TRACK & FIELD VISITING TEAM GUIDE

U-M INDOOR TRACK BUILDING
1150 S. STATE ST. – ANN ARBOR, MI 48104

MICHIGAN SILVERSTON INVITATIONAL

SATURDAY, FEBRUARY 22, 2014

The Silverston Invitational is named in honor of Harold Silverston, a longtime head track and field timer at the University of Michigan. Silverston held the position under four different head coaches – Don Canham, David Martin, Dixon Farmer, and Jack Harvey. He was also the head timer for the NCAA Indoor Track & Field Championships when hosted by Michigan.

The Silverston Invitational will continue to be a combined men and women's non scoring event. However, there will be both an age and qualifying mark standard to be able to enter and compete. College teams should confirm their intent to compete so they may enter on *Direct Athletics* without advanced entry fee payment.

INDOOR TRACK BUILDING

Originally constructed as the Indoor Track and Tennis Building in 1974, the completion of the Varsity Tennis Center allowed for the removal of the tennis courts and the 1997 renovations. During these renovations, the Indoor Track Building's six-lane track switched from a tartan-surface to Durathon-surface, and the pole vault, long jump and high jump pits were moved into the middle of the track.



MEN'S TRACK & FIELD

NAME	PHONE NUMBER	E-MAIL ADDRESS	POSITION
Jerry Clayton	734-647-8999	claytj@umich.edu	Head Coach
Alex Gibby	734-647-1222	amgibb@umich.edu	Head XC Coach
Steven Rajewsky	734-615-3364	rajewsky@umich.edu	Assistant Coach
Whitney Dixon	734-936-8746	whitdix@umich.edu	Media Relations
Mike Hickey	920-366-9685	hickeymp@umich.edu	Athletic Trainer
Michael DeBord	734-615-2069	mdebord@umich.edu	Sport Administrator
Brent Stout	734-764-4600	bmstout@umich.edu	Facility Manager
Dan Arment	734-763-4287	darment@umich.edu	Marketing
Alma E. Davila-Toro	734-936-5007	adavilat@umich.edu	Meet Manager
Terri Jan	734-647-1218	tjan@umich.edu	Assistant Meet Manager
Katie Miranto	734-763-3824	mirantok@umich.edu	Assistant Meet Manager

WOMEN'S TRACK & FIELD

NAME	PHONE NUMBER	E-MAIL ADDRESS	POSITION
James Henry	734-647-1266	jehenry@umich.edu	Head Coach
Mike McGuire	734-355-3925	mikemac@umich.edu	Associate Head Coach/ Head XC Coach
Sandy Fowler	734-936-8044	smfowler@umich.edu	Assistant Coach
Whitney Dixon	734-936-8746	whitdix@umich.edu	Media Relations
Mike Hickey	920-366-9685	hickeymp@umich.edu	Athletic Trainer
Brent Stout	734-764-4600	bmstout@umich.edu	Facility Manager
Michael DeBord	734-615-2069	mdebord@umich.edu	Sport Administrator
Dan Arment	734-763-4287	darment@umich.edu	Marketing
Alma E. Davila-Toro	734-936-5007	adavilat@umich.edu	Meet Manager
Terri Jan	734-647-1218	tjan@umich.edu	Assistant Meet Manager
Katie Miranto	734-763-3824	mirantok@umich.edu	Assistant Meet Manager

MEET SCHEDULE

Time schedule subject to change based on final entries. Field events begin at 10:30am and running events begin at 12:30pm.

Field		*Standard and Minimum mark measured*
10:30 am	Men's Shot Put	15.50 (50-10)
10:30 am	Women's Shot Put (west)	40'
11:00 am	Men's Pole Vault	4.57 (15-0)
11:30 am	Men's Long Jump	6.50 (21-4)
11:30 am	Women's Long Jump	18'
12:00 pm	Women's Weight Throw	50'
12:00 pm	Women's High Jump	5-4
1:00 pm	Women's Triple Jump	36'
1:00 pm	Men's Triple Jump	13.75 (45-1)
1:00 pm	Women's Pole Vault	11'
1:30 pm	Men's Weight Throw	15.50 (50-10)
1:30 pm	Men's High Jump	1.95 (6-4)

Track		*Standard*
12:25 pm	National Anthem	
12:30 pm	Ann Arbor Track Club only mile	
12:45 pm	Men's 5000m run	15:20
1:10 pm	Senior Recognition	
1:20 pm	Men's 60m High Hurdles	8.50
	Women's 60m Hurdles	8.80
1:30 pm	Men's 400m	50.5
	Women's 400m	58.0
1:45 pm	Men's 600m	1:25
	Women's 600m	1:35
2:00 pm	Men's 60m	7.00
	Women's 60m	8.00
2:10 pm	Men's 800m	1:57
	Women's 800m	2:18
2:25 pm	Men's 200 m	23.00
	Women's 200m	26.5
2:40 pm	Men's One Mile	4:22.0
	Women's One Mile	5:08.0
3:00 pm	Men's 1600m Relay	3:25
	Women's 1600m Relay	4:00

