

# **WEBER STATE INDOOR INVITATIONAL**

## **January 26-27, 2024**

We are very happy to invite you to the 30<sup>th</sup> Annual Weber State University Developmental Indoor Track and Field Meet. The Jumps and Throws will be Friday and the Track events on Saturday. Track events and Jumps will be held at the Weber State Swenson Gym (Wildcat Center, 3848 Harrison Blvd, Ogden UT 84408). **The Shot Put will be on Friday at the Weber County Sports Complex – 4390 Harrison Blvd, Ogden, UT 84403** (to the northwest of the Dee Events Center).

The field events will be competed on Friday beginning at 4:00pm and the track events will be competed on Saturday beginning at 9:00am.

### **MEET INFORMATION AND ENTRY INSTRUCTIONS**

- 1. Registration** - Entries will be through [www.runnercard.com](http://www.runnercard.com) – The meet access code for team registration is “wildcat”. Registration will close at 7:00pm on Thursday, January 25. **\$5 per event and \$12 per relay.** Individuals who register will need to pay online at the time of registration; a transaction fee will be included (**make sure to click on “Individual Sign Up”**). Teams who register will need to pay by check or cash at the meet (checks made out to “Weber State Track & Field”). **Please only use the “Team Registration” option if you are entering 4 or more athletes.**
- 2. Late Registration** – Registration on the day of the meet will be \$10 for the first event and \$5 for any additional events. Late registration will take place at the bullpen.
- 3. Seeding** – We will seed the events based on the marks entered at registration. Please tell your athletes to enter a seed mark for their events.
- 4. Bullpen** – Athletes should report to the bullpen 20 minutes prior to the start of their event. The bullpen will be located at the north end of the arena. Field event athletes should report to the field event for check in 20 minutes prior to the event.
- 5. Entrance and Parking** – Entrance both days is at the south, lower level doors near the soccer field. Parking for buses and cars in the in the lot west of the football stadium.
- 6. Spectators** – Admission will be \$5 for all spectators (14 and older). Coaches will not be charged.
- 7. Results** – Results will be posted at the meet and will be available online at [www.runnercard.com](http://www.runnercard.com)
- 8. Starting Heights** – Starting Heights and progressions will be as follows:
  - Girls Pole Vault – 7’00, 8’00, 9’00, 9’06, 10’00, 10’06, 11’00, 11’06, 12’00, 12’06, etc.
  - Boys Pole Vault – 8’06, 9’06, 10’06, 11’06, 12’00, 12’06, 13’00, etc.
  - Girls High Jump – 4’02, increase by 2”
  - Boys High Jump – 5’02, increase by 2”

\*All Long Jump and Shot Put Marks will be measured (no minimum marks)
- 9. Awards** – T-shirts will be awarded to the top 3 finishers in each event and the top 3 teams in the relays.
- 10. Spikes** – We have been given permission from the Stromberg Arena to allow the use spikes (1/4” pyramid) on Friday in the jumping events (High Jump, Long Jump, Pole Vault). **However, No Spikes will be allowed in the arena on Saturday** with the exception of the 55m Hurdles and 55m Dash FINALS. This is because of quantity of athletes and the risk of damage to the basketball courts. Please remove the spikes from your shoes prior to entering. We will check shoes at the bullpen and starting line.
- 11. Facility Regulations** – No food or drink will be allowed in the arena (other than water).
- 12.** Due to fire code, no one will be allowed on the suspended track or on the connecting walkway.
- 13. Shoe/Shirt Sale** – Running shoes, spikes, and Weber State t-shirts will be for sale at a discounted price.
- 14. Contact: Corbin Talley – 801-580-8713 – corbintalley@weber.edu**

# SCHEDULE OF EVENTS

## Friday, January 26, 2023

### **Swenson Gym, Wildcat Center – 3848 Harrison Blvd, Ogden, UT 84408**

4:00pm Girls Long Jump: Trials and Finals (Boys to Follow)

4:00pm Girls Pole Vault (Boys to Follow)

4:30pm Boys High Jump (Girls to Follow)

### **Weber County Sports Complex – 4390 Harrison Blvd, Ogden, UT 84403**

4:30pm Boys & Girls Shot Put: Trials and Finals (Two Rings)

Boys & Girls Weight Throw – to Follow Shot Put

## Saturday, January 27, 2023

**NO SPIKES ALLOWED (IN SHOES) – Except in Finals (55m Dash and Hurdles)**

**Meet begins at 9:00am – Events will proceed in the following order.**

**Girls Run First in All Events**

9:00am 55m Hurdles

55m Dash

3200m Run

55m Hurdles Finals (2 Heats - Top 12) – (Spikes Allowed)

55m Dash Finals (2 Heats - Top 12) – (Spikes Allowed)

400m Dash

800m Run

200m Dash

1600m Run

4 x 400m Relay

4 x 800m Relay

Distance Medley Relay (1200-400-800-1600)