THURSDAY, APRIL 18, 2019

12:00 pm  Decathlon
100m
Long Jump (Grass side runway)
Shot Put (Circle by 200m start)
High Jump (Purple/Yellow pit)
400 Meters

12:30 pm  Heptathlon
100 Hurdles
High Jump (Purple Pit)
Shot Put (Circle by LJ pit)
200 Meters

FRIDAY, APRIL 19, 2019

12:00 pm  Decathlon
110 Hurdles
Discus (Hammer/Discus Cage)
Pole Vault
Javelin
1500 Meters

12:00 pm  Heptathlon
Long Jump (Grass side runway)
Javelin
800 Meters
Saturday, April 20, 2019

Track Events - 12:00 PM start  - Rolling Schedule – all events are women followed by men except the High Hurdle finals. All races are final on time – All Events and all sections will be contested fast to slow

National Anthem
Senior Recognition
5000 Meters
4x100 Relay
1500 Meters
100/110 Hurdles Prelims
100 Meters Prelims
400 Meters
110/100 Hurdles Final (pending entries)
100 Meters Final (pending entries)
800 Meters
3000 Meters
400 Hurdles
200 Meters
3000 Steeplechase
4x400 Relay

Field Events – 10:00 AM Start
Events contested in Hammer Cage
10:00 AM Men’s Hammer
Women’s Hammer to follow 45 minutes after Men’s Hammer

Events contested on the infield
10:00 AM Women’s Javelin (High Jump Apron)
Men’s Javelin (High Jump Apron) to follow 45 minutes after Women’s Javelin
Women’s Shot Put to follow 45 minutes after Women’s Hammer
Men’s Discus to follow 45 minutes after Men’s Javelin
Women’s Discus to follow 45 minutes after Men’s Discus
Men’s Shot Put to follow 45 minutes after Women’s Shot Put

Jumps
10:00 AM Pole Vault - Women
2:00 PM Pole Vault - Men
12:00 PM Long Jump - Women (Track side runway)
12:00 PM Long Jump - Men (Infield side runway)
2:30 PM Triple Jump - Women (Track side runway)
2:30 PM Triple Jump - Men (Infield side runway)
1:45 PM High Jump - Women
App 4:00 PM High Jump – (45 minutes after Women’s High Jump)

**Appropriate warm-up time will be given to all field events**
Meet Information

Please direct all meet information questions, all seeding and all entry questions to:
Meet Director: Todd Wolin – twolin@albany.edu 518-265-9388

Meet is open to all athletes, College, Club, Open, High School (most compete unattached and be 16 years of age or older)

Entry and Entry Fees: Unlimited Entries - All entries and payments MUST go through directathletics.com
Entry Fee is $25.00 per individual events entered (2 EVENTS = $50.00). $50.00 per relay and $500.00 team maximum (Men’s and Women’s Teams are separate) (Late entry fee - $50.00) Entries close on Tuesday, April 16, 2019 @ 11:59pm

This is a non-scoring meet

On Wednesday, April 17, 2019 a descending order list of entries will be emailed to all Coach’s, please make sure I can read your email address. You will also receive an estimated time schedule based on the final meet entry.

Implement weigh-in: by the small white tent beyond the fence by the sprint/hurdle start line. Thursday/Friday – 10:00am – 11:30am Saturday - 8:30am - 1:00pm

Athletic Trainers:
Located by the Track offices past the common finish line.

Clerking:
Located under the large yellow and white tent beyond the fence by the sprint/hurdle start line.

Field Event Warm-up:
HJ – 45 minutes prior to event start
PV – 1 Hour prior to event start
LJ/TJ/Throws first 20 minutes general warm-ups than 10 minutes prior to each flight

Vertical Jumps (Based on 2019 IC4A/ECAC Qualifying Standards – subject to change)
Height Progressions:
High Jump
Women – 1.50, 1.55, 1.60, 1.65, **1.70**, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, etc.
Men – 1.82, 1.87, 1.92, 1.97, **2.02**, 2.07, 2.12, 2.15, 2.18, 2.21, 2.24, etc.

