Only athletic tape may be used.
- No electronic devices are allowed inside the competition area at any time.

Practice and Warm-ups:

- **Thursday, February 6th**: Only the track surface within Loftus Sports Center will be available from 3:00pm – 9:00pm. The field events will not be available for practice as other Notre Dame intercollegiate athletic teams will be using the infield for practice.
- **Friday, February 7th**: The Loftus Sport Center will open for practice and warm-ups beginning at 1:30pm. The facility will be shut down to the public before 1:30pm for meet setup. Warm-ups will be allowed on the track until the beginning of running events. At that time all warm-ups will be limited to the back stretch (during straightaway races) and the specified warmup area in the infield.

60 M. Dash & 60 M. Hurdle Advancement:

- We will follow rule 5.11 Article 2b as it pertains to advancement and finals.
 - We will contest 4 semi-final heats to take place on Saturday morning.
 - We will contest a 2 section final (4 athletes per section) to take place Saturday afternoon.
- Semi-final and final heats will be drawn following Rule 5.11: Article 3a

Team Camps:

- Please set up team camps on the pre-determined areas along the inside of the track.

Scoring:

- This competition will not be scored.

Packet Pick-up:

- Coaches' packets will be available on the balcony above the "Race like a Champion" sign beginning at 1:30pm on Friday, February 7th. For teams not able to pick up their pack on Friday, packets will also be available on Saturday beginning at 8:00am.

Clerking Procedures:

- Running Events: Athletes will report to the Hip Number table, located near the 40 yard line, at least 60 minutes prior to the start of their event. Hip numbers will be distributed at the clerking area. Athletes will then report to their respective start line no later than 10 minutes prior to the start of their event.
- Throwing event athletes must report at least 45 minutes prior to the start of your event.
- Horizontal and Vertical jump athletes must report at least 30 minutes prior to the start of your event.

Implement Weigh-in:

- All implements will be weighed in at the site of competition beginning 45 minutes prior to the start of competition.

Opening Heights & Progressions:

- Final opening heights and progressions will be determined upon the distribution of accepted entries on February 6th.
- As reference the opening heights and progressions from 2019 can be found below:
 - Women's Pole Vault: 3.15 M opening height increasing by 15 cm
 - Women's High Jump: 1.55 M opening height increasing by 5 cm
 - Men's Pole Vault: 4.00 M opening height increasing by 15 cm
 - Men's High Jump: 1.90 M opening height increasing by 5 cm

Field Event Finals:

- After preliminary rounds, we will advance the top 9 performances to the finals where they will receive 3 additional attempts.

Relay Team Restrictions:

- Each Institution will only be allowed **ONE** relay per event

Relay Cards:

- Relay cards are due 30 minutes before the start of the relay at the clerking table.

Shower Facilities:

- No locker room or shower facilities will be available.

Restrooms:

- Limited indoor restrooms will be available within Loftus Sports Center. Additional rest rooms will be available in the portable restroom trailer outside of the southwest corner of the track.

Parking/Directions:

- Parking information will be made available to all coaches and operation personnel one week prior to competition.

Sports Medicine:

- Athletic Trainers will be available 90 minutes before, during, and 30 minutes after the conclusion of competition. Trainers will be located in the Northeast corner of the facility.

Food & Drinks:

- Outside food is prohibited in the Loftus Sports Center. No food, Gatorade, or soft drinks are allowed. Teams wishing to cater in meals will be asked to eat in the hallway.

Results:

- Live results will be available at www.enduranceracetiming.com
- Paper copies of results will be made available for coaches and staff at the timing table near the finish line.
- Results will be uploaded to www.und.com on the Track and Field page under the "Home Meets" tab.

Questions or Further Information:

- Please contact meet director, Cody Brousek if you have any questions or are in need of further information at (574)631-6322 or cbrousek@nd.edu



Meet Schedule – **Tentative**
February 7-8, 2019

Friday, February 7th**Field Events**

4:00pm	Long Jump	W
4:00pm	Weight Throw	W
To Follow	Weight Throw	M
5:00pm	Pole Vault	M
6:00pm	High Jump	W
7:00pm	Triple Jump	M

Running Events

4:30pm	60 M Hurdles - Prelim	W
4:50pm	60 M Hurdles - Prelim	M
5:05pm	60 M Dash - Prelim	W
5:25pm	60 M Dash - Prelim	M
5:45pm	5000 M Run	W
6:25pm	5000 M Run	M
7:05pm	Distance Medley Relay	W
7:20pm	Distance Medley Relay	M
7:35pm	200 M Dash	W
8:05pm	200 M Dash	M
8:30pm	600 M Run	W
8:50pm	600 M Run	M

Saturday, February 8th**Field Events**

10:30am	Triple Jump	W
10:30am	Shot Put	W
To Follow	Shot Put	M
12:00pm	Pole Vault	W
1:00pm	High Jump	M
1:30pm	Long Jump	M

Running Events

9:45am	60 M Hurdles - Semi	W
9:55am	60 M Hurdles - Semi	M
10:05am	60 M Dash - Semi	W
10:10am	60 M Dash - Semi	M
10:15am	3000 M Run	W
10:45am	3000 M Run	M
11:15am	Mile Run	W
11:40am	Mile Run	M
12:05pm	400 M Dash	W
12:25pm	400 M Dash	M
12:45pm	800 M Run	W
1:05pm	800 M Run	M

----- ESPN Broadcast Intro -----		
2:05pm	60 M Hurdles - Final	W
2:10pm	60 M Hurdles - Final	M
----- ESPN Commercial Break -----		
2:15pm	60 M Dash - Final	W
2:15pm	60 M Dash - Final	M
----- ESPN Commercial Break -----		
2:20pm	400 M Dash	W
2:25pm	400 M Dash	M
----- ESPN Commercial Break -----		
2:30pm	Mile Run	W
2:40pm	Meyo Mile	M
----- ESPN Commercial Break -----		
2:50pm	800 M Run	W
3:00pm	800 M Run	M
----- ESPN Commercial Break -----		
3:10pm	3000 M Run	W
3:30pm	Ryan Shay 3000	M
----- ESPN Commercial Break -----		
3:45pm	4x400 M Relay	W
4:05pm	4x400 M Relay	M