

THE MINNESOTA STATE UNIVERSITY – MANKATO VARSITY SHOWCASE MEET

HOSTED BY MINNESOTA STATE UNIVERSITY – MANKATO
Saturday, March, 21st 2015

- ELIGIBILITY:** Open to ALL Minnesota, Iowa, South Dakota and Wisconsin High School teams that meet the entry requirements. Team scores will be kept. (50 team limit 25 men, 25 women)
- WEBSITE:** The official meet website can be found off of our track and field sports page at www.msumavericks.com or by the direct link below:

-http://msumavericks.com/sports/2014/7/29/MTRACK_0729141630.aspx
- ENTRY INFORMATION:** **Online:** www.pttiding.com
Technical Support: support@pttiding.com
Questions regarding the meet: christopher.parno@mnsu.edu
Entry Deadline: Monday, March 16th 2015
- ENTRY LIMITS:** **Qualifying Standards:** Refer to the qualifying standards located on the meet website or on page 4 of this document. Please ensure that all athletes either meet or exceed these standards based on your honest prediction, or previous indoor/outdoor marks.

Entry limits in certain events will be enforced if needed to ensure timeliness of meet.

Relay Entries: Schools may enter 1 relay team. Please enter relay members during online registration. If your line-up changes, relay cards will be available at packet pick-up for coaches to fill out. Relay individuals need not be in individual event for relay entry to be accepted.
- ENTRY FEE:** \$150 per gender/\$275 per combined team. \$25 dollars per individual athletes. **NOTE:** entry fee's must be paid prior to or at packet pick-up. Athletes will not be allowed to compete unless fee is paid prior to this time.

Checks can be made out to “**Minnesota State Mankato Athletics**” and mailed to:

Jim Dilling
135 Myers Field House
Mankato, MN 56001
- PERFORMANCE LIST:** A performance list will be posted on www.pttiding.com by 6:00pm on **March, 17th, 2015**. Coaches will have until 12:00pm on **March, 18th 2015** to review the list for errors or scratches. Once this period ends, entries will be accepted as is and will be seeded as such. It's the **COACHES**

RESPONSIBILITY to notify MSU at christopher.parno@mnsu.edu if errors are noticed. THERE WILL BE NO CHANGES OR SUBSTITUTIONS ONCE THE PERIOD ENDS.

- HEAT SHEETS:** Heat sheets will be posted on www.pttiding.com by **8:00pm on March, 18th 2015**
- PACKET PICK-UP:** Located in conference room (across hallway on north end). Please pickup packets from 9:00-10:00am on meet day. You may make payments, scratches and fill out relay cards if needed at the packet pick-up.
- TRACK:** The track is an 8-lane 200m track (all 8 lanes will be utilized) w/8 straightaway lanes for 60m dash. ¼ inch pyramid spikes will be allowed on MONDO surface. Results will be displayed on the video board directly after each race with paper copies posted on north wall above drinking fountains. There will be limited to no warm-up areas on the track; all warm-ups can be done in upper concourse of Taylor Center basketball arena. (No Spikes in Taylor Center – Signs will be posted)
- CHECK IN:** Hip numbers will be located in the Northwest corner of the facility under the large MSU purple tent. Athletes **MUST** bring spikes to be checked to be able to obtain hip number. Check in for each running event will take place at the start line of the specific event. Field event check in will take place at the event area.
- TEAM AREA:** Team camp areas will be available in Taylor Center gym. No team camps will be allowed in the indoor track. Hurdles will be available for practice. Please do not remove hurdles from team area. **SPIKES ARE NOT ALLOWED IN TEAM AREA OR IN HALLWAYS.** 1st, 2nd, and final calls for events will be made in team areas.
- SPIKES:** ¼ **exposed pyramid spikes ONLY! Spikes will be checked in hip number tent.** We will have spikes for purchase (10 for a dollar) by coaches for their athletes at packet pick-up and at apparel stand. Please do not abuse this rule to ensure our facility remains in great shape.
- LONG JUMP:** Located inside the track. Distance from take off board to pit is 12 feet. Approach is up to 120 ft. Open cafeteria-style pit for 2 hours upon the start of the event with the 9 best performances advancing to an ordered 3-jump final. Once the finals are announced, athlete will have 10 minutes for run through and finals will begin.
- TRIPLE JUMP:** Located inside the track. Take off boards will be 28' 32' 34' 37'. Approximately 120 ft approach depending on take off board used. Open cafeteria-style pit for 2 hours upon the start of the event with the 9 best performances advancing to an ordered 3-jump final. Once the finals are announced, athlete will have 10 minutes for run through and finals will begin.
- HIGH JUMP:** On the infield. We will be running 2 high jump pits. Starting heights and progressions will be set after entries are submitted.

