

# Lauren McCluskey Memorial

## Friday – Saturday, January 20 – 21, 2023



Last Revised: 1/16/2023 - Changes are highlighted in yellow

- Facility Information:** The Lauren McCluskey Indoor Track is located inside the Kibbie Dome at the University of Idaho in Moscow, ID. (Kibbie-ASUI Activity Center, 875 Perimeter Drive, Moscow ID 83844)
- The Track Oval and High Jump are newly surfaced in June 2022 with Mondo Super X Performance 10mm. With 62m diameter curves, and a distance of ~290m in lane 1, this means the track has wide sweeping curves similar to an outdoor track, with a typical indoor track straightaway. This track is designed for very fast times on the oval. Lanes 1 through 5 are used in races 200m and above. Lanes 1 through 8 are used on the straightaway for the 60 and 60H.
- Elevated runways are used for the pole vault, long jump, and triple jump; runway surfaces are rolled rubber mats. The throws surface is wood. **We will be using 2 throws rings concurrently for the heptathlon and pentathlon.**
- Special Event Notes:** \*\*Note: On Friday, at 3pm-3:15pm, the Lauren McCluskey Indoor Track Ribbon Cutting Ceremony will take place. \*\*Events will begin to shut down at 2:50pm in preparation of this one-time special event. The Oval, infield, and all field event areas including Rings and Runways will be closed from 2:50-3:20pm. \*\* Concourses will be open for warmups at all times.
- Spikes:** Only 1/2" or shorter pyramid spikes are allowed for all events, including the high jump. Spikes will be verified. **Those not fitting the standards must be replaced, or you will not be allowed to compete.**
- Entry Fee:** \$500 max entry fee per college team per gender, or \$35 per athlete. \$5 entry fee for all University of Idaho students/staff/track alums. **Absolutely no refunds will be given for any reason.**
- **College Teams:** May pay by either check or online – checks payable to: **University of Idaho Track and Field.**
  - **Univ of Idaho Students/Staff/Track Alums:** Do not pay online. No refunds will be processed. Pay cash at packet pickup, at least 1.5 hours prior to your race. Entry must be received via email using procedures listed below.
  - **Unattached (Collegiate/Post-Collegiate, Non-UI):** For these groups, all entries **must** be entered and paid on DirectAthletics, plus the DirectAthletics processing fees. This meet is not open to those with high school eligibility remaining. **Any fees left unpaid at the time of the entry deadline will result in all related entries being deleted from the meet.**
- Entry Procedure, Seed Marks, and Scratches:** *All pentathlon and heptathlon* entries are due online at [www.DirectAthletics.com](http://www.DirectAthletics.com) by 12 PM Pacific Time on Friday, January 13. *All other entries* are due online at [www.DirectAthletics.com](http://www.DirectAthletics.com) by 12 PM Pacific Time on Monday, January 16.
- Only marks from the 2021-22 and 2022-23 seasons will be accepted. **No additions or changes may be made at the meet.** Note that with entries due on Monday at 12pm Pacific Time, this will give you time to update marks if your student-athlete earns a better performance earlier in the weekend. To do so, delete their entry in Direct Athletics, and re-enter it.
- For first year athletes in your program that do not yet have marks in DirectAthletics, or that had a better mark in 2021-22, please proceed with the mark provided on DirectAthletics – even if it is NT or NM, then fill out the Excel form provided with the better mark. If you need the Excel form, reach out to [IdahoMeetDirector@gmail.com](mailto:IdahoMeetDirector@gmail.com). The Excel form will ask you for the actual mark in 2021-22, and a link to the result proving the performance. This may also apply to limited situations of xc runners that ran out of their mind in the 2022 xc season. **All other requests to move seed times will not be accepted.** Excel forms are due by Monday, January 16<sup>th</sup> at 12pm Pacific Time to [IdahoMeetDirector@gmail.com](mailto:IdahoMeetDirector@gmail.com).
- For multis, after completing an entry on DirectAthletics, please use the Excel form to email [IdahoMeetDirector@gmail.com](mailto:IdahoMeetDirector@gmail.com) with any 60 or 60H seed marks for the multi, using marks from the 2021-22 or 2022-23 seasons. Any seed marks not received by close of entries will be entered as NM.
- **Teams & Post-High School Unattached (Non-UI, Collegiate/Post-Collegiate):** Entries will be taken only through [www.DirectAthletics.com](http://www.DirectAthletics.com). No entries will be accepted by email or phone. This meet is not open to those with high school eligibility remaining. Entries for those with high school eligibility remaining will be removed. **No refunds will be processed.**
  - **Current University of Idaho Students, Staff and Track Alums:** Enter by emailing events and entry marks to [IdahoMeetDirector@gmail.com](mailto:IdahoMeetDirector@gmail.com). For discounted fee, do not pay online since no refunds will be given. Note that marks from this meet will not go to your DirectAthletics account for easy entry to future meets.
- Scratches:** Please email scratches only to [IdahoMeetDirector@gmail.com](mailto:IdahoMeetDirector@gmail.com) by 12pm Pacific Time on Wednesday, January 18, 2023.

