

Rhode Island Multi-Event Qualifier

January 17-18, 2017

TIME SCHEDULE

Wednesday, January 17th, 2017

2:00 pm Heptathlon event #1 60m Dash
2:30 est** Heptathlon event #2 Long Jump
3:30 est** Heptathlon event #3 Shot Put
4:40 est** Heptathlon event #4 High Jump

**We will run the events on a rolling basis when the athletes are ready.
We will aim for 20 min between events, 30 min before the vertical jumps.

Thursday, January 18th, 2017

10:00 am Pentathlon event #1 60m Hurdles
10:15 am Heptathlon event #5 60m Hurdles
10:40 est** Pentathlon event #2 High Jump
10:55 est** Heptathlon event #6 Pole Vault
12:15 est** Pentathlon event #3 Shot Put
12:55 est** Pentathlon event #4 Long Jump
1:30 est** Heptathlon event #7 1000m Run
1:45 est** Pentathlon event #5 800m Run

**We will run the events on a rolling basis when the athletes are ready.
We will aim for 20 min between events, 30 min before the vertical jumps.

OFFICIALS

Meet Director/ Officials:	Sue Wilbur	Track Administrator:	Gina Sperry
Timing/ Results:	Ken Platt	Field Event Judges:	Anne Rothenberg Bob Rothenberg

NOTES FOR VISITING COACHES

Entries: Entries will be done on-line at Directathletics.com. Please submit entries by **MONDAY (1/15/17)** at 5:00PM before the meet.

Unattached entries will conditionally be accepted based on field size, I would like to keep the field no more than 16 max.

Entry Fee: \$20.00 per person Payable to: University of Rhode Island. **Ken Platt** will handle timing.

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 **Ken Platt** will send results to **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.

lanes. All surfaces are **MONDO**, new for the 2012 season. Six 42" lanes w/ 70' radius. Eight 42" sprint/ hurdle
Newton blocks will be provided. Timing: Fully Automatic by **Ken Platt**

Field Events: Shot: Plywood circle. Indoor implements required.
All Jump approaches: 130'+. **Important: Spikes: 1/8" or 1/4" pyramid ONLY** including High Jump.

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. Locker Rooms and showers are available in Tootell. We will direct you to those rooms. Please secure your own valuables. If you need to lock up your valuables, see me.

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.

Ronzio Pizza Available for team orders 401-782-8360. Subway: 789-4490.