



## Eastern Michigan & Western Michigan Triangular- Meet Information

- Date:** Friday, January 30, 2015
- Teams:** Eastern Michigan University, Western Michigan University
- Location:** Indoor Athletic Complex (IAC), Central Michigan University, Mount Pleasant, MI.
- Entry Limit:** 4 athletes per open event, plus 5 wild card entries. Multiple relays are permitted
- Entries:** All entries shall be completed on [www.directathletics.com](http://www.directathletics.com), no email or phone entries will be accepted. Any questions regarding directions on how to use the site can be directed to [support@directathletics.com](mailto:support@directathletics.com).
- Deadline:** Tuesday, January 27, 2015 at 11:59p.m. EDT at [www.Directathletics.com](http://www.Directathletics.com)
- Final Schedule:** A final event schedule & Heat Sheets will be posted by 12:00 p.m. EST, Wednesday, January 29, 2015.
- Entry Fee:** None
- Scoring:** This meet shall be scored per NCAA Rules (5-3-2-1 – Relays: 5-3), with 2 entries per school scoring)
- Admission:** Is \$5.00 for all spectators and they must remain in the stands throughout the competition. CMU students may spectate free with a current CMU student ID card.
- Facility:** 200m flat track (Martin), 8 lanes on the straightaway and 6 lanes on the oval.  
Elevated pole vault runway, 143ft long  
Wood weight throw and shot put rings.
- Warm-ups:** Athlete warm-ups will take place in the Turf Bay adjacent to the indoor track or outside.
- Team Camps:** Team Camps and food or drinks must be consumed only on the tarpred areas of the Turf Bay.
- Technology:** Personal stereo devices, cellular phones, etc; will not be permitted in the competition areas, the Track Bay floor and the throwing area per NCAA rule.
- Spikes:** Pyramid spikes 1/4" or less!
- Weigh In:** Will be located below the scoreboard in the Track Bay and available from 2:45-3:30 pm.
- Check-in:** **Running events** will be clerked near the start line of each race  
**Field events** should report directly to their competition site for check-in.
- Trainers:** Will be available beginning one hour prior to the start of the competition. If you have any special needs, please contact Katsumi Takeno prior to the meet at 989-774-3879 or [taken1k@cmich.edu](mailto:taken1k@cmich.edu)
- Showers:** Will not be available.
- Results:** Will be available shortly after the conclusion of the meet at [www.cmuchippewas.com](http://www.cmuchippewas.com).



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## Schedule of Events

# TENTATIVE SCHEDULE

### FIELD EVENTS:

5:30 p.m. Weight Throw  
Long Jump – on East runway  
Pole Vault  
6:15 p.m. Shot Put  
6:30 p.m. Triple Jump – on West runway  
High Jump

### TRACK EVENTS:

**5:25 p.m. NATIONAL ANTHEM**

6:00 p.m.	Mile Run	Final
6:12 p.m.	60m Hurdles	Final
6:22 p.m.	400m Dash	Final
6:35 p.m.	60m Dash	Final
6:45 p.m.	800m Run	Final
6:53 p.m.	200m Dash	Final
7:05 p.m.	3000m Run	Final
7:20 p.m.	4 x 400 Meter Relay	Final