



Kim Duyst Invitational
Friday-Saturday, March 1-2, 2019
Al Brenda Track at Warrior Stadium, Stanislaus State
updated February 20, 2019

The following information is provided as a lead up to the Kim Duyst Invitational hosted by Stanislaus State. Please be sure to check back at www.WarriorAthletics.com/TrackMeets for updated information prior to the meet.

Facility Specifications:

The Al Brenda Track features a Rekortan M99 polyurethane 42 inch eight-lane track with polyurethane runways and javelin approach. Only quarter inch (1/4") pyramid spikes or smaller with no stacked spikes allowed on these surfaces.

Long and Triple Jump runways: north-south direction, 228 feet in length; removable wooden boards are placed at: 10 ft., 36 ft., and 44 ft.

Pole Vault runways: changeable to either north south direction, 140 feet in length

Javelin runway: throwing north, 133 feet in length

Steeple Approach: infield approach adjacent to 200m start

Shot Put and Discus: Warrior stadium features brushed concrete discus and shot rings in both the stadium infield and west field behind the bleachers. (Discus will be contested on Friday)

Hammer Throw: brushed concrete ring located in the west field (Hammer will be contested on Friday)

Event Schedule:

Saturday field events begin at 10:00am, with all track events contested on Saturday with "B" section 5,000m races beginning at 10:00am. Refer to attached schedule for preliminary event schedule. The final time schedule will be posted March 1 after the review of entries. In the throws and horizontal jumps all competitors will be afforded three (3) initial attempts, with the top eight (8) competitors awarded an additional three (3) attempts. There will be a 72 competitor per running event limit (9 heats). Track events will be timed finals with heats seeded by entry mark.

Minimum Marks-Vertical Height Progressions:

To assure all competitors have an opportunity to compete in a timely fashion, these following minimum marks and progressions will be utilized: **Hammer:** Women – 30.00m, Men – 40.00m; **Discus:** Women – 25.00m, Men – 35.00m; **Shot Put:** Women – 9.00m, Men – 11.00m; **Javelin:** Women – 25.00m, Men – 35.00m; **Long Jump:** Women – 4.55m, Men - 5.80m; **Triple Jump:** Women - 10.05m, Men - 12.20m.

Note: All first legal attempts will be measured if these minimum marks are not achieved.

Pole Vault Starting Heights: Women - 2.75m, Men – 3.35m.

High Jump Starting Heights and Progression:

Women: 1.31/1.36/ 1.41/1.46/ 1.51/ 1.56/ 1.61/ 1.66/ 1.69/ 1.72/1.75/1.78/1.81

Men: 1.73/1.78/1.83/1.88/1.93/1.98/2.03/2.06/2.09/2.12/2.15/2.18/2.21

Entering athletes into the meet:

Please utilize the entry procedures on DirectAthletics. Click on this direct link:

<https://www.directathletics.com/meets/track/57785.html> Entries close on Wednesday, February 27 at 6:00 p.m. For your records, make sure you make a 'printable copy' of your entries before you log-off. Entries not posted by this time are not entered into the meet. No substitutions! Please note that NCAA rule 4.1 prohibiting the use of false marks will be followed. Meet day entries will not be accepted.

Entry-Performance Lists and Heat Sheets:

Entry-Performance lists for this meet will be tentatively posted Thursday, February 28, after 6:00 pm. Heat sheets will be posted online Friday March 1st at Noon at : www.WarriorAthletics.com/TrackMeets



Stanislaus State
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Entry Fees:

Individual-unattached athlete payment procedures: Entry fee is \$25.00 per event. Payments must be paid with a credit card at time of entry on the DirectAthletics.com website, and is subject to a \$3.00 handling fee.

University-College team payment procedures: Collegiate team entry fee is \$25.00 per event, with a cap of \$350.00 per team, per gender with a \$700.00 school maximum entry fee. Payment or proof of purchase order is necessary to compete. No refunds will be given. Please make checks payable to: Stanislaus State Track and Field. Payments can be sent in advance to Track & Field, Stanislaus State Athletics, One University Circle, Turlock, CA 95382. Payment also accepted on day of the meet at team check-in.

