

# **UNIVERSITY AT ALBANY** **UALBANY SPRING CLASSIC**

**FRIDAY-SATURDAY, APRIL 18-20, 2019**

**9UNIVERSITY AT ALBANY TRACK & FIELD STADIUM**

**(9 - 48" Lane State of the Art Facility)**

**Thursday/Friday – 12:00 PM – Combined Events**

**Saturday - 10:00 AM Field Events / 12:00 PM Track Events**

## **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](mailto: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](http://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 – **1<sup>st</sup> Throw is @ 10:00 am**

Women's Hammer Throw – Minimum measurement – 40.00m – **1<sup>st</sup> Throw is @ 10:30 am**

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

Women's Discus Throw – Minimum measurement – 30.00m – **1<sup>st</sup> Throw is**

Men's Hammer Throw - Minimum measurement – 40.00m – **1<sup>st</sup> Throw is @ 10:00 am**

Men's Javelin Throw - Minimum measurement – 40.00m – **1<sup>st</sup> Throw 45 min after women's weight**

Men's Shot Put – Minimum measurement – 12.00m – **1<sup>st</sup> Throw 45 min after women's shot put**

Men's Discus Throw - Minimum measurement – 38.00m – **1<sup>st</sup> Throw 45 min after women's weight**

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

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

Long Jump – **1<sup>st</sup> 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 – **1<sup>st</sup> 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 1<sup>st</sup> flight, 15 minute warm-up for 2<sup>nd</sup> 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) – **1<sup>st</sup> Vault is @ 10:00 am**

Men's Pole Vault (Men – runway opens at 4:00 pm) – **1<sup>st</sup> 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) – **1<sup>st</sup> 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.