GENERAL CONDUCT

1. Open to all men and women who are college, club, or unattached athletes at least 16 years old by the date of competition, and have attained the required marks outlined below.
2. **ENTRY FEE**: $15 per person per event ($100.00 max per gender per team entry fee). **$10** via online for unattached athletes. Credit cards accepted and no refunds.
3. Enter via *DirectAthletics.com* **DEADLINE: Wednesday, February 19, 2013 at Noon.**
4. Entries are posted at mgoblue by **6:00pm (EST) on Wednesday.**

5. Heats are posted at mgoblue **by 8:00pm on Thursday.**
6. Teams with changes and additions after entries accessed a fee of **$25.00** to be paid at the meet.

GENERAL ENTRY MEET INFORMATION

1. Coaches: Please contact with your intention to compete as soon as possible.
2. Only coaches cleared through coach will be able to enter without paying fees in advance ($15 per athlete entered).
3. Next, log-in with your school's team account to complete your entries.
4. All other entries (please do not contact us) including:
    a. Unattached athletes
    b. Redshirts
    c. Club/Open Athletes
    d. Additional collegiate athletes over the entry limits.
5. Seed Marks: For best competition, enter marks that reflect the current fitness of each athlete. Field events should enter using metric marks.

ENTRY FEE

Teams needing to pay their entry fee can do so at the front desk located on the northeast corner of the Indoor Track Building (near the main entrance).

LOCKER ROOM

Locker rooms are not available for visiting teams.

MEDIA & PRESS ACCOMODATIONS

Live results will be available at www.mgoblue.com/livestats/m-track/. Complete results will be posted on www.mgoblue.com following the meet. For more information please contact Whitney Dixon at (734) 936-8746 or whitdix@umich.edu.

MEET PROCEDURES

1. NCAA rules will apply.
2. No team scoring.
3. Timing is done by CFPI Timing.
4. Field Events
    a. Weigh-ins at event site.
    b. Report 30 minutes prior to start time.
    c. SP, WT, LJ, TJ: Top 9 will advance to finals plus ties.
    d. HJ, PV: Starting heights to be determined by officials prior to event.
5. Track Events
    a. Time Schedule
        i. At 12:30pm, there will be an Ann Arbor Track Club 1-mile run, prior to the first event.
        ii. First track event begins at 12:45pm.
        iii. Other start times listed are approximate.

iv. Pay attention to the flow of the meet and be prepared to run earlier than the printed schedule.
v. All races are timed section finals.
vi. Fastest seeded sections will be run first in all events.

6. Check-in at “Numbers Clerk” located on the southwest corner of the Indoor Track Building prior to start time. Pick-up hip numbers and visibly place where instructed.
7. Mandatory: Report to the “Event Clerk” at the start of your race.

PACKET PICK-UP

Team packets can be picked up at the front desk located on the northeast corner of the Indoor Track Building (near the main entrance). The packet includes team a meet procedures sheet, time schedule, & heat sheet.

PARKING

Parking is available in the Grey Lot and can be accessed from State Street and Hoover Street.

RESULTS

Results will be posted on the north wall next to the showcases. They will also be posted online at mgoblue.com.

SEED MARKS

For best competition, please enter marks that reflect the current fitness of each athlete. For field events, please enter using metric marks and for track events please enter marks to the 100th of a second.

SPORTS MEDICINE

University of Michigan Athletic Trainers are available in the training room behind the north wall trophy cases. Huron Valley Ambulance will be on-site for the entire meet. For more information please contact Mike Hickey at (920) 366-9685 or hickeymp@umich.edu.

TEAM PERSONNEL ENTRANCE

Main entrance is located on the north end of the Indoor Track Building.

TEAM BENCH

Teams must stay outside of infield unless competing in infield events. Competing athletes, those warming up to compete, and coaches and meet personnel with wristbands are allowed in the infield. Michigan Event Team Members will ask all guests and non-competing athletes to leave the infield. Please help us make this a safe and quality event for all involved.

VISITOR/GUEST PASS LIST

No guest lists needed as both events are free admission.

WARM-UP AREA

Visiting teams are asked to use good judgment when warming up. Please do not cross finish line or cross field event sites.