Restrooms and Changing Facilities:

Restrooms are located behind the stands. There are locker rooms located 300m southwest of the stadium in the Fitzpatrick Arena. Please supply your own towel, soap and lock. Stanislaus State is not responsible for your valuables left in the locker rooms or in the stadium.

Parking:

Free spectator parking is available in the lots adjacent to the stadium on event day only (Lots 7, 8 and 10). School vans and buses should pick-up and drop-off in front of the stadium on Merced Way. Vans should park along the curb designed for team parking only. Buses must park in the gravel lot (11a) off Melones Dr. Please refer to campus map at www.warriorathletics.com/Maps

Implement Weigh-Ins:

Throwing implements will be weighed in underneath the stands across from the throwing ring Friday beginning at 12:00noon and closing at 3:00 p.m. and on Saturday beginning at 8:00am to 11:00am.

Athlete Team Areas:

Please no team tents at the top South End of the stands. Teams are requested to set team areas up to the north of the stands on the grassy areas north and east of the track/as well as behind the scoreboard. No non-competing athletes or coaches will be allowed on the infield at anytime, and **everyone is asked to stay off the grass infield at all times.**

Athletic Trainer:

The Stanislaus State trainers will have limited training services available at the meet for any ice or emergency care that your athletes may require. Please supply your own tape for any routine taping treatments. Please contact head trainer Dake Walden, 209.664-6838, should you have athletes with specific needs and for additional training room/staff information.

Results:

Results will be posted on www.WarriorAthletics.com/TrackMeets and submitted to DirectAthletics as soon as possible after the conclusion of the meet. No results will be emailed directly to media, coaches and institution staff unless otherwise requested. Please contact Hung Tsai, Assistant Athletics Director, at htsai@csustan.edu.

Concessions:

Concessions are scheduled to be open during this meet for your convenience.

Togo's of Turlock. To pre-order for Saturday call 209-667-5000. Delivery is available upon request. Togo's will accept day of orders just note the earlier the better for prompt delivery.

Further information:

If you require further information on meet entries and meet administration, contact Dave Shrock at coachshrock@gmail.com, or 209.602-4023; and for facility questions contact Head Track & Field Coach Troy Johnson at tajohnson@csustan.edu, or 209. 664-6839



Stanislaus State
WARRIOR TRACK & FIELD

Stanislaus Kim Duyst Invitational

Friday-Saturday, March 1-2 March

Al Brenda Track at Warrior Stadium, Stanislaus State

Meet Schedule

(revised February 20, 2019)

Track Events *(all Sat. March 2)*

Event start times to be confirmed 1 March

10:00a Women's "B" 5000m
10:30 Men's "B" 5000m
11:00 Senior Appreciation
11:35 National Anthem
11:40 Women's 4x100 Meter Relay
11:50 Men's 4x100 Meter Relay
12:00 Women's 1500m Run
12:35 Men's 1500m Run
1:05 Women's 100 Meter Hurdles Finals
1:20 Men's 110 Meter Hurdles Finals
1:35 Women's 400 Meter Dash
1:55 Men's 400 Meter Dash
2:10 Women's 100 Meter Dash Finals
2:25 Men's 100 Meter Dash Finals
2:40 Women's 800 Meter Dash
2:55 Men's 800 Meter Dash
3:05 Women's 400 Meter Hurdles
3:15 Men's 400 Meter Hurdles
3:25 Women's 200 Meter Dash
3:40 Men's 200 Meter Dash
4:00 Women's 5000m Run *(top 25)*
4:30 Men's 5000m Run *(top 25)*
4:50 Women's 4x400 Meter Relay
5:00 Men's 4x400 Meter Relay

Field Events – Friday, March 1

1:30pm Women's Hammer*
Men's Discus**
3:30pm Men's Hammer*
Women's Discus**

Field Events – Saturday, March 2

After 10:00 a.m. start time, all subsequent field events will follow a rolling schedule in event order noted below. Subsequent times are to serve only as a guide.

10:00 am
Women's Shot Put**
Women's Long Jump
Men's Javelin*

11:00 am
Men's High Jump
Women's Pole Vault

12:00 noon
Men's Shot Put**
Men's Long Jump
Women's Javelin*

1:00 pm
Women's High Jump
Men's Pole Vault

2:00 pm
Women's Triple Jump

3:00 pm
Men's Triple Jump

**Contested on the west field*

***Contested in the stadium infield*