

**Western Carolina University**

**Presents**

**2013 Beynon Sports Surfaces**

**Catamount Classic**

**Track and Field Invitational**

**Weekend of March 22-23, 2013**

**Cullowhee, North Carolina**

**Western Carolina University**  
**Track and Field**  
**Beynon Sports Catamount Classic Track and Field Invitational Meet**

Western Carolina University will play host to an Invitational Style Track and Field Meet on the weekend of March 22-23, 2013. The meet will provide an excellent opportunity for all levels of competitive competition for your athletes. The meet will follow one of the two following formats.

**\*\*If we go with a one day schedule (Saturday only), then it will be very self explanatory. We will just follow the meet schedule.**

**\*\*If we go to a two day schedule, then it would follow this format:**

**\*The Field Events will be contested on both Friday afternoon/evening and Saturday to allow Field event athletes the opportunity to double without having to go from one event to the next to attempt to get all of the events squeezed in into a one day time schedule, thus giving the athlete(s) a recovery opportunity. By having some Field Events on Friday, we would do a trials and finals format, but if we go to just a one day event, then we would go with the 4 attempts only approach.**

**\*\*\*We would have a 5000m and a possible 10,000m on Friday evening if there is enough interest, with a tentative 5:00pm start time for these distance races.**

**\*\*\*\*We would also add a Men's and Women's Multi Event if enough interest is shown, with it beginning at approx 2:00pm on Friday March 25.**

**\*\*As stated above the Meet will provide an excellent opportunity for your athletes to receive some outstanding marks, as they will be able to be in the best competitive situation based upon their own personal marks.**

We would like to invite you and your team(s) to be a part of this special competition. **This is a competition** that will allow outstanding performances without the hassles that we have to deal with at other meets on this same weekend - wondering if your athletes are going to get into the meet, will our marks get measured, having to compete in a race where they line up 30 athletes and fire the gun or where the meet schedule gets 1-2 hours behind and they go to a rolling schedule and our athletes have no idea of when they actually compete.

We invite you to join us. Please respond back so that we can make plans to host an outstanding competition for you and your team(s).

**Danny Williamson**  
**Track and Field Office/Athletic Department**  
**Western Carolina University**  
**Cullowhee, NC 28723**  
**Phone: 828-227-2026 (O) / 828-399-1519 (C)**  
**Fax: 828-227-7079**  
**Email: [dwilliams@email.wcu.edu](mailto:dwilliams@email.wcu.edu)**

**Please return this ASAP to the address, mail or fax # below**

**Friday/Saturday March 22-23, 2013 – Beynon Sports Catamount Classic  
Western Carolina University**

\_\_\_\_\_ **Yes, we will attend**      \_\_\_\_\_ **Men**      \_\_\_\_\_ **Women**

\_\_\_\_\_ **No, we will not attend**

\_\_\_\_\_ **We are interested in the 2 day format**

\_\_\_\_\_ **We are only interested in the 1 day format and would not attend if it is a 2 day meet**

**School:** \_\_\_\_\_

**Coaches Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Email:** \_\_\_\_\_

**Office Phone:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**\*\*Please return to: Danny Williamson  
Track Office/Athletic Dept.  
Western Carolina University  
Cullowhee, NC 28723  
Fax: 828-227-7079  
Email: [dwilliams@email.wcu.edu](mailto:dwilliams@email.wcu.edu)**

**Beynon Sports Surfaces Catamount Classic**  
**Track and Field Invitational @ Western Carolina University**  
**Friday/Saturday March 22-23, 2013**

**Meet Information**

**General Info** – The meet will be an invitational meet open to colleges and universities, along with approved un-attached athletes. The meet will provide an excellent opportunity for all athletes to achieve outstanding performances. The meet format will be one of having the Saturday portion of the meet in a 4 ½ - 5 hour window. We will decide based upon your interest if we move to a 2 day format and then add a Multi Event Competition, along with some of the Field Events and Distance Events moving to Friday afternoon and early Friday evening. I honestly think that the 2 day format would add more quality to some of the events.

**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.directathletics.com](http://www.directathletics.com) or [www.slipstreamtiming.com](http://www.slipstreamtiming.com) Entries are due on Tuesday March 19, 2013 by 8:00pm. 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 un-limited entries if we have the 2 day schedule. If we have just the 1 day schedule then we will have a limit of 5 per event. Unattached entries must be emailed to [dwilliams@email.wcu.edu](mailto:dwilliams@email.wcu.edu) no later than 8:00pm on Tuesday March 19, 2013. You will be notified back by email if you have been accepted into the meet.

