ADIDAS Winthrop Invitational

March 23-25, 2017

Meet Notes

* **NOTE THE REVISED MEET SCHEDULE** **BELOW**
* Developmental Heats will be run on Saturday morning in the 1500m & 800m for both M&W.
* Men’s & Women’s LJ only -- flight 1will compete on the back stretch pits. Flight 2, immediately followed by flight 3, & then finals will compete on the home stretch pits. Please have your jumpers prepared.
* Opening Heights: Women HJ – 1.45m, Men HJ – 1.75m, Women PV – 2.40m, Men PV – 3.00m
* Minimum Measurements:

 W Disc – 25.00m M Disc - 30.00m

 W Hammer- 30.00m M Hammer – 35.00m

 W Javelin – 20.00m M Javelin – 25.00m

 W Shot – 10.00m M Shot – 12.00m

* Bus & van drop off will be at the South end of the track; they will then be directed on where to park.
* All tents will be placed in “tent city” on the East side of the track, outside the fence; NO TENTS in the stands
* Only ¼” pyramid spikes will be allowed on the track & runway surfaces. For javelin, only ½” or shorter will be permitted. No needles or Christmas tree spikes. Officials will be inspecting spikes at check-in.
* All finalists will advance by time.
* Check-in will CLOSE 1 hour before the posted time on the meet schedule. If you are not checked in 1 hour before your event, you WILL be scratched – we will be seeding on the fly
* Implement weigh-in: Please weigh in implements that are being contested that day only

Thursday – Combined Events - All Implements Must Weigh In: 12noon – 1:30pm

Friday - 11:30am – 1:30pm

Saturday 7am - 8:30am

* Training room is located at the North end of the stadium
* T-shirts will be given to event winners – they will not be available until Saturday.
* LIVE Results & heat sheets: [www.mitchelltiming.com](http://www.mitchelltiming.com)

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| **ADIDAS Winthrop Invitational** |
| **Irwin Belk Track & Field Complex** |
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| **FINAL MEET SCHEDULE** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Thursday March 23, 2017** |  |  |  | **Saturday March 25, 2017** |  |  |  |
| **2:00 PM** | 100mH - Heptathlon |  |  |  | **Field Events** |  |  |  |  |
| **2:30 PM** | 100m - Decathlon |  |  |  | **9:00 AM** | TJ - W then M |  |  |  |
|  |  |  |  |  |  | **9:00 AM** | Javelin - W then M |  |  |  |
| **Friday March 24, 2017** |  |  |  | **9:00 AM** | Discus - M - followed by  |  |  |
| **10:00 AM** | 110mH - Decathlon |  |  |  |  | Ashley Howard Women’s Discus Throw |  |
| **10:15 AM** | LJ - Heptathlon |  |  |  | **10:00 AM** | Pole Vault - M |  |  |  |
|  |  |  |  |  |  | **2:00 PM** | HJ - M |  |  |  |  |
| **\*\* Multi-Events will start approximately**  |  |  |  |  |  |  |  |  |
| **30 minutes at the end of each prior event \*\*** |  |  | **Running Events** |  |  |  |  |
|  |  |  |  |  |  | **9:30 AM** | 1500m Developmental - W |  |  |
|  |  |  |  |  |  | **10:00 AM** | 1500m Developmental - M |  |  |
| **Friday March 24, 2017** |  |  |  | **10:30 AM** | 800m Developmental - W |  |  |
| **Field Events** |  |  |  |  | **10:50 AM** | 800m Developmental - M |  |  |
| **2:00 PM** | Hammer Throw - W then M |  |  | **11:30 AM** | Senior Recognition |  |  |  |
| **2:30 PM** | Shot - M then W |  |  |  | **12:00 PM** | Alumni 4x100m Relay |  |  |  |
| **3:00 PM** | LJ - W then M |  |  |  | **12:10 PM** | 4x100m Relay - W |  |  |  |
| **4:00 PM** | HJ – W |  |  |  |  | **12:20 PM** | 4x100m Relay - M |  |  |
| **5:00 PM** | Pole Vault - W |  |  |  | **12:30 PM** | 1500m - W (top 24 athletes) |  |  |
|  |  |  |  |  |  | **12:45 PM** | Matt Elliott Men’s 1500m - (top 24 athletes) |  |  |  |
|  |  |  |  |  |  | **1:00 PM** | 110mH Finals - M |  |
| **Running Events** |  |  |  |  | **1:10 PM** | Rebecca Holmes Women's 100mH Finals |  |
| **3:00 PM** | Rebecca Holmes Women's 100mH Prelims |  | **1:20 PM** | Sasha Robinson Women's 400m Finals |  |  |
| **3:30 PM** | 110mH Prelims - M |  |  |  | **1:25 PM** | Fairfield Inn Men's 400m Finals |  |  |  |
| **3:50 PM** | Hampton Inn & Suites Women's 100m Prelims |  | **1:30 PM** | Hampton Inn & Suites Women's 100m Finals |  |
| **4:15 PM** | TownePlace Suites Men's 100m Prelims |  | **1:35 PM** | TownePlace Suites Men's 100m Finals |  |
| **4:45 PM** | Sasha Robinson Women's 400m Prelims |  | **1:40 PM** | 800m Finals on time - W (top 24 athletes) |  |
| **5:15 PM** | Fairfield Inn Men's 400m Prelims  |  |  | **1:55 PM** | 800m Finals on time - M (top 24 athletes) |  |
| **5:45 PM** | Octavia Goode Hank Zapf Women's 200m Prelims  | **2:10 PM** | Rude T. Bwoi Women's 400mH - Finals on time |  |
| **6:30 PM** | Groucho's Deli Men's 200m Prelims |  |  | **2:20 PM** | William Lord England IV Men's 400mH - Finals on time  |
| **7:15 PM** | 5K - W  |  |  |  |  | **2:30 PM** | Octavia Goode Hank Zapf Women's 200m Finals |
| **8:00 PM** | 5K - M  |  |  |  |  | **2:35 PM** | Groucho's Deli Men's 200m Finals |  |  |
|  |  |  |  |  |  | **2:45 PM** | Carrie Selmer Murthy Women’s 3K Steeple Invitational |  |  |
|  |  |  |  |  |  | **3:05 PM** | 3K Steeple Invitational - M |  |  |
|  |  |  |  |  |  | **3:20 PM** | Double B Graphix Women's 4x400m Relay  |  |
|  |  |  |  |  |  | **3:45 PM** | Double B Graphix Men's 4x400m Relay |  |
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