



2019 OSU High Performance Meet

Friday, April 26; Saturday, April 27

Location: Whyte Track & Field Center, located adjacent to Hilton Garden Inn on 26th Street and Western Boulevard.

Entry Information: NO HIGH SCHOOL AGE ATHLETES WILL BE ALLOWED TO COMPETE

Entry deadline: Monday, April 22nd, 5:00pm

- ALL entries must be completed at www.directathletics.com
 - Invited teams can enter their athletes from their rosters in Direct Athletics
 - A final list of **accepted entries** will be posted on Wednesday, April 25th, on Oregon State Track and Field webpage
 - We will accept entries so as not to exceed three sections in the 100m, 200m, 400m, 100m hurdles, 1600 relay, 110 hurdles, and 400m hurdles. Field events will be limited to maximum of 14 competitors and we reserve the right to accept fewer than 14 competitors based on quality of entries.
 - Entry preference will be given to athletes from NCAA D1 institutions.
- For Questions, please email louie.quintana@oregonstate.edu

Open/Club Entries: A limited number will be accepted only to enhance fields.

Interested individuals MUST request an invitation. Email louie.quintana@oregonstate.edu Include the event(s) with a **link** to an **official result** from this year 2019 or last year 2018. Not all requests will be granted entry. Approved entries will be sent an email with further information on how to enter the meet.

SCRATCHES

Email scratches to louie.quintana@oregonstate.edu as soon as you know them. There will be **NO** day of meet additions/changes. Please understand that in order to have efficiency with the timing company that we will not be able to accommodate race day entries. Please have scratches emailed by Wednesday, April 24th, 2019 by Noon.

ENTRY FEE

\$500 per invited team per gender. Schools with 10 or more athletes are considered to have a team. Teams with less than 10 will pay \$40 per athlete. Individuals open/unattached will pay \$5.00. Make checks payable to Oregon State University Athletics. Students with OSU I.D will be able to compete with no entry fee.

PACKET PICK UP- 10 AM – Noon and 3-5 PM (Friday, April 26, 2019)

Like years past, there will be a designated **tent** for team and individual packets. You must have the designated **BIB** to check in at the clerking tent and for all field events. Packet pick up will be on both Friday and Saturday. Entry fee must be paid at packet pick up. If you are a member of a University or Club team. One person must pay for all entries at one time and hand out competitor bibs.

FACILITIES- Whyte Track and Field Center

- Whyte TF Center. We allow 1/4 inch spikes maximum for all running events. NO EXCEPTIONS.

PRACTICE TIMES AT WHYTE TF CENTER ON THURSDAY, APRIL 25 and FRIDAY, APRIL 26

Since there are events being contested on Friday, there will be time to do warm-ups from 3:00pm - 15 minutes prior to the first running event that evening. There will be no time to specifically be on either javelin runways. A final warm-up schedule will be sent week of. The facility will be open from 3 – 7 PM on Thursday, April 25 for practice.

Clerking/Event Check-In: take time to read this information over

FIELD EVENTS

Clerking/check-in can take place 45 minutes prior and no later than 30 minutes prior to all field events at the event site. Please have all athletes wear assigned bib numbers on the front of their uniforms in every event. **PRESENT BIB WHEN CHECKING IN!**

STARTING HEIGHTS

Starting heights set for D-1 athletes to achieve regional marks. Starting heights to be published Wednesday, April 24th by Noon...

RUNNING EVENTS

There will be a Clerking/Check-in tent for athletes in running events to check-in no later than 45 minutes prior to the start of their event or they will be scratched. Those needing hip numbers (800 on up) will be given them at this time. Athletes running in events run in lanes will not need hip numbers. **During check in bring competition bib.** Bibs worn on front.

MEDICAL TENT/ATHLETIC TRAINERS

Athletic Trainers will be available at the Whyte Track & Field Center starting at 3:00pm on Friday. There will be a designated tent for athletes to see athletic trainers. TBD - Saturday when trainers will arrive to the track.

RESULTS

Live Results will be available at www.finishedresults.com After the meet results will be available online at www.osubeavers.com.

There will be a results table posting results as they become available throughout the meet. Whyte Track and Field Records can be found [HERE](#).

WEIGH-INS

All weigh-ins will be at the Whyte Track & Field Center in the weights and measures tent from TBD for Saturday for the javelin, shot and discus.

SEATING and DINING OPTIONS- UPDATED!

We have limited seating. Recommend lawn chairs and tarps. **DINING:** There are three great options **directly** across Western Ave from the soccer field. Arnold Dining Hall which will serve hot meals both days – Pete's Coffee and Cascadia Market.

