SATURDAY, February 18, 2017
CAPITAL UNIVERSITY INDOOR MEET
RICK MEINDL LAST CALL/ Mid-South Conference

- ENTRY FEE IS $400 FOR BOTH GENDERS - $200 PER GENDER PER SCHOOL, OR, $25 PER PERSON, UP TO 8 INDIVIDUALS. MAKE CHECKS PAYABLE TO "CAPITAL UNIVERSITY TRACK AND FIELD."

- LIMITED to 4 ENTRIES FOR ALL INDIVIDUAL EVENTS, 1 RELAY PER GENDER PER EVENT.

- ¼" SPIKES WILL BE PERMITTED.

- **NO FOOD WILL BE PERMITTED ANY COMPETITION AREA**

- **TEAM CAMPS WILL BE ASSIGNED TO EACH TEAM – NO TEAM CAMPS ON THE INFIELD OF THE TRACK OR BLEACHERS – NO EXCEPTIONS**

- **NO HEAD PHONES SHALL BE WORN IN COMPETITION AREA**

- LOCKER ROOMS AND SHOWERS WILL BE AVAILABLE.

- SCORING WILL BE DONE AS TWO SEPARATE MEETS (ONE WITH ALL TEAMS PRESENT AND THE OTHER WITH ONLY MID-SOUTH CONFERENCE SCHOOLS) – PODIUM WILL ONLY BE FOR MID SOUTH CONFERENCE COMPETITORS

- BUSES NEED TO BE PARKED OFF CAMPUS – RECOMMENDED THEY RETURN TO HOTELS

- THE ATHLETIC TRAINING ROOM WILL BE OPEN 2 HOURS PRIOR TO THE START OF THE TRACK MEET. ICE AND MOIST HEAT PACKS WILL BE AVAILABLE TO ALL ATHLETES. ELECTRICAL MODALITIES (I.E. ELECTRICAL STIM, ULTRASOUND, ETC.) ARE ONLY PERMITTED BY THOSE TEAMS TRAVELING WITH A CERTIFIED ATHLETIC TRAINER. THERE WILL BE NO EXCEPTIONS. TEAMS REQUIRING TAPING MUST BRING THEIR OWN SUPPLIES AND IT IS PREFERRED THAT THEY GET TAPED AT EITHER THE ***BEGINNING*** OF THE FIELD EVENTS OR AT THE ***BEGINNING*** OF THE RUNNING EVENTS. **TRAINING ROOM IS LOCATED ON THE EAST SIDE OF THE BUILDING.**

  MATT SMITH, ATC: ATHLETIC TRAINING ROOM: 614-236-6622

- **FINISH LYNX/HY-TEK TIMING/SCORING WILL BE USED. RESULTS WILL BE AVAILABLE AFTER THE CONCLUSION OF THE MEET.**

- MEET ENTRIES WILL BE DONE USING **DIRECT ATHLETICS** AT www.directathletics.com. E-mail Hannah Weiss at hweiss2@capital.edu to be invited to the meet.

- **ENTRIES ARE DUE ON Tuesday, February 13 BY 12:00 PM. QUESTIONS: 614-236-6919**

- THE 200 METER TRACK IS A 6 LANE IFS-2000 SRI SPORTS MOLDED FLOOR. WE HAVE AN IN-GROUND CEMENT THROWING RING FOR SHOT PUT and WOOD RING FOR WEIGHT. HIGH JUMP IS ON THE INFIELD. WE WILL UTILIZE BOTH LJ/TJ RUNWAYS. THERE ARE BOARDS ON BOTH RUNWAYS FOR BOTH EVENTS.

- WEIGH-INS WILL BE FROM 1:00pm – 1:30pm FOR THE SHOT PUT AND WEIGHT THROW

- THERE WILL BE A CONCESSION STAND OPEN IN THE MAIN LOBBY

- DIRECTIONS - http://www.capital.edu/Directions_to_Athletic_Facilities/

60 METER DASH/ HURDLE (TOP 12 TO FINALS, 2 SECTIONS)
LONG JUMP (MEN & WOMEN, 2 PITS, 4 attempts no finals)
TRIPLE JUMP (MEN & WOMEN, 2 PITS, 4 attempts no finals)
TRIPLE JUMP WILL START 20 MINUTES AFTER THE LONG JUMP (4 attempts no finals).
SHOT PUT AND WEIGHT THROW (4 attempts no finals)

