

UNIVERSITY AT ALBANY

GREAT DANE CLASSIC

SATURDAY, JANUARY 12, 2019
OCEAN BREEZE TRACK & FIELD CENTER
10:30 AM – 7:00 PM

Order of Events – All events are Women followed by men fast to slow except where noted

<u>Track 10:30 am start **</u> (All events - women/men)		<u>Meet will run on schedule through 5,000m</u>
10:30 am	60m HH	Qualifying (seeds above #24)
11:15 am	60m	Qualifying (seeds above #24)
12:00 pm	60m HH Men followed by Women	Prelims – Top 24 plus top 8 from qualifying
12:30 pm	60m	Prelims – Top 24 plus top 8 from qualifying
12:50 pm	60m HH Women followed by Men	Finals – Top 8 from Prelims
1:00 pm	60m	Finals – Top 8 from Prelims
1:10 pm	5,000m	Final – One Section each
Running	One Mile Run	Final
Schedule	400m (1 st 5 heats only use blocks)	Final
	500m (1 st 5 heats only use blocks)	Final
	800m	Final
	1,000m	Final
	200m (1 st 5 heats only use blocks)	Final
	3,000m	Final
	4x400m relay	Final
	4x800m relay	Final – One Section each

Field Events (women then men except for High Jump, Long Jump, & Triple Jump)

10:30 am	Women's Weight Throw (men – 45 minutes upon completion of women)
10:30 am	Women's Pole Vault (men – 1 hour after Women's Pole Vault)
10:30 am	Both Men's & Women's Long Jump (dual pits)
TBD	Both Men's & Women's Triple Jump (dual pits) (45 minutes after Long Jump)
3:30pm	Both Men's & Women's High Jump (dual pits) (45 minutes after Women's Triple Jump)
TBD	Women's Shot Put (women followed by men) (45 minutes after men's Weight)

****All times are approximate – an updated time schedule will be sent after entries are complete.**

All Final running events are run **fast to slow**. The 4x400m relays will be run in the following order: Women's top 2 sections (fast to slow) followed by the Men's top 2 sections (fast to slow), Women's 3rd, 4th, 5th, etc., followed by Men's 3rd, 4th, 5th, etc.

Check-in/Scratches: All entries and scratches must check-in or scratch at the check-in table 1 hour prior to events listed start time, please circle number next to name to check-in and cross out name to scratch. Report back to clerks table 15 minutes prior to event for hip numbers.

Parking is in Lot 9

Admittance for spectators:

Adults - \$10.00

Students and children - \$5.00

Children under 12 - Free

Implement weigh-in: Facility opening-12:00 pm by the throws cage

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

Throws order - 1st legal throw will be measured

Women's Weight Throw – Minimum measurement – 12.75m – **1st Throw is @ 10:30 am**

Men's Weight Throw - Minimum measurement – 14.00m – **1st Throw 45 min after women's weight**

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

Men's Shot Put – Minimum measurement – 14.00m – **1st Throw 45 min after women's shot put**

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 – finals will be contested in long cage

Women (WT/SP) – 3 flights, flights 1 & 2 will be contested at the same time with flight 1 will be in the short cage and flight 2 will be in the long cage, flight 3 will follow flight 2 and finals will follow flight 3

Men (WT/SP) – 2 flights – both will be in the long cage, flight 1 followed by flight 2 followed by finals

Horizontal Jumps - 1st legal jump will be measured

Long Jump – **1st Jump is @ 10:30 am** (Men and women compete at the same time on dual pits)

Minimum measurements: Women: 5.30m Men – 6.50m

Triple Jump – **1st Jump is 45 minutes after Long Jump** (Men and women compete at the same time on dual pits)

Minimum measurements: Women: 11.00m Men – 13.50m

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 2017 IC4A/ECAC Qualifying Standards – may change)

Women's Pole Vault (Women – runway opens at 11:30 am) – **1st Vault is @ 10:30 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.

High Jump (Women & Men) (Dual pits) – **1st Jump is 45 minutes after Women's Triple 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.