24th JD SHOTWELL INVITATIONAL
April 3-4, 2009
MEET INFORMATION

ENTRIES:
Entries are due by 5:00pm on Tuesday March 31st. You MUST use seasonal best marks when entering your athletes.
Entries must be confirmed on Friday April 3rd, between 9:00am and 12:00 noon, or your athletes will be scratched from the meet. Scratches only will be allowed on Saturday. Top 18 athletes will be accepted for all field events.

ENTRY FEE:
$75.00 per team or $150.00 for combined men and women teams. $10.00/athlete/event.

ADMISSION
Admission - none

STARTING HEIGHTS:
Pole Vault - women  2.45m  8’0.5”
Pole Vault - men  3.65m  11’11.75”
High Jump - women  1.44m  4’8.75”
High Jump - men  1.81m  5’11.25”

FIELD EVENTS:
Top eighteen (18) entries will be accepted into the meet.

FACILITIES:
Shot Put, Hammer and Discus are cement circles.
Javelin approach is artificial surface - use 1/8 inch spikes only.
Long Jump & Triple Jump runways are new - use 1/8 inch spikes only.
Locker rooms are available for showering, bring your own towels.

RESULTS:
Results will be posted at the section B back wall of the stadium by the press box once they are recorded. Twenty minutes after the completion of the last event results will be available at the stadium. Results will be posted on the Puget Sound website (www.ups.edu/athletics) two hours after the completion of the meet.

WEIGH-INS:
Weigh-ins will be from 9:00am-11:00am ONLY. The site will be at the east Baker Stadium
Hammer weigh-ins will be from 3:00-3:45pm ONLY at PLU!
Coach,

Please review your entries and check for correct spelling, marks and events entered. You can FAX back any corrections or call me between 9:00am and 12:00pm on Friday.

We will call coaches if your athlete was not one of the top EIGHTEEN to get into a field event.

The Officials have been instructed NOT to hold up an event if the athlete is competing in another field event. If the athlete is in a running event he/she should notify the official prior to leaving and return to the event as soon as they are done racing. We want to have a smooth and efficient meet, you cooperation will be greatly appreciated and will help move the meet along swiftly.

Thanks in advance for all of your help.

Mike Orechia