AIR FORCE INDOOR TEAM CHALLENGE
Air Force, Brigham Young, Colorado State, Grand Canyon
U.S. AIR FORCE ACADEMY / Cadet Field House
Friday, January 18, 2019

ADVANCE INFORMATION

TEAMS
We’re limiting this scoring meet to 4 NCAA Division I men’s and women’s teams who will compete in a quadrangular competition—Air Force, BYU, Colorado State & Grand Canyon.

SCORING
This is a scoring competition. The meet will be scored as a Quadrangular meet per NCAA Track & Field Rulebook, # 7.1.1). The 3000-meter event will NOT count in the scoring.

FACILITY
Cadet Field House at the US Air Force Academy (elevation: 7048’); 6 laps/mile (268m) Proturf polyurethane surface; eight (8) lanes on the straight, six (6) lanes on the oval. High jump, horizontal jumps and pole vault runways are all polyurethane raised runways; throwing ring is wood.

PRACTICE
Cadet Field House will be open to your athletes for practice on Thursday evening and Friday morning.

DRESSING FACILITY
Dressing room/showers available if arranged in advance NLT Wednesday, January 16. Bring your own locks & towels.

TRAINERS
Air Force Academy athletic trainers will be stationed in a satellite training room on the track level (near SW stairwell/women’s restroom). Your trainers may set up in this facility as well.

ENTRY INFORMATION

ENTRY PROCEDURE
All entries will be managed online. Log on to www.directathletics.com and click on “entering as a team.” No faxed or e-mailed entries will be accepted. There are no entry fees.

ENTRY LIMITATIONS
NOTE: None. Please do not use any entry marks besides those entered in TFRRS. In the Mile Relay, we will allow “B” teams, but NOT “C” teams. No “open” or “unattached” entries will be permitted in the meet.

ENTRY DEADLINE
Entries must be received by 11:59 pm MST on Wednesday, January 16. After that date and time, please make any changes, corrections or substitutions in your entries by e-mailing ralph.lindeman@usafa.edu anytime prior to Friday, or reporting such to Head Scorer, Jim Chapman, on your arrival at the Field House on Friday.
RULES
NCAA rules will be used in all cases.

LOGISTICS
Check-in at the East doors to Cadet Field House on your arrival on Friday afternoon. (If you come to the track for practice on Thursday evening or Friday morning, we can issue your “packet” at that time. All competitors will be issued a wristband which will allow them access to the competition-level of the Field House.

Wristbands will also be issued to a reasonable number of coaches, trainers and managers with official duties on request, which will allow them access to competition, warm-up and viewing areas as well.

WARM-UP
Early warm-up (jogging & stretching) can be done outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the FieldTurf surface. Warm-up can also be done on the backstretch while the 60 meters and Hurdle events are being staged on the homestretch.

For throwing events, there will be a 15 minute warm-up in the competition ring prior to each throwing event. In the instance of multiple flights of an event, there will be a 10 minute warm-up before each subsequent flight. Each thrower will be guaranteed a minimum of 2 warm-up throws in the competition ring. In the case of large flights, please utilize the ring situated in the corner netting at the NE corner of the indoor track for additional warm-up throws.

WEIGH-IN'S
Weigh-in’s will be done at the equipment room door (about 20m from the throwing ring). All implements must be weighed in and marked prior to the start of warm-ups for the specific event, i.e., NLT 15’ prior to the event start.

CHECK-IN
Competitors in track events should check-in to the clerk (and be issued their hip numbers at the east end of the infield NLT ten (10) minutes before the start of their event. Field event competitors should check-in to their event judge thirty (30) minutes prior to the scheduled start of their event.

PREFERRED LANES
For sections of the 200 meters, competitors will be placed in lanes 3-6 (random draw), with the competitors seeded into sections from fastest to slowest, i.e., lanes 1-2 will be open.

For sections of the 400 meters, competitors will be placed in lanes 2-6 (random draw), with the competitors seeded into sections from fastest to slowest, i.e., lane 1 will be open.

QUALIFYING PROCEDURES
Qualifying rounds will be run for the 60 meters and 60m Hurdles. In those events, Heat winners will automatically advance + next fastest to make an 8-person final. For scoring purposes, times of non-qualifiers may be used from qualifying round to complete scoring.

All other track events will be staged in sections as needed.
In the horizontal jumps and throws, the nine (9) competitors with the best marks will advance to the finals.

STARTING HEIGHTS / BAR RAISE PROGRESSIONS
The men’s high jump will open at 1.80m/5’10¾”; women’s high jump at 1.50m/4’11”. Bar will initially be raised in 5cm increments; increments will be decreased to 3cm as competition progresses to higher heights.

The men’s pole vault will open at 4.30m/14’1¾”; women’s pole vault at 3.20m/10’6”. Bar will initially be raised in 15cm increments; increments will be decreased to 10cm as competition progresses to higher heights.

RESULTS
Results of each event will be posted on the bulletin board in the SW corner of the Field House (track-level) and will be available to coaches shortly after the last event. “Live Results” will also be accessible on the internet as each event is scored. Final results will also be posted to the Air Force Academy website at www.goairforcefalcons.com.
SCHEDULE OF EVENTS

FIELD EVENTS

3:00 pm  Women's Weight Throw  Trials & Final
3:00 pm  Women's Pole Vault      Final
4:00 pm  Men's Long Jump (S Runway)  Trials & Final
4:00 pm  Women's Long Jump (N Runway)  Trials & Final
4:00 pm  Women's High Jump      Final
after W's WT  Men's Weight Throw  Trials & Final
after W's HJ  Men's High Jump      Final
after M's PV  Men's Pole Vault      Final
after M's LJ  Men's Triple Jump   Trials & Final
after W's LJ  Women's Triple Jump  Trials & Final
after M's WT  Women's Shot Put    Trials & Final
after W's SP  Men's Shot Put      Trials & Final

TRACK EVENTS

4:55 pm  National Anthem
5:00 pm  Women’s 60m Hurdles  Qualifying Heats
5:08 pm  Men’s 60m Hurdles  Qualifying Heats
5:16 pm  Women’s 60 meters  Qualifying Heats
5:24 pm  Men’s 60 meters  Qualifying Heats
5:30 pm  Women’s Mile Run      Final (sections as needed)
5:40 pm  Men’s Mile Run        Final (sections as needed)
5:50 pm  Women’s 60 Hurdles    Final
5:55 pm  Men’s 60 Hurdles      Final
6:05 pm  Women's 400 meters    Final (sections as needed)
6:20 pm  Men's 400 meters      Final (sections as needed)
6:35 pm  Women’s 60 meters     Final
6:40 pm  Men’s 60 meters       Final
6:45 pm  Women's 800 meters    Final (sections as needed)
6:55 pm  Men's 800 meters      Final (sections as needed)
7:05 pm  Women's 200 meters    Final (sections as needed)
7:20 pm  Men's 200 meters      Final (sections as needed)
7:35 pm  Women’s 3000 meters   Final
7:50 pm  Men’s 3000 meters     Final
8:10 pm  Women's Mile Relay    Final (sections as needed)
8:25 pm  Men’s Mile Relay      Final (sections as needed)