SATURDAY, February 18, 2017

CAPITAL UNIVERSITY INDOOR MEET

RICK MEINDL LAST CALL/ MID-SOUTH CONFERENCE CHAMPIONSHIPS

****THE SCHEDULE WILL UP TO 15 MINUTES AHEAD****

	Event
1:00 PM	Men and Women Pole Vault
2:00PM	Men Shot Put (Women to follow)
2:00PM	Women's Weight (Men to follow)
2:00PM	Women's High Jump (Men to follow)
2:00 PM	Men's and Women's Long Jump (TJ to follow 20 minutes after)

	Event	Round
3:00 PM	Women's 5k	Finals
3:25 PM	Men's 5k	Finals
3:45 PM	Women's 4x800m Relay	Finals
4:00 PM	Men's 4x800m Relay	Finals
4:10 PM	Women's 60 Hurdles	Prelims
4:25 PM	Men's 60 Hurdles	Prelims
4:40 PM	Women 60 Meter Dash	Prelims
4:55 PM	Men 60 Meter Dash	Prelims
5:15 PM	Women 1 Mile Run	Finals
5:25 PM	Men 1 Mile Run	Finals
5:35 PM	Women 400 Meter Dash	Finals
5:50 PM	Men 400 Meter Dash	Finals
6:10 PM	Women 600 Meter Run	Finals
6:25 PM	Men 600 Meter Run	Finals
6:35 PM	Women 60 Meter Hurdles	Finals
6:45 PM	Men 60 Meter Hurdles	Finals
6:50 PM	Women 60 Meter Dash	Finals
6:55 PM	Men 60 Meter Dash	Finals
7:00 PM	Women 800 Meter Run	Finals
7:05 PM	Men 800 Meter Run	Finals
7:10 PM	Women 1000 Meter Run	Finals
7:20 PM	Men 1000 Meter Run	Finals
7:25 PM	Women 200 Meter Dash	Finals
7:45 PM	Men 200 Meter Dash	Finals
8:05 PM	Women 3000 Meter Run	Finals
8:20 PM	Men 3000 Meter Run	Finals
8:35 PM	Women 4x400 Meter Relay	Finals
8:40 PM	Men 4x400 Meter Relay	Finals

Schedule for Awards for Mid-South Conference Indoor Championships (top 3)

	Event
3:00 PM	Women’s Pole Vault
3:05 PM	Men’s Pole Vault
3:45PM	Women’s 5k
4:00PM	Men’s Shot Put
4:15PM	Women’s Weight Throw
4:20 PM	Men’s 5k
4:25PM	Women’s 4x800m
4:30PM	Women’s High Jump
4:35PM	Men’s 4x800m
4:45PM	Men’s Long Jump
4:50 PM	Women’s Long Jump
5:30PM	Women’s Mile
5:40PM	Men’s Mile
6:00 PM	Women’s Shot Put
6:15PM	Men’s Weight Throw
6:20PM	Women’s 400m
6:25PM	Men’s 400m
6:30PM	Men’s High Jump
6:40PM	Women’s 600m
6:50PM	Men’s 600m
7:00PM	Women’s 60 Hurdles
7:05PM	Men’s 60 Hurdles
7:10PM	Women’s 60m
7:15PM	Men’s 60m
7:20PM	Women’s 800m
7:25PM	Men’s 800m
7:30PM	Men’s Triple Jump
7:35PM	Women’s 1000m
7:40PM	Men’s 1000m
7:45PM	Women’s Triple Jump
7:55PM	Women’s 200m
8:15PM	Men’s 200m
8:25PM	Women’s 3k
8:35PM	Men’s 3k
8:40PM	Women’s 4x400m
8:50PM	Men’s 4x400m
9:00PM	Presentation of Mid-South Conference Awards

HJ & PV Progressions

Women's HJ = 1.38m, 1.43m, 1.48m, 1.53m…

Men's HJ = 1.61m, 1.66m, 1.71m, 1.76m, 1.81m, 1.86m, 1.91m…

Women's PV = 2.40m, 2.55m, 2.70m, 2.85m, 3.00m, 3.15m, 3.30m, 3.45m, 3.60m, 3.75…

Men's PV = 3.45m, 3.60m, 3.75m, 3.90m…