PARKING

The gravel parking lot by the Whyte Track and Field Center will be reserved strictly for **Officials, Volunteers and OSU staff**. Parking at Reser football stadium and Parking Structure off of 26th have minimal daily parking costs. Buses can park on the east side of Reser Stadium, on 26th Street as long as there is parking spaces available. ***Don't drop athletes off outside of gravel parking lot this will cause backups. Parking at the Hilton Garden Lot is not permitted.***

Tentative SCHEDULE OF EVENTS - 2019 SCHEDULE FINALIZED WEEK OF THE MEET

The time schedule will be revised upon entries accepted. Final meet schedule on both days will be posted no later than Wednesday week of the meet.

Friday, April 26, 2019 - Whyte TF Center open for warm-ups all areas except PV and Javelin from 3pm - 15 minutes prior to first schedule running event.

<u>Field Events</u>	(3 attempts in throws & Horizontal jumps and Top 9 to Finals)
3:30 pm	M Pole Vault (1 flight), W to follow (1 flight) - OSU Whyte TF Center
3:30 pm	W Hammer (1 flight) M to follow (1 flight)
3:30 pm	M Discus, W to Follow

Friday, April 26, 2019 - TENTATIVE TIME SCHEDULE - FINAL ONE POSTED WEEK OF MEET

TRACK EVENTS

Evening Distance Carnival: Time schedule to be announced that week. 1500m, 3000m steeplechase, and 5000m will be held. Final meet schedule and the number of sections will be determined by meet management based on entries. Earliest we will start with slower sections of any events will be at 5:00pm. Goal will be to work back from the ideal time for the fastest sections.

6:15 pm	Men's 3000m Steeplechase (2 Heats Possible)
6:40 pm	Women's 3000m Steeplechase (2 Heats Possible)
7:05 pm	Corvallis Middle School 800m Challenge – Girls
7:10 pm	Corvallis Middle School 800m Challenge – Boys
7:15 pm	Men's 5000m (A Section)
7:35 pm	Women's 1500m (Fastest to Slowest)
7:50 pm	Men's 1500m (Fastest to Slowest)
8:10 pm	Women's 5000m (Top Section)
8:30 PM	Men's 5000m (B Section)
8:50 PM	Women's 5000m (B Section, if Necessary)

Saturday, April 27, 2019 - TENTATIVE TIME SCHEDULE - FINAL ONE POSTED WEEK OF MEET

8:00 AM Spring 6 – 6K Road Race – Community Fun Run – Start and Finish @ OSU Track

FIELD EVENTS (3 attempts in throws & Horizontal jumps and Top 9 to Finals)

11:30 am	W Shot Put (1 flight), M to follow (1 flight)
12:00 pm	W High Jump (1 flight) M to follow (1 flight)
12:30 pm	M Long Jump (1 flight) - Triple Jump to follow (1 Flight)
1:00 pm	W Long Jump (1 flight) – Triple Jump to follow (1 Flight)
1:30 pm	W Javelin (1 flight) M to follow (1 flight)

TRACK EVENTS (TENTATIVE; 1 Section of 800m will be designated INVITE that week)

12:30 pm	<i>National Anthem and Colors</i>
12:40 pm	<i>Senior Recognition</i>
1:00 pm	Women's 4 x 100m relay (2 section)
1:10 pm	Men's 4 x 100m Relay (2 section)
1:20 pm	Women's 800 (1 section)
1:25 pm	Men's 800 (1 section)
1:40 pm	Women's 100m Hurdles (2 sections)
1:50 pm	Men's 110m Hurdles (2 sections)
2:05 pm	Women's 400m (2 sections)
2:15 pm	Men's 400m (2 sections)
2:30 pm	Women's 100m (2 sections)
2:40 pm	Men's 100m (2 sections)
2:55 pm	Women's 800m (1 section)
3:00 pm	Men's 800m (1 section)
3:15 pm	Women's 400m Hurdles (2 sections)
3:25 pm	Men's 400m Hurdles (2 sections)
3:45 pm	Women's 200m (2 sections)
3:55 pm	Men's 200m (2 sections)
4:10 pm	Women's 800m (1 section)
4:15 pm	Men's 800m (1 section)
4:25 pm	FUTURE GREATS 100m; 4-10 year olds - Meet at 100m starting line
4:35 pm	Women's 1600m relay (2 sections)
4:50 pm	Men's 1600m relay (2 sections)