

Sorlien Memorial Invitational

UNIVERSITY of RHODE ISLAND

NOTES FOR VISITING COACHES

Entries: Entries will be done on-line at **"Directathletics.com"**. Submit entries by 9:00pm **Tuesday** before the meet.
This is an NCAA, Division I scoring Intercollegiate meet. No "Open" or "Unattached" personnel will be considered.

Entry Fee: \$10.00 per person to a maximum of \$300 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. NCAA, Division I 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**, new for the 2012 season. 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, SubWay: 789-4490.

NO FOOD in MACKAL Fieldhouse

Sorlien Memorial Invitational

with
AIC, Connecticut(m), Providence, Rhode Island, SCSU, Stonehill, Quinnipiac (w)
January 21, 2017 @ 11:00am

Projected TIME SCHEDULE

Wed-Th, January 18-19, 2017 2:00pm Heptathlon 2:00pm, 10:00am

10:45am National Anthem TBA

ORDER of EVENTS and TIME SCHEDULE

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

** Should field sizes dictate, a second throws circle may be used.

FIELD EVENTS

11:00	M 35# Weight	M	Cage	
11:00 **	W Shot		** On Second Infield Circle	
11:00	W Long Jump			
11:30	M High Jump		(Suggest 6'0")	
11:30	W Pole Vault		(Suggest 9'0")	
tba	W 20# Weight		(after M 35# in Cage) (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) ** (Perhaps 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
TBA, Rachel Amaral
Chris DiFronzo, Tolu Fayanjula
Matt Hird
Ann Rothenberg
Dick Hathaway, Keith Johnston
Chris DiFronzo, Tolu Fayanjula
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Ann Rothenberg
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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		<u>OFFICIALS</u>	
12:40	60m Dash Trials		Meet Director	Gina Sperry
12:55	Mile		Track Administrator:	Gina Sperry
1:25	60m Hurdle FINAL (men first)		Starter:	Clark Lowrey
1:35	400m		Results/ Scorer:	Sharon Kennedy Hollay, Kat Hollay Wilhelm
1:55	500m		Head Clerk:	Veronica Hobbs
2:20	60m FINAL		Head Finish Judge:	Robert Rothenberg Timer: Cynthia Wynegar
2:30	800m		Track Referee:	Steve Croughan
2:50	1000m		Field Referee:	Nicole Bullock
3:05	200m		Timing/ Results:	<u>Plattsys.com</u>
3:35	3000m		Event Staff Coordinator:	Beryl Johnston
4:20	4x800m		Announcer:	Ethan Sobel
4:45	4x400m Relay		Head Umpire, Inspector:	Janice Tetreault
			Scoreboard:	Evan Keith
			Officials Coordinator:	Sue Wilbur

Scoring: 7,5,4,3,2,1 . Relays: 7, 5, 4 (3 D I teams)

Please attend future HOME MEETS.....

Sat, February 4, 2017:

Coaches Tribute

11:00am-5:00pm