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- High School Entries:** This meet **is not** open to those with high school eligibility remaining. Entries for those with high school eligibility remaining will be removed. **No refunds will be processed.**
- Scoring:** This is not a scored meet.
- Rules:** NCAA rules will be used in all cases. Fully automatic timing system will be used. NCAA throwing implements and hurdle heights will be used.
- Schedule / Heat Sheets:** The draft time schedule is tentative and may change based on entries. The final schedule will be posted by 5pm on Thursday, January 19, 2023 at [www.govandals.com](http://www.govandals.com). The meet will be run on a rolling schedule but will run no more than 5 minutes ahead of the **final schedule**. **Heat sheets will be posted by 5pm on Thursday, January 19, 2023 at [www.govandals.com](http://www.govandals.com).**
- Weigh-Ins:** Only indoor shot puts and soft-shell weights allowed. Implement weigh-ins will take place at the following times:  
**FRIDAY: MULTIS 8:45AM – 10:15 AM; WT: 2:00 PM – 5:00 PM / SATURDAY: 9:00 AM – 12:00 PM**
- Check-In:** Check in will open 1 hour prior to the first open running event of the day. **Early check-in is encouraged to avoid being scratched from an event. We will be testing the flow of a new check-in/spike check at the location selected for our Conference Championships being held in February 2023. Spike check for all spiked events, and check-in for track events, will be on the Southeast corner of the track.**
- 200/400/4x400:** Competitors in the 200/400/4x400 Relay should check-in or scratch no later than 45 minutes prior to the scheduled event start at the check-in table. Relay cards should be turned in at this time. At 30 minutes prior, the heats will be seeded. This will ensure full, competitive fields. **Competitors will return and report to the event start line 5 minutes before the event begins to get hip numbers and heat assignments.** Heats will be run fast to slow, and 5 people will run per heat. If an athlete misses check-in, there could be an opportunity to add them back into the event, but only to the final slow heat.
- All Other Running Events:** All competitors in track events other than the 200/400/4x400 Relay should **check-in no later than 20 minutes prior to the scheduled event start at the check-in table.** Competitors will get hip numbers at this time.
- All Field Events:** All jumping field event athletes must check-in at the spike check no later than 45 minutes prior to the scheduled event start. **Spike check will be on the Southeast corner of the track.** All field event athletes should then proceed to check-in with the field event judge 30 minutes prior to the scheduled start of the event.
- Advancement Protocols 60/60H:** If less than 41 competitors are initially entered into the 60 or 60H, the qualifying rounds will be cancelled – and all competitors will run in the preliminary round. In this case, heat winners in each preliminary (max 5) will advance to the final. The remainder of the 8-person final will advance based on time.
- If greater than 40 competitors are entered, qualifying rounds will be utilized. In this case, the top 16 seeds in the field will automatically advance to the preliminary round. The 17<sup>th</sup> and lower seeds will compete in qualifying rounds, with the top 8 times advancing to the preliminary round. This will result in a 3 heat preliminary where: heat winners (3) will advance to the final. An additional 5 competitors will advance based on time.
- If warranted, qualifying rounds and/or preliminary rounds will be cancelled if there are not enough competitors checked in, and all will be advanced to the next round.
- Starting Heights / Minimum Marks / Takeoff Boards** The long jump board will be at 12'. Triple jump boards will be at W-32' and M-40'. No other takeoff boards will be available. Bar progressions in the high jump and pole vault will be adjusted to hit Division I National marks. Opening heights in the **open** vertical jumps will be determined based on entries, but WILL NOT be lower than the following minimum heights: High Jump: 4'7" (W) and 5'7" (M) Pole Vault: 9'6" (W) and 13' (M)
- Live Feed / Results:** Results will be posted at the meet on the **southeast** corner of the Dome floor. The meet will stream on ESPN+, as well as at **TBD** for those outside the United States. Live results will display on <https://finishedresults.trackscoreboard.com/meets/11348/events> Finished Results also has an app for live results. Final meet results will be available after the last event. Results will be posted online only at [www.govandals.com](http://www.govandals.com) and at [www.directathletics.com](http://www.directathletics.com).
- Showers:** Showers may be available in the Kibbie Dome. Email request to KC Sheffler at [sheffler@uidaho.edu](mailto:sheffler@uidaho.edu) by end of day 1/9/23.

