Meyo Invitational

Meet Information
February 4\textsuperscript{th} – 5\textsuperscript{th}, 2022

COVID 19 Procedures/Precautions:
- In accordance with the Atlantic Coast Conference Medical Advisory Board, unvaccinated members of each institution's travel party are expected to complete a PCR test the week of competition. While test results and attestation forms will \textit{NOT} be collected this season, it is each institution's responsibility to make sure the policy is being followed.
- In accordance with University policy, masks \textbf{WILL BE REQUIRED} for all patrons when indoors. This does NOT apply to student-athletes while they are actively warming up or competing or coaches while they are actively coaching.

Entry Procedure:
- All institutions will submit entries online at Direct Athletics.
- Entry for the meet will close on Monday, January 31\textsuperscript{st} at 10:00am (EST).
- Unattached athletes wanting to be considered for competition can contact Director of Track & Field, Matt Sparks at msparks@nd.edu with name, event, and \textit{valid proof of performance}.

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 student-athlete up to 13 athletes.
- Unattached athletes will be charged 30.00.
- Entry fees can be paid via cash or check on the day of competition at packet pickup, or prior to competition on DirectAthletics.
- Please make all checks payable to “University of Notre Dame”.
- Notre Dame Students with a valid Irish1Card, who are accepted into the competition will be allowed to compete at no cost.

Entry Limits:

<table>
<thead>
<tr>
<th>Event</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>32</td>
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<tr>
<td>Triple Jump</td>
<td>32</td>
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<tr>
<td>Pole Vault</td>
<td>16</td>
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<tr>
<td>High Jump</td>
<td>16</td>
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<tr>
<td>Weight Throw</td>
<td>32</td>
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<tr>
<td>Shot Put</td>
<td>32</td>
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<tr>
<td>60 M. Dash</td>
<td>48</td>
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<tr>
<td>60 M. Hurdles</td>
<td>48</td>
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<tr>
<td>200 M. Dash</td>
<td>48</td>
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<tr>
<td>400 M. Dash</td>
<td>48</td>
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<tr>
<td>600 M. Run</td>
<td>18</td>
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<tr>
<td>800 M. Run</td>
<td>48</td>
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<tr>
<td>Mile Run</td>
<td>60</td>
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<tr>
<td>3000 M. Run</td>
<td>TBD</td>
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<tr>
<td>5000 M. Run</td>
<td>TBD</td>
</tr>
<tr>
<td>4X400 M. Relay</td>
<td>TBD</td>
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<td>DMR</td>
<td>12</td>
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</tbody>
</table>

Facility Overview:
- 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: 5 -6 – 4 – 3 – 2 – 1
  - 600 M Run: 5 -6 – 4 – 3 – 2 – 1
  - 4x400 M Relay: 5 -6 – 4 – 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.
- ONLY athletic tape may be used on high jump aprons, long/triple jump runways, and all other track surfaces. No duct tape is allowed.
- No electronic devices are allowed inside the competition area at any time.

Event Coverage: TBD

Team Camps:
- Please set up team camps on the predetermined areas along the inside of the track.

Scoring:
- This competition will not be scored.

Practice and Warm-ups:
- Practice times for Thursday & Friday will be distributed at a later date.

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

Packet Pick-up:
- Coaches’ packets will be available on the balcony above the “Race like a Champion” sign.

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 by meet management and will be included in FINAL HEAT SHEETS on February 3rd.
- As reference the opening heights and from 2020 can be found below:
  - Women’s Pole Vault: 3.46 M
  - Women’s High Jump: 1.54 M
  - Men’s Pole Vault: 4.55 M
  - Men’s High Jump: 1.91 M

4x400 Relay:
- Institutions will be allowed to enter up to 3 relays.
  - Relays will NOT be heated until check in, 30-45 minutes prior to the event to allow for full, competitive heats.

Relay Cards:
- Relay cards are due 30 minutes before the start of each relay to the timing table located at the finish line.

Shower & Restroom Facilities:
- No locker room or shower facilities will be available.
- 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.
● All other Sports Medicine questions can be directed to Morgan Buchs via email at mbuchs@nd.edu.

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

Media Information:
● All media related questions can be sent to Nicole Leighty at nleighty@nd.edu.

Questions or Further Information:
● Please contact Matt Sparks at msparks@nd.edu (574)631-1219 or Dillon Yearby at dyearby@nd.edu (812) 549-9722 with any additional questions you may have.
# Meyo Invitational

Meet Schedule – Tentative
February 4th – 5th, 2022

## Friday, February 4th

**Women's Pentathlon (Closed)**
- 11:30am 60 M. Hurdles
- 11:30am High Jump
- 11:30am Shot Put
- 11:30am Long Jump
- 11:30am 800 M. Run

**Field Events**
- 4:00pm Long Jump W
- 4:00pm Weight Throw W
- 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
- 5:15pm 60 M Dash - Prelim W
- 5:30pm 60 M Dash - Prelim M
- 5:45pm 600 M Run W
- 6:05pm 600 M Run M
- 6:25pm 5000 M Run W
- 6:55pm 5000 M Run M
- 7:25pm Distance Medley Relay W
- 7:40pm Distance Medley Relay M
- 7:55pm 200 M Dash W
- 8:30pm 200 M Dash M

## Saturday, February 5th

**Field Events**
- 10:30am Triple Jump W
- 10:30am Shot Put W
- 12:00pm Pole Vault W
- 1:00pm High Jump M
- 1:30pm Long Jump M

**Running Events**
- 10:00am 3000 M Run W
- 10:30am 3000 M Run M
- 10:55am Mile Run W
- 11:25am Mile Run M
- 11:50am 60 M Hurdles - Semi W
- 12:00pm 60 M Hurdles - Semi M
- 12:10pm 60 M Dash - Semi W
- 12:20pm 60 M Dash - Semi M
- 12:30pm 400 M Dash W
- 12:50pm 400 M Dash M
- 1:10pm 800 M Run W
- 1:30pm 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 800 M Run W
2:40pm 800 M Run M
----------- ESPN Commercial Break -----------
2:50pm Mile Run W
3:00pm Meyo Mile 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