Entries: Entries will be done on-line at "Directathletics.com".
This is an "OPEN", Non-scoring meet.
Submit entries by 9:00pm Tuesday before the meet.
Entry Fee: Payable to: University of Rhode Island.
$10.00 per person to a maximum of $300 per gender.
No High School age personnel will be considered.
Field Events:
Track Events:
Seeding: Plattsys.com will handle seeding, timing, results and TFRRS reporting.
Track Events: Heats will be drawn from rank order lists per NCAA procedures.
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"/ 126", 5’1", 9’0")
Entry Limits, Seeding: Please limit entries to competitive athletes.
Results: This is an "OPEN", Non-scoring meet.
Results: Posted immediately as available. Typed results and photocopies of all event sheets will be available after the meet.
Seeding: 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.
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.
The University of Rhode Island and/or Plattsys.com
will handle seeding, timing, results and TFRRS reporting.

**TRACK TECHNICAL INFORMATION**

- Indoor implements required.
- No pin spikes or Christmas Trees.
- NO FOOD in MACKAL Fieldhouse

**ORDER OF EVENTS and TIME SCHEDULE**

15 minutes or 2 warm-ups between flights and 20 minutes between events
** Should field sizes dictate, a second throws circle may be used.

No High School age personnel will be considered.

**TRACK EVENTS**

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

**SCORING**

Non-Scoring, Open Meet