Field Events:

- **Pole Vault:**
  - Starting heights will be 2.80m for women and 3.90m for men.
  - Both genders’ height will increase by 0.15m.
  - If there are any collegiate athletes that do not meet this standard, coaches may contact the Meet Director for any special accommodations.

- **High Jump:**
  - Starting heights will be 1.40m for women and 1.80m for men.
  - Both genders’ height will increase by 0.05m.
  - If there are any collegiate athletes that do not meet this standard, coaches may contact the Meet Director for any special accommodations.

- **Horizontal Jumps:**
  - All athletes will receive 3 prelims jumps and 3 finals jumps.
  - If there are sufficient numbers of athletes, more than one flight will compete with the top 9 jumpers advancing to the final.
  - Long Jump board is 3.80m.
  - Triple Jump boards are 10.0m, 11.0m, and 12.5m.

- **Throws:**
  - All athletes will receive 3 prelims throws and 3 finals throws.
  - If there are sufficient numbers of athletes, more than one flight will compete with the top 9 throwers advancing to the final.
  - The Hammer/Discus ring is located off-site at Doubenmier Field (see map).

- **Minimum measurements:**
  - The Meet Director reserves the right to initiate the use of minimum measurements in the horizontal jumping and throwing events if the field sizes deem it necessary.

Seeding:

- All races will be seeded as finals against time.
- In the case of multiple flights of the horizontal jumps, seeding will be based on submitted marks. Longer marks will be in the later flights.

Lanes:

- For the straightaway races, preferred lane order will be as follows: 4-5-3-6-2-7-8-1.
- For the oval races, preferred lane order will be as follows: 4-5-6-3-7-2-8-1.
- For the 800m, a one-turn staggered start may be used. Alleys for the start will be: lanes 1-4 and lanes 5-8.

Team Scoring:

- All Division 1 teams will be scored against one another to assist with teams needing to meet the Division 1 minimum competitions rule. Scoring through 8 places shall be adopted for primary scoring (10-8-6-5-4-3-2-1).
Entry Procedures:

- Online only at Direct Athletics.
- Make sure to print out a hard copy of your entries after you have entered all your athletes.
- You may begin processing entries on March 7, 2018. **FINAL ENTRIES MUST BE DECLARED NO LATER THAN MARCH 28, 2018 AT 11:59PM MDT.** Please note, individual athletes will need to submit payment on Direct Athletics to avoid a late fee (see section below). Team payments can be made either on Direct Athletics or in person on meet day.
- Unattached/Open athletes are allowed by invite only. Contact meet director for registration directions.

Entry Fees:

- $15.00 per athlete and/or relay, not to exceed $150 per team. Combined team entry fee not to exceed $300 for dual gender programs.
- Unattached entries are $15.00 per event.
- Payment will be accepted by credit card through Direct Athletics or cash/check on race day for teams.

Check-in Procedure:

- Track Athletes - All track athletes may report to the clerk’s table **30 minutes** prior to the scheduled starting time of their race. Once reported to the clerk’s table, the athletes will then have access to the track and straightaway or the infield as long as no other events are being contested. Athletes must report to the marshalling area 10 minutes prior to the scheduled starting time of their event or risk being scratched from competition.
- Field Event Athletes - Field event athletes may report to the clerk’s table **60 minutes** prior to the scheduled starting time of their event. Discus/hammer competitors will report to the official(s) at the Doubenmeyer Field throwing facility. Athletes will not be allowed to warm-up on runways or in the ring until the specified times per event.
  - **Throws:** Athletes are allowed in the ring for warm-up 60 minutes prior to the start of the event. Additionally, 15 minutes will be allowed between flights and before finals.
  - **Long/Triple/High Jump:** Athletes are allowed on the runway/apron for warm-up 30 minutes prior to the start of the event. Additionally, 15 minutes will be allowed between flights and before finals.
  - **Pole Vault:** Athletes are allowed on the runway for warm-up 90 minutes prior to the start of the event.

Implement Certification:

- All implements in both the Weight Throw and Shot Put will be checked-in by the Meet Officials from 8:30-9:30am.
- Please do not bring implements to the Inspection table before check-in.
- Protests:
  - Rule 4-4.10a: Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 15 minutes after the results have been posted.
  - Protests should be made at the information table located near the finish line of the
Facility Restrictions:

- The use of 1/4” pyramid spikes will be enforced. High jump spikes with the recessed spike elements will be allowed to use 3/8” spikes.
- No marking chalk will be allowed on track or runways.

Pre-Meet Warm-Up:

- **FRIDAY, March 30th:**
  - Please contact the meet director if there are any facility needs.
- **SATURDAY, March 31st:**
  - The facility gates will open at 8:00am.
  - All warm-ups will take place on the track and infield. Please be mindful of events being contested on the track and infield throughout the day.

Athletic Training Facilities:

- Located at the northeast end of the track. Please refer to the track diagram for additional information.

Team Parking:

- All team vans and buses should drop off athletes/staff on the SOUTHEAST side of Nottingham Field. Parking will be on the north side of Nottingham Field. No special parking pass is required.
- There is a volleyball tournament on the same day as the Tom Benich Invitational. The parking to the east of the track will be for the teams and spectators participating in that tournament.

