



# Niswonger Foundation Invitational Johnson City, Tennessee February 4-5, 2011



**Entry Information:** Go to: [www.cfpitiming.com](http://www.cfpitiming.com) and click on the Niswonger logo, then follow directions listed.

**Entry Deadline:** Monday, January 31, 2011 by 11:59 pm Eastern Time at Direct Athletics online.

**Entry fee:** A non-refundable entry fee of \$350.00 per team or \$30.00 per athlete (up to 11 athletes) will be charged for college athletes entered on Monday, January 31, 2011 by 11:59 pm Eastern Time. **This is a charge based off of your entries, not based on who gets into the meet.** Please keep this in mind when you enter athletes.

Please make all checks payable to "Niswonger Invitational" *Checks written to ETSU will not be accepted.* You can mail checks to the track office, P O Box 70635, ETSU Track & Field, Johnson City, TN 37614.

**\*\*\*Unattached/ Club Athletes:** **\$33** per athlete and you *must pay online with a credit card* when you register. No exceptions. *There will be no refunds for no show athletes or failure to follow the check in procedures for an event.* *No High School athletes are allowed to compete in the College portion of this meet. High School athletes must compete in the Knoxville Track Club portion of the meet.*

**Packet Pickup:** Packet pickup will be available on Friday beginning at 8:00 am on the West Side of the Mini Dome on the Upper level, center doors. Packets will be available on Saturday beginning at 7:00 am.

**Practice Times:** The track will be open for practice on Thursday, Feb 3<sup>rd</sup> from 6-8pm ONLY

**Accepted entries Lists:** Final accepted entry lists will be posted by 1:00pm on Wednesday, February 2<sup>nd</sup>, 2011 at [www.cfpitiming.com](http://www.cfpitiming.com). Check final meet instructions online for check in and seeding procedures after Feb. 2.

**Medical Facilities:** There will be a Mobile Training Room located at the Northeast end of the Mini Dome.

## **RUNNING EVENTS INFO**

There will be preliminaries in the 60m dash, the 60m hurdles, and 200m events. Heats are seeded fastest to slowest. All other running events will be run in sections with the results based on time. Distance Events- Max fields will be: **1 Mile- 75 entries, 3000m- 50 entries, 5K- 75 entries.** *(meet management reserves the right to adjust standards and accepted entry numbers for invitational athletes and teams of meet management choices)*

## **FIELD EVENTS INFO** *(meet management reserves the right to adjust standards and accepted entry numbers for invitational athletes and teams of meet management choices)*

**High Jump:** Opening heights: Men: 1.83m, Women: 1.55m

**Pole vault:** Opening heights: Men: 4.30m, Women: 3.20m

**Long Jump:** Top 36 entries will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 6.70m, Women: 5.30m

**Triple Jump:** Top 36 entries will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 13.70m, Women 11.30m

**Weight Throw:** Top 36 entries will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 15.25m, Women: 13.75m

**Shot Put:** Top 36 entries will be accepted into the meet. Top 8 advance to finals. After first measured mark, minimums are as follows: Men: 14.50m, Women: 12.20m

**Implement Weigh-In:** All throwing weights can be dropped off on Friday beginning at 8:00 am. They will be available 1 hour prior to competition. Drop off location will be East Room 135. All implements MUST be clearly identified with school name.

**For More Information or Questions contact:** Eli Sunquist - [track@etsu.edu](mailto:track@etsu.edu)- 423-439-5784