- POLE VAULT:** Located on inside of the track. Approach is approximately 120 ft. Starting heights and progressions will be set after entries are submitted. Forms should be submitted at the packet pickup.
- SHOT PUT:** On infield w/ two different throwing rings being used. Weigh-ins will be done during packet pick-up 9:00-10:00am in same hallway north of the track.
- LOCKER ROOMS:** There will be limited to no locker room use, please have your athletes dressed and ready to go upon arrival!
- AWARDS:** Awards will be given to the top 3 in each event (engraved medals). The awards for each event will take place following the final of the event. Please inform your athletes to not leave the event area following the conclusion of the event. An "event staff" member will escort the top 3 individuals to the awards area.

SPIKES

The only spike allowed on our Track facility is the 1/4" pyramid spike.

ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

Spikes must be checked prior to the start of your race. Anyone found using any spikes other than 1/4" Pyramid Spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

Boy's Qualifying Standards

Event:	Standard:
60m Dash	7.40
60m Hurdles	9.10
200m Dash (Limit 80 athletes/10 heats per gender)	24.50
400m Dash	57.00
800m Dash	2:10.00
1600m Dash	4:50.00
4x200m Dash	1:42.00
4x400m Dash	3:40.00
4x800m Dash	8:40 (2:10 average)
Shotput	40'
Long Jump	18'6"
Triple Jump	38'
High Jump	5'8"
Pole Vault	11'0"

Girl's Qualifying Standards

Event:	Standard:
60m Dash	8.50
60m Hurdles	10.60
200m Dash (Limit 80 athletes/10 heats per gender)	29.00
400m Dash	67.00
800m Dash	2:45.00
1600m Dash	5:50.00
4x200m Dash	1:55.00
4x400m Dash	4:30.00
4x800m Dash	11:00.00 (2:45 average)
Shotput	30'
Long Jump	15'0"
Triple Jump	31'
High Jump	4'8"
Pole Vault	9'0"

Entries should be done based on these marks and the honor system will be used. We won't ask for proof of marks but please use previous INDOOR or OUTDOOR marks or best guesses if you have talented incoming freshman.

Running Events

Schedule Below (we will roll schedule no more than 30 minutes more than times below)

Schedules will be posted everywhere!! Times may be adjusted according to entries

Girls will run first except 60m hurdle final

Coaches Meeting	10:00am
National Anthem	10:55am
4x800m Relay	11:30am
60m Dash Prelims	12:30am
60m Hurdle Prelims	12:45am
1600m Run	1:00pm
60m Dash Finals (2 heat final)	2:00pm
60m Hurdle final (2 heat final)	2:15pm (Boys first girls to follow)
400m Dash	2:30pm
4x200m Relay	3:15pm
800m Run	3:45pm
200m Dash	4:15pm
4x400m Relay	4:45pm

Field Events

Shotput	11:00am	(Boys first, girls to follow)
Triple Jump	11:00am	(Girls first boys to follow)
Long Jump (to follow triple jump)	1:00pm approx	(Girls first boys to follow)
High Jump	11:00am	(Boys first girls to follow)
Pole Vault	11:00am	(Girls first boys to follow)