Results:

- Results will be available in the High Plains Rooms at the top of the stadium on the west side as soon as possible after the meet is completed. Please allow the timing officials and meet personnel the time to get this completed.
- Results will be posted during the meet on the windows of the High Plains room located at the top of the stadium on the west side of the track. A formal copy of the results will be made available on our website at www.uncbears.com.

Coaching boxes:

- Coaching boxes will be clearly marked around the perimeter and on the infield of the track.
- No athletes are allowed on the infield except those athletes competing in a field event that is in progress.
- Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.

Officials/Coaches Hospitality:

- There will be a hospitality room for officials and coaches located in the High Plains Room of Nottingham Field.
- The hospitality room will have both breakfast and lunch through the course of the meet.

Directions to Facilities:

- **From US HWY 34:**
  - Turn north onto 11th Avenue.
  - Take 11th Avenue to 20th Street. Take a left on 20th Street.
• Take 20th Street to 14th Avenue. Take a left on 14th Avenue.
• Follow the road in front of the parking lot, which will take you to Nottingham Field.

• From US HWY 85:
  • Turn west onto 20th Street.
  • Take 20th Street to 14th Avenue. Take a left on 14th Avenue.
  • Follow the road in front of the parking lot, which will take you to Nottingham Field.

Meet Director:
Matt Robbins
Phone: (970) 415-0975    Email: matthew.robbins@unco.edu

OPEN/UNATTACHED EVENT ENTRY STANDARDS: M/W

100-Meters: 11.5/13.0
110-Meter Hurdles: 16.0/15.0
200-Meters: 24.0/27.0
400-Meters: 54.0/63.0
300-Meter Hurdles: 45.0/53.0
400-Meter Hurdles: 60.0/70.0
800-Meters: 2:10.0/2:45.0
1500-Meters: 4:55.0/5:45.0
1600-Meters: 5:15.0/6:05.0
3200-Meters: 10:45.0/12:40.0
5000-Meters: 17:40.0/21:00.0
10000-Meters: 36:00.0/42:00.0
High Jump: 5’8”/4’4”
Long Jump: 16’6”/13’6”
Triple Jump: 41’0"/33’0”
Pole Vault: 12’0”/9’2”
Shot Put: 38’0”/35’0”
Discus: 90’0”/80’0”
Javelin: 100’0”/70’0”
Hammer: 100’0”/90’0”
# University of Northern Colorado Tom Benich Invitational
## Outdoor Track & Field Meet
### Nottingham Field - Greeley, Colorado
#### Saturday, March 31, 2018

## Schedule of Events

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Men's Javelin</td>
<td>11:45am</td>
<td>National Anthem</td>
</tr>
<tr>
<td></td>
<td>*Women's Javelin to follow</td>
<td>12:00pm</td>
<td>Women's 3000m Steeple</td>
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<td></td>
<td>12:15pm</td>
<td>Men's 3000m Steeple</td>
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<td></td>
<td></td>
<td>12:30pm</td>
<td>Women's 4x100m Relay</td>
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<td>12:35pm</td>
<td>Men's 4x100m Relay</td>
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<td></td>
<td>12:40pm</td>
<td>Women's 1500m</td>
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<tr>
<td></td>
<td></td>
<td>12:50pm</td>
<td>Men's 1500m</td>
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<td>1:05pm</td>
<td>UNC Track &amp; Field Seniors Recognition</td>
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<tr>
<td>10:00am</td>
<td>Men's Hammer</td>
<td>1:20pm</td>
<td>Women's 100m Hurdles</td>
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<tr>
<td></td>
<td>*Women's Hammer to follow</td>
<td>1:35pm</td>
<td>Men's 110m Hurdles</td>
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<tr>
<td></td>
<td>Men's Discus (30 min after W Hammer)</td>
<td>1:50pm</td>
<td>Women's 400m</td>
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<tr>
<td></td>
<td>*Women's Discus to follow</td>
<td>2:00pm</td>
<td>Men's 400m</td>
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<td>2:15pm</td>
<td>Women's 100m</td>
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<td>2:25pm</td>
<td>Men's 100m</td>
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<tr>
<td>10:30am</td>
<td>Women's Shot Put</td>
<td>2:40pm</td>
<td>Women's 800m</td>
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<tr>
<td></td>
<td>*Men's Shot Put to follow</td>
<td>2:50pm</td>
<td>Men's 800m</td>
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<td>3:00pm</td>
<td>Women's 400m Hurdles</td>
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<tr>
<td>10:30am</td>
<td>Men's Long Jump</td>
<td>3:10pm</td>
<td>Men's 400m Hurdles</td>
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<td></td>
<td>Men's Pole Vault</td>
<td>3:20pm</td>
<td>Women's 200m</td>
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<tr>
<td>12:00pm</td>
<td>Women's Long Jump</td>
<td>3:30pm</td>
<td>Men's 200m</td>
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<td>Women's Pole Vault</td>
<td>3:40pm</td>
<td>Women's 5000m</td>
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<td>4:00pm</td>
<td>Men's 5000m</td>
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<tr>
<td>1:30pm</td>
<td>Men's Triple Jump</td>
<td>4:20pm</td>
<td>Women's 4x400m Relay</td>
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<td>2:00pm</td>
<td>Women's High Jump</td>
<td>4:30pm</td>
<td>Men's 4x400m Relay</td>
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<td>*Men's High Jump to follow</td>
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<tr>
<td>3:00pm</td>
<td>Women's Triple Jump</td>
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Note:

Meet will run as scheduled and may go up to 10 min ahead.