Pole Vault
Women – 2.95, 3.10, 3.25, 3.40, 3.55, **3.70**, 3.85, 3.95, 4.05, 4.15, 4.25, etc.
Men – 3.50, 3.65, 3.80, 3.95, 4.10, 4.25, 4.40, 4.55, 4.70, **4.85**, 4.95, 5.05, 5.15, 5.25, 5.35, etc.

Long Jump runways are 150’+
Long Jump boards are 9’ 8”
Triple Jump boards are 31’ 8”, 35’ 9.5”, & 40’ 8.5”.

Pole Vault runway is 130’
Javelin runway is 130’
T-Shirts - $20.00

**Throws/Horizontal Jump Warm-ups:** First 15 minutes general warm-ups than 15 minutes prior to current flight

**Field Events – 10:00 AM Start**

**Events contested in Hammer Cage**

10:00 AM  
Men’s Hammer  
Women’s Hammer to follow 45 minutes after Men’s Hammer

**Throws order - 1st legal throw will be measured**

10:00 AM  
Women’s Javelin (High Jump Apron)  
Men’s Javelin (High Jump Apron) to follow 45 minutes after Women’s Javelin  
Women’s Shot Put to follow 45 minutes after Women’s Hammer  
Men’s Discus to follow 45 minutes after Men’s Javelin  
Women’s Discus to follow 45 minutes after Men’s Discus  
Men’s Shot Put to follow 45 minutes after Women’s Shot Put

**Jumps order**

10:00 AM  
Pole Vault - Women  
2:00 PM  
Pole Vault - Men

12:00 PM  
Long Jump - Women (Track side runway)  
12:00 PM  
Long Jump - Men (Infield side runway)

2:30 PM  
Triple Jump - Women (Track side runway)  
2:30 PM  
Triple Jump - Men (Infield side runway)

1:45 PM  
High Jump - Women  
App 4:00 PM High Jump – (45 minutes after Women’s High Jump)

**Throws order - 1st legal throw will be measured**

Women’s Javelin Throw – Minimum measurement – 30.00m – **1st Throw is @ 10:00 am**

Women’s Hammer Throw – Minimum measurement – 40.00m – **1st Throw is @ 10:30 am**

Women’s Shot Put – Minimum measurement – 12.00m – **1st Throw 45 min after men’s weight**

Women’s Discus Throw – Minimum measurement – 30.00m – **1st Throw is**

Men’s Hammer Throw - Minimum measurement – 40.00m – **1st Throw is @ 10:00 am**

Men’s Javelin Throw - Minimum measurement – 40.00m – **1st Throw 45 min after women’s weight**

Men’s Shot Put – Minimum measurement – 12.00m – **1st Throw 45 min after women’s shot put**

Men’s Discus Throw - Minimum measurement – 38.00m – **1st Throw 45 min after women’s weight**

15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

**Horizontal Jumps - 1st legal jump will be measured**

Long Jump – **1st Jump is @ 12:00 pm** (Men and women compete at the same time on dual pits)  
Minimum measurements: Women: 5.00m  
Men – 6.00m

Triple Jump – **1st Jump is 45 minutes after Long Jump** (Men and women compete at the same time on dual pits)  
Minimum measurements: Women: 10.00m  
Men – 12.00m

15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final
**Vertical Jumps (Based on 2019 IC4A/ECAC Qualifying Standards – may change)**

Women’s Pole Vault (Women – runway opens at 11:30 am) – 1st Vault is @ 10:00 am
Men’s Pole Vault (Men – runway opens at 4:00 pm) – 1st Vault is 1 hour after Women’s PV

Height Progressions: Women – 3.00, 3.15, 3.30, 3.45, **3.60**, 3.75, 3.85, 3.95, 4.05, 4.15, 4.25, etc.
   Men – 4.20, 4.35, 4.50, 4.65, **4.80**, 4.95, 5.05, 5.15, 5.25, 5.35, 5.45, etc.

Women’s High Jump (Women & Men) (Dual pits) – 1st Jump is @ 1:45 pm
Men’s High Jump – 45 minutes after Women’s High Jump

Height Progressions: Women – 1.55, 1.60, 1.65, **1.70**, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, etc.
   Men – 1.89, 1.94, 1.99, **2.04**, 2.09, 2.14, 2.19, 2.22, 2.25, 2.28, etc.