



VISITING TEAM GUIDE
2015 MICHIGAN TRACK & FIELD
SIMMONS-HARVEY INVITATIONAL





VISITING TEAM GUIDE
TRACK & FIELD
U-M INDOOR TRACK BUILDING
1150 S. STATE ST. – ANN ARBOR, MI 48104



UNIVERSITY OF MICHIGAN CONTACTS

NAME	PHONE NUMBER	E-MAIL ADDRESS	POSITION
Jerry Clayton	734-647-8999	claytj@umich.edu	Men's Track Head Coach
James Henry	734-647-1266	jehenry@umich.edu	Women's Track Head Coach
Kevin Sullivan	734-647-1222	krsully@umich.edu	Men's XC Head Coach
Mike McGuire	734-355-3925	mikemac@umich.edu	Women's XC Head Coach / Track Associate Head Coach
Steven Rajewsky	734-615-3364	rajewsky@umich.edu	Men's Track Assistant Coach
Sandy Fowler	734-936-8044	smfowler@umich.edu	Women's Track Assistant Coach
Amanda Skowronek	734-764-3057	akdecker@umich.edu	Director of Track Operations
Michael DeBord	734-615-2069	mdebord@umich.edu	Sport Administrator
Mike Hickey	920-366-9685	hickeymp@umich.edu	Athletic Trainer
Chad Shepard	734-936-3943	shepchad@umich.edu	Media Relations
Ryan Silva	734-764-4600	rasilva@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

SIMMONS-HARVEY INVITATIONAL

Saturday, January 17, 2015

The Simmons Invitational is held annually in honor of Ken "Red" Simmons. He is considered the "founding father" of Michigan Women's Track & Field and continued to support the program with his time and generosity until he passed in 2012.

The Jack Harvey Invitational is held annually in honor of Jack Harvey, who led the University of Michigan track & field team for 25 seasons from 1975-1999.

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.



GENERAL CONDUCT

1. Men /Women: Unlimited entries per school per event. Redshirts and unattached athletes of visiting teams are welcome. All entries are to be done online, no fax or email entries will be accepted.
2. **ENTRY FEE:** \$100 per school per gender. \$10 via online for unattached athletes. Credit cards accepted for individual entries and no refunds will be given.
3. Enter via DirectAthletics.com **DEADLINE: Wednesday, January 14, 2015 at Noon.**
4. Entries will be posted at www.mgoblue.com by **6:00pm (EST) on Wednesday.**
5. Heats will be posted at www.mgoblue.com **by 8:00pm on Thursday.**
6. Teams with changes and additions after entries close will be assessed a fee of **\$25.00** to be paid at the meet in cash to CFPI.

GENERAL ENTRY MEET INFORMATION

1. Coaches: Please contact with your intention to compete as soon as possible.
2. Only teams approved by the appropriate Michigan contact will be able to enter without paying fees in advance (\$100 per team per gender).
3. Please log-in with your school's team account to complete your entries.
4. 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 approved to pay entry fee on-site will be able to do so at the front table located at the northeast corner of the Indoor Track Building (near the main entrance). Cash or check will be accepted. There is no ATM on-site.

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 Chad Shepard at (734) 936-3943 or shepchad@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 meet management after entries.
5. Track Events
 - a. Time Schedule
 - i. All races are timed section finals with the exception of the 60 dash and hurdles.
 - ii. 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 table located on the northeast corner of the Indoor Track Building (near the main entrance). The packet includes 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

Admission is free, there are no pass lists needed.

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.



2015 SILVERSTON INVITATIONAL MEET SCHEDULE

Time schedule subject to change based on final entries.

Field events begin at 10:30am and running events begin at 12:30pm, national anthem is at 12:25pm.

Field

Standard and Minimum mark measured

- 10:30 AM Men's Shot Put (west)
- 10:30 AM Women's Shot Put
- Men's Pole Vault
- Men's Long Jump
- Women's Long Jump
- Women's Weight Throw
- Women's High Jump
- Men's Triple Jump
- Women's Triple Jump
- Women's Pole Vault
- Men's High Jump
- Men's Weight Throw

Track

Standard

- 12:30 PM Women's 60m High Hurdle Trials
- Men's 60m High Hurdle Trials
- Women's 60m Trials
- Men's 60m Trials
- Women's One Mile
- Men's One Mile
- Women's 60m High Hurdle Finals
- Men's 60m High Hurdle Finals
- Women's 400m
- Men's 400m
- Women's 600m
- Men's 600m
- Women's 60m Finals
- Men's 60m Finals
- Women's 800m
- Men's 800m
- Women's 200m
- Men's 200m
- Women's 3000
- Men's 3000
- Women's & Men's 4x400m Relay

Francie Kraker Goodridge 800

The Kris Eggle Memorial 3k

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
	Chipotle Mexican Grill	3354 Washtenaw	975-9912
	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. 4 th 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
	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
	Old Town Tavern	122 W. Liberty	662-9291
	Champion House Restaurant	120 E. Liberty	741-8100
	Outback Steakhouse	3173 Oak Valley Drive	662-7400
	Chili's	3795 Washtenaw	973-6772
	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
	Cottage Inn	512 E William	663-3379

Fine Dining	Gratzi	326 S Main	663-6387
	Prickly Pear Southwest Café	328 S Main	930-0047
	Café Habana	211 E. Washington	332-6046
	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	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
	Coldstone Creamery	3597 Washtenaw	975-9110
	Stucchi's	3002 S State	662-1700
	Washtenaw Dairy	602 S Ashley	769-1769
	Cupcake Station	120 E. Liberty Street	222-1801
Movie Theaters	Michigan Theater	603 E Liberty	668-8397
	Quality 16	3686 Jackson Rd	623-7469
	Showcase Cinemas	4100 Carpenter Rd,	973-8380
	State Theater	233 S State	761-8667
Shopping	Briarwood Mall	100 Briarwood Circle	761-9550
Hotels	Kensington Court	610 Hilton Blvd	761-7800
	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 North	2300 Green Road	996-4444
	Hampton Inn South	925 Victors Way	390-2551
	Holiday Inn Express	600 Hilton Blvd	761-2929
Courtyard by Marriott	3205 Boardwalk	995-5900	