

**Catamount Classic
Track and Field Invitational
@ Western Carolina University
Friday April 18, 2008**

Meet Information

General Info – The meet will be an invitational meet open to colleges and universities, along with approved un-attached athletes.

Facility: The Western Carolina University facility is an 8-lane, 400 meter Beynon 1000 System. There are two PV,LJ/TJ runways with pits on either end. The facility also includes a 66' X 108' HJ apron, two Javelin runways, one shot put and discus area located inside the track and one hammer/discus area located directly beside the track. The facility has seating for approx. 1500 spectators.

Entries: Entries will be available online at www.slipstreamtiming.com or www.directathletics.com. Entries are due on Monday April 14, 2008 by 6:00pm. No entries will be accepted after this date. Coaches, please be honest and accurate with your entries so that all athletes will be able to compete to their best ability. Each school is allowed up to 6 entries in each individual event and 3 relays. Unattached entries must be emailed to dwilliams@email.wcu.edu no later than 5:00pm on Monday April 14, 2008.

Entry Fees: An entry fee of \$20.00 per athlete or \$150.00 per team. A team is 8 or more. Unattached athletes cost is \$20.00. The fee is an entry fee, not a competition fee; fees are based on the number of entries not the number that actually competes. Fee can be paid at packet pick-up. Make all checks payable to **Western Carolina University Track and Field. Cash will be accepted.**

Scratches or corrections (no additions): emailed to dwilliams@email.wcu.edu by Tuesday April 15, 2008 by 7:00pm. Please be diligent in reporting scratches to avoid empty lanes.

Packet Pick Up: Will be at the building at the finish line end of the Track on Friday April 19, 2008 beginning at 12:00pm.

Athlete Check-In: All running events will check in at the purple tent located by the long jump pit 30 min. prior to the start of their event, and then re-check-in at the start line of their event 5 min. prior to the start of the event. Field events will check in at the site of the event 45 min. prior to the start of the event.



Running Events: All running events will be sections vs. time, with the fastest sections running first.

Field Events: In the shot put, Hammer, Discus, Javelin, Long Jump and Triple Jump all athletes will receive four (4) attempts, and there will be no finals. Athletes with the best entered marks will compete against each other in the flights with the best flight going first. All marks will be measured.

Field Event Starting Heights: Will be determined after the close of entries.

Implement Weigh-In: Located in the building at the finish line end of Track (far right door). All Implements will be weighed in at one time. Hammers will be able to be carried to the hammer circle by athletes, but will be re-checked before competition begins. All other implements will be taken to the event area by the officials.

Sports Medicine: Athletic Trainers will be available, please bring any supplies necessary. Visiting athletic trainers will have access to the training area.

Warm-Up Area: Soccer Field located off the track beyond the High Jump Apron. Hurdlers will be able to warm up on the hurdles using only the 4 outside lanes.

****NO ATHLETES WILL BE ALLOWED ON THE INFIELD AT ANY TIME DURING THE MEET. COACHES WILL HAVE FREE ACCESS TO THE FACILITY AS LONG AS THIS IS NOT ABUSED.**

Contact Information concerning the Meet:

Danny Williamson – Head Coach (828) 227-2026 dwilliams@email.wcu.edu
Brandy Venable – Asst. Coach (828) 227-2027 bvenable@email.wcu.edu

****Heat/Flight Sheets and Final Time Schedule will be posted at www.catamountsports on the Track and Field page on Thursday April 17, 2008 by 3:00pm.**



2008 Catamount Classic Track and Field Invitational

Hosted by Western Carolina University

Friday April 18, 2008

****Revised (4/13/08) - TIME/EVENT MEET SCHEDULE****

Friday April 18, 2008

Field Events

2:30pm	Hammer – Men, Women to follow Javelin – Women, Men to follow High Jump – Men, Women to follow
3:30pm	Pole Vault – Men Long Jump – Men, Women to follow
6:00pm	Shot Put – Men, Women to follow Discus – Women, Men to follow Pole Vault – Women Triple Jump – Men, Women to follow

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Running Events

4:00pm	3000m Steeple Chase	Women
4:15pm	3000m Steeple Chase	Men
4:35pm	4 x 100m Relay	Women
4:40pm	4 x 100m relay	Men
4:45pm	1500m Run	Women
4:55pm	1500m Run	Men
5:10pm	100m Hurdle	Women
5:20pm	110m Hurdle	Men
5:35pm	400m Run	Women
5:45pm	400m Run	Men
5:55pm	100m Dash	Women
6:10pm	100m Dash	Men
6:30pm	800m Run	Women
6:45pm	800m Run	Men
7:00pm	400m Hurdles	Women
7:10pm	400m Hurdles	Men
7:20pm	200m Dash	Women
7:35pm	200m Dash	Men
7:50pm	3000m Run	Women
8:05pm	3000m Run	Men
8:15pm	4 x 400m Relay	Women
8:25pm	4 x 400m Relay	Men