

**Western Carolina University Hosts
“The Mountains” vs. “The Beach”
Track and Field Meet - Saturday April 4, 2009**

Meet Information

General Info – The meet will be an invitational meet that will provide an excellent opportunity for athletes to achieve outstanding performances. The meet will be a scored meet between the Mountains (Appalachian State University and Western Carolina University) vs. the Beach (East Carolina University and the University of North Carolina @ Wilmington). We will provide dual scoring between all schools also.

Facility: The Western Carolina University facility is an 8-lane, 400 meter Beynon 1000 System. There are two PV, LJ/TJ runways with pits on either end. The facility also includes a 66' X 108' HJ apron, two Javelin runways, one shot put and discus area located inside the track and one hammer/discus area located directly beside the track. The facility has seating for approx. 1500 spectators.

Entries: Entries will be available online at www.cfpitiming.com. Entries are due on Tuesday March 31, 2009 by 12:00 midnight. Coaches, please be honest and accurate with your entries so that all athletes will be able to compete to their best ability. Each school is allowed up to 4 entries in each event. No unattached entries will be allowed.

Entry Fees: To be determined based upon sponsorship \$\$\$. We will let you know. Fee can be paid at packet pick-up. Make all checks payable to **Western Carolina University Track and Field. Cash will also be accepted.**

Scratches/corrections/changes: emailed to dwilliams@email.wcu.edu by Wednesday April 1, 2009 by 9:00pm. Please be diligent in reporting scratches to avoid empty lanes.

Packet Pick Up: Will be at the building at the finish line end of the Track on Friday afternoon April 3 from 3:00pm until 5:30pm or on Saturday morning April 4, 2009 beginning at 9:30am.

Athlete Check-In: All running events will check in at the tent located outside of lane 8 at the high jump end of the track at the start of the 200m 30 min. prior to the start of their event, and then re-check-in at the start line of their event 5 min. prior to the start of the event. Field events will check in at the site of the event 30 min. prior to the start of the event.

Running Events: All of the running events will be sections vs. time. Each school will receive two (2) spots in each heat (provided that they have entered athletes). The most heats we could have in any event would be two (if each school has entered 4 athletes in the event). **Please be honest with your entries so that all competitors can be put in the best situation to achieve a great performance. We will make a great effort to verify entry marks and make changes if we see something that just isn't right.**

Field Events: All athletes will receive 4 attempts in the Long Jump, Triple Jump, Hammer, Javelin, Shot Put and Discus. This will be a one flight final. The largest the flight could be would be sixteen competitors. All marks will be measured. In the Pole Vault and High Jump, we will run a continuous flight with the starting heights being determined after entries are received, with the opening bar starting at 12" below the lowest entry in the vault and 4" below the lowest entry in the high jump.

Team Scoring: ASU/WCU will combine their scores against ECU/UNC-W. Each school can only have up to two (2) scorers in each individual event and one (1) scorer in a relay, thus each combined team will be able to have 4 individuals scoring in the individual events and 2 relays scoring. Scoring format will be as follows:

Individual events: 9-7-6-5-4-3-2-1

Relays: 9-7-6-5

Awards: Some type of team award will be given to the winning region team (both men and women). Also, event winners will receive an award.

Implement Weigh In Schedule: Saturday April 4, 2009 beginning at 9:15am. The weigh-in will be located in the building at the finish line end of the Track @ the far right door. We ask that you have all implements in by 10:15am, so that we can get them weighed before the meet begins. We will hold them and make them available one hour prior to when the particular event begins. Impounded implements can be picked up when the meet is complete.

Sports Medicine: Athletic Trainers will be available, please bring any supplies necessary. Visiting athletic trainers will have access to the training area. If you have any needs please contact Jon Mitzel @ 828-227-2304.

Warm-Up Area: Soccer practice field located behind the high jump apron end of the track. No warm-ups will be allowed on the infield of the track with the exception of the Javelin and the Discus. Hurdles will be able to warm up on the hurdles using only the 4 outside lanes. **Athletes in running events will be able to leave the warm-up area and walk directly to the check-in (Clerking) tent.**

****NO ATHLETES WILL BE ALLOWED ON THE INFIELD AT ANY TIME DURING THE MEET. COACHES WILL HAVE FREE ACCESS TO THE FACILITY AS LONG AS THIS IS NOT ABUSED.**

Contact Information concerning the Meet:

Danny Williamson (828) 227-2026 dwilliams@email.wcu.edu

Timing and Meet results will be provided by Cleon Fowler at www.cfpitiming.com.

****Heat/Flight Sheets and Final Time Schedule will be posted at**

www.catamountsports on the Track and Field page on Thursday April 2, 2009 by 7:00pm. Results will be available after the meet at www.catamountsports.com, www.cfpitiming.com and www.trackshark.com. We will also provide 1 copy of results for each school at the conclusion of the meet.