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<b>Trainers:</b>	University of Idaho trainers will be available in the training room just East of the track. For special requests, please contact: Brandon Garfield at <a href="mailto:bgarfield@uidaho.edu">bgarfield@uidaho.edu</a> .
<b>Parking</b>	<p>Parking is not enforced on Saturdays. Parking is recommended in lots <b>34 or 57</b>. Due to an Idaho Vandals Basketball Game, cars will not be allowed into closer lots starting at 3pm.</p> <p>On Friday, parking will be free in lots <b>34 or 57</b>, located on the west end of the dome. Note that you will get a parking ticket if you park in a Gold or Green lot, in a meter or pay station, or in specially marked spaces (such as disability, reserved, service, fire lanes, etc.) Disability spaces require a special U of I Disability permit. Please refer to <a href="https://www.uidaho.edu/infrastructure/parking">https://www.uidaho.edu/infrastructure/parking</a> with any questions.</p>
<b>Team Entrance and Team Camps</b>	Teams will enter on the Southwest corner of the Kibbie Dome. Team camps will set up on the South side of the dome (the side with the tennis courts and 200 starts – not the finish line side.) Only athletes currently competing should be on the dome floor.
<b>Tennis Courts / Coaches Box, and Warm-Up Areas:</b>	<p>All Athletes must stay off the tennis courts. This area is off limits during the competition and will be marked as such with signs. Absolutely no spikes on the tennis courts. It will be used as a coaches' box. Note that part of the tennis court will be off limits to coaches due to safety with the throws.</p> <p>Warmup areas will be available in the concourse. The East concourse can be used for any non-spike needs. The South concourse will have roll out rubber mats for any spike needs.</p> <p>During the Lauren McCluskey Dedication ceremony on Friday, the Oval, Throws ring, and all runways will be closed from ~2:50pm-3:20pm. During this time, the concourses will be open for warmups.</p>
<b>Practice Times:</b>	<p>If your team is arriving on Thursday, please contact <a href="mailto:IdahoMeetDirector@gmail.com">IdahoMeetDirector@gmail.com</a> to see if practice times would be available.</p> <p><b>UPDATE:</b> As of 1/16, the following times are available for any entered athletes: Thursday 12-6pm for the oval and all field events. Note that some spots on the track will be closed and off-limits due to wet paint.</p> <p>Friday practice on the oval is open 9:45am – 2pm. Note that due to the multi, LJ/TJ will only be open at approx 11:30am-1pm, SP/WT will only be open at approx. 9:45am-10:45am and 1:30pm – 2pm, HJ will NOT be available on Friday. Any other practice times would need to be done on the South and East concourses.</p>
<b>Spectator Information:</b>	<p><b>Parking</b> – Same as for teams. Please see above.</p> <p><b>Clear Bag Policy</b> – Might be in effect. If it is in effect, guidelines can be found at: <a href="https://www.uidaho.edu/dfa/auxiliary-services/administrative-operations/events/moscow/clear-bag">https://www.uidaho.edu/dfa/auxiliary-services/administrative-operations/events/moscow/clear-bag</a></p> <p><b>Admission</b> – Free to the public.</p> <p><b>Spectator Entrance</b> – On the NW corner of the Kibbie Dome.</p>
<b>Information:</b>	<p><b>Cancellations / Weather Updates:</b> Please check our Twitter @IdahoTrack.</p> <p><b>Information:</b> Please contact the meet director at <a href="mailto:IdahoMeetDirector@gmail.com">IdahoMeetDirector@gmail.com</a> or 970-690-3489. <i>Emails preferred.</i></p> <p><b>Meet Officials:</b> Please contact Kelsey Betthausen at 651-235-2615 or <a href="mailto:kbetthausen@uidaho.edu">kbetthausen@uidaho.edu</a>.</p>

