

# Central Collegiate Championships

Friday-Saturday, January 21-22, 2005

University of Illinois Armory

Fourth Street & Armory Drive

Champaign, IL

## ENTRIES

**Deadline:** Entries will be submitted over the web using: [www.directathletic.com](http://www.directathletic.com)  
Meet information can be found at:  
<http://dia7134.athletics.uiuc.edu/meetinfo/forminfo.html>

**Final deadline for any entry change will be Tuesday, January 18<sup>th</sup>, 2005**

**Roster:** PUT ALL FIELD EVENT ENTRIES IN METRIC DISTANCES.

**Limits:** None

**Fee:** For teams not members of the Central Collegiate Association the entry fee will be \$10/athlete or \$100.00 per team.

**Confirmation:** All entries must be confirmed and updated on the web page by January 18, 2005.

**ENTRY DEADLINE: Midnight, January 18**

## ADMINISTRATION

**Team Packets:** Available on the floor of the Armory track between:  
10:00 and Noon on Friday, January 21 and  
8:00a and 10:00a Saturday, January 22.

**Rules:** Current NCAA rules will govern all competition. Fully Automatic Timing will be utilized.

**Protests:** Come to the scorer's loft (west end of Armory) for information, protest forms, etc.

**Results:** Will be available as soon as possible after the competition at the scorer's table. Results will be posted throughout the meet on the bulletin board below the scorer's table.

**Relay Cards:** Turn in relay cards to the scorer's table at least 15 minutes prior to the start of each relay. These cards will be in your packets or can be obtained from the scorer's table.

**Implement Inspection:** All shots and weights will be weighed and inspected prior to the event at the throwing area. **NO HARD SHELL WEIGHTS ALLOWED.**

**Scoring:** Scored competition by NCAA rules. 10-8-6-4-2-1 and 10-8-6-4-2-1 for relays. We will also score all teams as dual competitions

**Showering and Dressing:** Dressing and showering facilities are available in the Huff Gym basement. This is just across Gregory Street from the Armory and can be accessed through an underground tunnel directly from the track. The locker room area is not secured so any athlete using this facility should not leave their belongings in this facility. Managers and coaches may check out towels if needed. Please return towels when finished.

**Sports Medicine:** Trainers and sports medicine facilities will be available in the southwest corner of the Armory and are available to all teams throughout the meet.

<b>FACILITY</b>
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**Track:** 200m Beynon Encapsulated Polyurethane with 6 - 36" lanes on the oval and 8-42" lanes on the straight.

**Jumps/Vault:** All runways are Beynon Encapsulated Polyurethane. Long Jump and Triple Jump have two jumping areas to allow simultaneous running of Men's and Women's events.

**Shot/Weight:** Concrete circle recessed into floor.

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## TENTATIVE TIME SCHEDULE

In all events Women will precede Men unless denoted otherwise

### Friday, January 21

Starting times for combined events will be 30 minutes following the finish of the previous event.

12:30p Heptathlon 60 meters

12:46p Pentathlon 60m hurdles

Heptathlon Long Jump

Pentathlon High Jump

Heptathlon Shot Put

Pentathlon Shot Put

Heptathlon High Jump

Pentathlon Long Jump

Pentathlon 800m

#### Running Events

6:00p 200m Final

7:48p DMR Final

8:36p 5000m Final

#### Field Events

4:45p Wt. Throw Women Final

6:15p Wt. Throw Men Final

7:30p Pole Vault Women Final

### Saturday, January 22

9:30a Heptathlon 60m Hurdles

Heptathlon Pole Vault

Heptathlon 1000m

11:30a Dedication Ceremony

#### Running Events

12:00p 60m Hurdles Trials

12:32p 60m Trials

1:52p Mile Finals

2:24p 400m Finals

3:04p 60m Hurdles Finals

3:24p 60m Finals

3:40p 800m Finals

4:20p 600m Finals

4:50p 3000m Finals

5:38p 4x400m Finals

#### Field Events

11:30a Long Jump Women & Men

12:00p Pole Vault Men

12:30p High Jump Women (Men to follow)

1:00p Shot Put Men (Women to follow)

2:00p Triple Jump Women and Men