2013 MOUNTAIN STATES GAMES

***February 1rd & 2nd***

***FRIDAY AND SATURAY at:
IDAHO STATE UNIVERSITY in HOLT ARENA***

**Entries:** Unlimited, this is an **Open Meet**

**Scoring: Non-Scoring -**  top 8 athletes will advance to finals.

**Entries:** **Enter online:**

**College/Open use Direct Athletics - \* *High School athletes use runnercard.com***

**Entries due noon, Wed., January 30th - Changes or updates due by noon, Thursday, January 31st.**

**Starting Heights:** TBD: based on BSC and NCAA qualifying standards – Starting heights will attempt to best accommodate all of the entered participants within demands of the schedule.

**Awards: 1st Place Individual and Relay receive awards**.

**Entry Fee:** Collegiate Teams: $50.00 per gender / All others: $5.00 per athlete per event

**Contact** Dave Nielsen, ISU Head Track and Field Coach

**Information** nieldave@isu.edu / 208-406-9231 (cell) /208-282-3299 (office) / 208-282-3760 (fax)

**Meet Schedule**

***Note:***

* **Schedule subject to change based on number of entries. Revised schedule will be emailed to all teams/competitors by Thursday, January 31st.**
* ***High school sections in each running event following each and every collegiate/open event including prelims and finals. There will be no high school invitational events. High school field events will follow the same starting time as the corresponding collegiate/open field events. There will be a competitive opportunity for high school competition in every field event listed.***

**FRIDAY – February 1, 2012**

# Combined Events:

 12:00 Heptathlon – run on a rolling schedule

 12:15 Pentathlon – run on a rolling schedule

# Track Events -- men run first Field Events

6:00 60 Hurdle – prelims ***(HS section follows)*** 5:30 Weight Throw – men

6:25 60 Dash – prelims ***(HS section follows)*** Long Jump - men

6:45 5000 ***(HS section follows)*** 6:00 Pole Vault – men

7:30 200 Prelims ***(HS section follows)*** High Jump – women

7:50 Distance Medley ***(HS section follows)*** 7:00 Shot Put – women

Long Jump – women

***SATURDAY – February 2, 2012***

# Track Events – men run first Field Events

 9:30 60m Hurdle (hep men) 10:00 Pole Vault (hep men)

11:00 Open Mile ***(HS section follows)*** 11:00 Weight Throw - women

11:25 Open 400 ***(HS section follows)*** Triple Jump – men

11:50 Open 800 ***(HS section follows)*** 12:30 High Jump – men

12:15 Open 3000 ***(HS section follows)*** Pole Vault – women

## 12:50 1000 (heptathlon men) 1:00 Triple Jump – women

##  Shot Put - men

## FINALS and INVITATIONAL

1:10 Invitational Mile (9 in field)

1:30 60m Hurdle Final ***(HS section follows)***

1:45 Invitational 400

2:00 60m Dash final ***(HS section follows)***

## 2:15 Invitational 800 (9 in field)

2:30 200m final ***(HS section follows)***

2:45 Invitational 3000 (12 in field)

3:15 4 x 400m Relay ***(HS section follows)***