### Warm Ups and Finals Information for the Horizontal Jumps and Throwing Events

For the horizontal jumps and throwing events, the following procedures will be followed:

- **General Warm-up:** 20 minutes of general warm-up time for all competitors will be provided. This will occur 30 minutes prior to the start of competition. If another event precedes it in the same competition area, this warm-up time will begin immediately at the conclusion of the previous event.
- **Flight Specific Warm-up:** 10 minutes of flight specific warm-up time will be provided. This will occur 10 minutes prior to the start of competition.
- **Finals after only 1 flight:** If only 1 flight is run, there will be no warm-up period between prelims and finals.
- **Finals after 2 flights:** If 2 flights are run, there will be a 10-minute warm-up period ONLY if a participant from an earlier flight qualifies, otherwise if all competitors are from the last flight, there will be no warm-up period between prelims and finals.
- **Note:** If there is only 1 flight, a total of 30 minutes warm-up will be provided – 20 minutes general and 10 minutes for the 1 flight.
- **Advancing to Finals:** Top 9 will advance based on performance. If 9 or fewer competitors start the preliminary round of competition, each competitor that takes a legal ATTEMPT in the preliminary rounds will automatically advance, even if each preliminary attempt is a foul.

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### FINAL Meet Schedule – as of 1/16/2023

Note: It will be a rolling schedule on the track, but will not run more than 5" ahead of the final schedule. All races but 60/60H will be heats against time.

Friday, January 20, 2023

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#### MEN'S HEPTATHLON – DAY 1 – (22)

Time	Event	
9:20 AM	Men's 60 Meters	Hept (3H/22)
EST 10:00 AM	Men's Long Jump (1 pit)	Heptathlon
EST 11:35 AM	Men's Shot Put (2 rings)	Heptathlon
EST 12:40 PM	Men's High Jump (1 pit)	Heptathlon

#### WOMEN'S PENTATHLON – (20)

Time	Event	
9:00 AM	Women's 60 Meter Hurdles	Pent (3H/20)
EST 9:45 AM	Women's High Jump (1 pit)	Pentathlon
EST 12:45 PM	Women's Shot Put (2 rings)	Pentathlon
EST 1:50 PM	Women's Long Jump (1 pit)	Pentathlon
3:00-3:15 PM	Lauren McCluskey Dedication Ceremony !!Runways, Oval and Throws Ring Closed during Dedication. Concourses open for Warmups!!	
3:35 PM	Women's 800 Meters	Pent (2H)

#### FRIDAY RUNNING EVENTS – (Round / Heats / # of Entrants)

Time	Event	Rnd (H/Ent)
3:00 – 3:15 PM	Lauren McCluskey Dedication Ceremony !!Runways, Oval and Throws Ring Closed during Dedication. Concourses open for Warmups!!	
3:25 PM	National Anthem	
3:35 PM	Women's 800 Meters	Pentathlon (2 Heats)
4:30 PM	Men's Mile	Final (3H/34)
4:50 PM	Women's Mile	Final (3H/39)
5:15 PM	Men's 200 Meters**	Final (11H/55)
5:50 PM	Women's 200 Meters**	Final (8H/37)
6:15 PM	Men's 1000 Meters	Final (2H/13)
6:30 PM	Women's 1000 Meters	Final (1H/9)
6:40 PM	Men's 5000 Meters	Final (1H/5)
	Women's 5000 Meters	Final

