

Coaches vs Domestic Violence Invitational

UNIVERSITY of RHODE ISLAND

NOTES FOR VISITING COACHES

Entries: Entries will be done on-line at "Directathletics.com". Submit entries by 5:00pm **Thursday** before the meet.
This is a scoring Intercollegiate meet. **No "Open" or "Unattached" personnel will be considered.**

Entry Fee: \$10.00 per person to a maximum of \$250 per gender. Payable to: University of Rhode Island.

Seeding: Plattsys.com will handle seeding, timing, results and TFRRS reporting.

Track Events: Heats will be drawn from rank order lists per NCAA procedures. Races: Fast to slower.
Preferred lanes in 200 only (5,6,4,3,2).

Field Events: Best performers in the last flight. Random order within flights. Opening Heights: TBA. (Suggest 6'0", 12'6", 5'1", 9'0")

Entry Limits, Scoring: Please limit entries to competitive athletes. Scoring: Per NCAA.

Tentative TIME SCHEDULE attached. We will attempt to tighten-up the schedule after Entries Close. We will also try to condense the field events to save time.

Results: Posted immediately as available. Typed results and photocopies of all event sheets will be available after the meet.
FAX: We will fax results to your SID and/or newspapers. Just give us the numbers.
The University of Rhode Island and/ or Plattsys.com will send results to "Directathletics.com", TFRRS.

Lockers/ Showers available: Contact us in advance. Bring your own towels, soap and security for valuables.

TRACK TECHNICAL INFORMATION

Strictly Enforced - Mackal Rules: No food, beverages, gum or tobacco allowed - Strictly Enforced

Track Events: 1/8" or 1/4" pyramid-type spikes **ONLY** in ALL events including High Jump. **No pin spikes or Christmas Trees.**

All surfaces are **MONDO**. Six 42" lanes w/ 70' radius. Eight 42" sprint/ hurdle lanes.
Newton blocks will be provided. (Block holders recommended) Timing: Fully Automatic by Plattsys.com.

Field Events: Shot/ 35#: Plywood circle. Indoor implements required. MF-style bag weights **ONLY**
All Jump approaches: 130'+. **Important: Spikes: 1/8" or 1/4" pyramid ONLY** including High Jump.
Between flights: 10 minutes or 2x on runway/circle, whichever comes first. 20 minutes between LJ-TJ, 35Wt – SP.

Directions: I-95 to Exit 3A, Rt 138 East. Mackal Fieldhouse is located on your left, 8-9 miles east of I-95. Use any available parking area. The main entrance is on the right side of the building as you approach.

Practice Times: If your team needs to practice the day before the meet, let URI Coaches know. **Locker Rooms** and showers are available. Please secure your own valuables.

Trainers: Available from one hour before the first event until the conclusion of the meet.. Any special problems, let me know.

Housing: Contact Hampton Inn, South Kingstown, RI. 401-788-3500. 7.5 miles from campus. Applebee's, theater close by. Mention URI Track and Field.

FOOD Available for team orders : Gansett Wraps 401-792-9292/ 401-789-8989fax, Ronzio Pizza 401-782-8360. SubWay: 789-4490.
NO FOOD in MACKAL Fieldhouse

URI is pleased to host the

Coaches vs Domestic Violence

and

TRIBUTE to SENIORS

with

AIC, Brown, Bryant, CCSU, New Hampshire, Providence, U of Rhode Island, Stonehill, , UMassAmherst, USCoast Guard, Franklin Pierce

February 6, 2016 @ 11:00

Projected TIME SCHEDULE

10:15	Senior Recognition URI Women	Laurie Feit-Melnick
10:25	Senior Recognition URI Men	John Copeland
10:45	National Anthem	

ORDER of EVENTS and Projected TIME SCHEDULE

10 minutes or 2 warm-ups between flights and 20 minutes between events

FIELD EVENTS

11:00	M 35# Weight M		
11:00 **	W Shot	On Second Circle	
11:00	W Long Jump		Rick Lajoie/ Rachel Amaral
11:30	M High Jump	(Suggest 6'0")	Robert Pereira
11:30	W Pole Vault	(Suggest 9'0")	Ann Rothenberg
tba	W 20# Weight	(after M 35#) (Est 1:30pm)	
tba	M Long Jump	(after W Long Jump)	
tba	W High Jump	(after M High Jump) (Suggest 5'1")	
tba	M Pole Vault	(after W Pole Vault) (Suggest 12'6")	
tba	M Shot	(after W 20#) (Est 3:30pm) (Possibly using Two Circles: Seeded Flight in Cage, Unseeded on Infield. Finals in Cage)	
tba	W Triple Jump	(after M Long Jump)	
tba	M Triple Jump	(after W Triple Jump)	

OFFICIALS

Dick Hathaway, Keith Johnston

TRACK EVENTS

Women Run First except in the Finals of the 60m Hurdles

Track Events will run ahead of posted times if possible

12:15	60m Hurdle Trials	OFFICIALS	
12:35	60m Dash Trials	Meet Director	Gina Sperry
12:50	Mile	Track Administrator:	Gina Sperry
1:20	60m Hurdle FINAL (men first)	Starter:	Clark Lowrey
1:30	400m	Results/ Scorer:	Sharon Kennedy Hollay, Kat Hollay Wilhelm
1:50	500m	Head Clerk:	Veronica Hobbs
2:10	60m FINAL	Head Finish Judge:	Robert Rothenberg Timer: Cynthia Wynegar
2:15	800m	Track Referee:	Steve Croughan
2:35	1000m	Field Referee:	Nicole Bullock
2:55	200m	Timing/ Results:	Plattsys.com
3:25	3000m	Event Staff Coordinator:	Beryl Johnston
4:00	DistanceMedleyRelay	Announcer:	Ethan Sobel
4:20	4x400m Relay	Head Umpire, Inspector:	Janice Tetreault
5:00		Scoreboard:	Evan Keith
		Officials Coordinator:	Sue Wilbur

Please attend future HOME MEETS.....

Sat-Sun, February 20-21, 2016:

ATLANTIC 10 CHAMPIONSHIPS

9:00 am-5:00pm