ANN ARBOR RESTAURANTS, HOTELS, & ENTERTAINMENT

*All area codes are **734**, all locations are in Ann Arbor except where noted*

Type	Restaurant Name	Address	Phone
Pizza	Bell's Pizza	700 Packard	995-0232
	Pizza House	618 Church	995-5095
	New York Pizza Depot	605 E William	669-6973
	California Pizza Kitchen	870 Briarwood Circle	222-6320
	The Original Cottage Inn	512 E. William	663-3379
	Domino's	2282 S Main	332-1111
	Little Caesar's	3000 Packard	971-0933
	Mr. Pizza	1200 Packard	995-4040
Fast Food and Subs	Big Ten Burrito	810 S State	222-4822
	Maize N Blue Deli	1329 S. University	996-0009
	Sparrow Meat Market & Produce	407 N. Fifth Avenue	761-8175
	Chipotle Mexican Grill	3354 Washtenaw	975-9912
	Blimpy Burger	551 S Division	663-4590
	Five Guys Burgers & Fries	311 S. State Street	213-3483
	Red Robin	575 Briarwood Circle	997-9550
	Buffalo Wild Wings	205 S State	997-9143
	No Thai!	226 N. 4th Avenue	213-0808
	Mr. Spots	810 S State	747-7768
	Noodles & Co	320 S State	327-9041
	Panera Bread	903 W Eisenhower	213-5800
	Potbelly	300 S State	205-7080
	Quizno's Classic Subs	108 S Main	222-9383
	Subway	530 S State	994-5900
	Jimmy John's Sandwiches	342 S State	222-7000
Family Dining	Zingerman’s Deli	422 Detroit Street	663-3354
	Sava’s State Street Café	216 S. State Street	623-2233
	Frita Batidos	117 W. Washington	761-2882
	Casey’s Tavern	304 Depot Street	665-6775
	BD’s Monogolian Barbeque	200 S. Main Street	913-0999
	Smoke House Blues Restaurant	4855 Washtenaw Ave	434-5554
	Zingerman’s Roadhouse	2501 Jackson Road	663-3663
	Applebee’s	1005 W Eisenhower	741-4851
	Joe’s Crab Shack	3020 Lohr Road	662-7091
	Champion House Restaurant	120 E. Liberty	741-8100
	Outback Steakhouse	3173 Oak Valley Drive	662-7400
	Chili’s	3795 Washtenaw	973-6772
	Damon’s Grill	3150 Boardwalk	827-2277
	IHOP Restaurant	4221 Ellsworth Road	528-4467
	Quarter Bistro	300 S Maple	929-9200
	Max and Erma’s	445 E Eisenhower	998-0505

	Mongolian Barbeque	200 S Main	913-0999
	Olive Garden	445 E Eisenhower	663-6875
	Romano's Macaroni Grill	3010 S State	663-4433
	Angelo's	1100 Catherine	761-8996
	Cottage Inn	512 E William	663-3379
Fine Dining	Gratzi	326 S Main	663-6387
	Prickly Pear Southwest Café	328 S Main	930-0047
	Real Seafood Co.	341 S. Main	769-7738
	The Earle	121 W. Washington	994-0211
	Gandy Dancer	401 Depot	769-0592
	The Chop House	322 S Main	669-4373
	West End Grill	120 W. Liberty	747-6260
	Pacific Rim	114 W. Liberty	662-9303
Breakfast/Brunch	Afternoon Delight	251 E. Liberty	665-7513
	Angelo's Restaurant	1100 Catherine Street	761-8996
Vegetarian Options	Seva Vegetarian Restaurant	314 E Liberty	662-1111
	Earthern Jar	311 S. Fifth Avenue	327-9464
	Jazzie Veggie	108 S. Main Street	222-0203
Ice Cream/Frozen Yogurt/Sweets	Baskin Robbins	1952 W Stadium	995-3131
	Ben and Jerry's	304 S State	665-4440
	Stucchi's	3002 S State	662-1700
	Washtenaw Dairy	602 S Ashley	769-1769
	Cupcake Station	120 E. Liberty Street	222-1801
	Michigan Theater	603 E Liberty	668-8397
Movie Theaters	Quality 16	3686 Jackson Rd	623-7469
	Rave Cinemas	4100 Carpenter Rd,	973-8380
	State Theater	233 S State	761-8667
	Briarwood Mall	100 Briarwood Circle	761-9550
Shopping			
	Kensington Court	610 Hilton Blvd	761-7800
Hotels	Holiday Inn & Suites	3155 Boardwalk	757-9200
	Comfort Inn	3500 S State	761-8838
	Fairfield Inn by Marriott	3285 Boardwalk	995-5200
	Four Points Sheraton	3200 Boardwalk	996-0600
	Hampton Inn South	925 Victors Way	390-2551
	Holiday Inn Express	600 Hilton Blvd	761-2929