#### FRIDAY FIELD EVENTS – (Round / Flights / # of Entrants)

Time	Event	Rnd (F/Ent)
3:00-3:15 PM	Lauren McCluskey Dedication Ceremony !!Runways, Oval and Throws Ring Closed during Dedication. Concourses open for Warmups!!	
3:25 PM	National Anthem	
4:00 PM	Women's Long Jump*	P/F (2F/19)
~30" aft W LJ	Men's Long Jump*	P/F (2F/19)
4:00 PM	Women's Weight Throw*	P/F (2F/28)
~30" aft W WT	Men's Weight Throw*	P/F (2F/27)
4:45 PM	Men's High Jump	Final (19)
4:45 PM	Men's Pole Vault	Final (22)

Saturday, February 26, 2022

Saturday, February 26, 2022

#### SATURDAY RUNNING EVENTS - (Round / Heats / # of Entrants)

Time	Event	Rnd (H/Ent)
10:45 AM	National Anthem	
9:00 AM	Men's 60 Meter Hurdles	Heptathlon
	Men's 60 Meter Hurdles	Qualifying
	Women's 60 Meter Hurdles	Qualifying
11:10 AM	Men's 60 Meters	Qual (5H/38)
11:25 AM	Women's 60 Meters	Qual (4H/32)
	~ Senior Recognition Ceremony ~	
11:50 AM	Men's 60 Meter Hurdles	Pre (3H/22)
12:05 PM	Women's 60 Meter Hurdles	Pre (3H/23)
12:20 PM	Men's 60 Meters	Pre (3H/24)
12:30 PM	Women's 60 Meters	Pre (3H/24)
12:40 PM	Men's 400 Meters*	Final (7H/33)
1:00 PM	Women's 400 Meters*	Final (6H/27)
1:25 PM	Women's 60 Meter Hurdles	Final (1H/8)
1:30 PM	Men's 60 Meter Hurdles	Final (1H/8)
EST 1:45 PM	Men's 1000 Meters	Heptathlon (2 Heats)
1:55 PM	Men's 600 Meters	Final (3H/14)
2:10 PM	Women's 600 Meters	Final (4H/16)
2:25 PM	Women's 60 Meters	Final (1H/8)
2:30 PM	Men's 60 Meters	Final (1H/8)
2:40 PM	Men's 800 Meters	Final (3H/27)
2:50 PM	Women's 800 Meters	Final (5H/43)
3:15 PM	Men's 3000 Meters	Final (3H/45)
3:50 PM	Women's 3000 Meters	Final (3H/42)
4:30 PM	Men's 4x400 Meter Relay**	Final (3H/14)
4:45 PM	Women's 4x400 Meter Relay**	Final (4H/18)

#### SATURDAY FIELD EVENTS - (Round / Flights / # of Entrants)

Time	Event	Rnd (F/Ent)
10:45 AM	National Anthem	
9:45 AM	Men's Pole Vault	Heptathlon
2:00 PM	Women's Pole Vault	Final (18)
11:00 AM	Women's Shot Put*	P/F (2F/32)
~30" aft W SP	Men's Shot Put*	P/F (3F/34)
11:15 AM	Women's Triple Jump*	P/F (1F/15)
~30" aft W TJ	Men's Triple Jump*	P/F (1F/12)
12:00 PM	Women's High Jump	Final (17)

\*Top 9 marks will go to finals in the throws and horizontal jumps.

\*\*The 200, 400 and 4x4 will be seeded after check-in.

\*\*\*Qual or Prelim rounds of 60/60H may be cancelled if the event warrants going straight to the next round.

Quals/Prelims: 8 advance – Heat Winners + Top Times