**Entry Fees:** An entry fee of \$25.00 per athlete or \$250.00 per team. A team is 10 or more. Unattached athletes cost is \$25.00. **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 [brian@slipstreamtiming.com](mailto:brian@slipstreamtiming.com) by Thursday March 21, 2013 by 4:00pm. Please be diligent in reporting scratches to avoid empty lanes or small field event flights.

**Packet Pick Up:** Will be at the building at the finish line end of the Track on Friday afternoon beginning at 12:00pm and on Saturday at 9:00am.

**Athlete Check-In:** All running events will check in at the purple tent located outside of the Building at the Finish Line area of the Track 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 30 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 everyone will receive 3 attempts with the top nine advancing to the final and receiving 3 more attempts – if we go with the 2 day schedule format. If we use only the 1 day schedule format, then each competitor will receive 4 attempts with no final being contested. Flights will be seeded, with the best flight going last. 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 left 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.

**Actual Weigh-in Schedule will be determined after final schedule is set.**

**Sports Medicine:** Athletic Trainers will be available, please bring any supplies necessary. Visiting athletic trainers will have access to the training area. Contact Andrew Browder (WCU Sports Medicine) with any concerns @ 828-227-2043 prior to meet.

**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.

**Timing & Results:** Brian Buckner – Slipstream Timing and Event Management & Bryan Powell – Western Carolina University Media Relations.

**Announcer:** Frank Aycock

**\*\*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**

**Cale McDaniel or Matt Harlfinger – Asst. Coaches**

**[dwilliams@email.wcu.edu](mailto:dwilliams@email.wcu.edu)**

**(828) 227-2027**

**\*\*Heat/Flight Sheets and Final Time Schedule will be posted at [www.catamountsports](http://www.catamountsports) on the Track and Field page on Thursday March 21, 2013 by 7:00pm.**

# 2013 Beynon Sports Surface Catamount Classic

Saturday March 23, 2013

**\*\*Tentative - Meet Schedule – 1 Day Only (Saturday)\*\***

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## Saturday March 23, 2013

### Field Events

9:45am	Hammer	Men
	Javelin	Women
11:00am	High Jump	Women
11:30am	Long Jump	Men
	Pole Vault	Women
11:50am	Javelin	Men
	Hammer	Women
1:30pm	High Jump	Men
	Long Jump	Women
	Shot Put	Men
2:00pm	Pole Vault	Men
2:00pm	Discus	Women
2:45pm	Triple Jump	Men
3:45pm	Shot Put	Women
4:00pm	Discus	Men
	Triple Jump	Women

### Running Events

12:00pm	3000m Steeple Chase	Women
12:15pm	3000m Steeple Chase	Men
12:35pm	4 x 100m Relay	Women
12:45pm	4 x 100m relay	Men
12:55pm	1500m Run	Women
1:10pm	1500m Run	Men
1:30pm	100m Hurdle	Women
1:45pm	110m Hurdle	Men
2:00pm	400m Run	Women
2:15pm	400m Run	Men
2:30pm	100m Dash	Women
2:40pm	100m Dash	Men
2:50pm	800m Run	Women
3:05pm	800m Run	Men
3:25pm	400m Hurdles	Women
3:40pm	400m Hurdles	Men
3:55pm	200m Dash	Women
4:05pm	200m Dash	Men
4:25pm	5000m Run	Women
4:45pm	5000m Run	Men
5:20pm	4 x 400m Relay	Women
5:35pm	4 x 400m Relay	Men

**2013 Beynon Sports Surface Catamount Classic**  
**Friday/Saturday March 22-23, 2013 Tentative - Meet Schedule\*\***

**Friday March 22, 2013**

- 2:00pm – Men’s Decathlon - (100m, LJ, SP, HJ, 400m)  
 2:15pm – Women’s Heptathlon – (100mHH, HJ, SP, 200m)  
     Women’s Discus (Hammer Cage)  
     Women’s Triple Jump  
     Men’s Javelin  
 4:30pm – Men’s Triple Jump  
     Men’s Discus (Hammer Cage)  
     Women’s Javelin  
 5:00pm – Women’s 5000m  
 5:30pm – Men’s 5000m  
 6:00pm – Women’s 10,000m  
 6:45pm – Men’s 10,000m

**Saturday March 23, 2013**

**Field Events**

- |         |   |       |
|---------|---|-------|
| 10:00am | Men’s Decathlon – 110mHH, Discus, PV, Javelin, 1500m) |       |
| 10:30am | Women’s Heptathlon – (LJ, Javelin, 800m)              |       |
|         | Hammer  | Men   |
| 11:00am | High Jump   | Men   |
|         | Pole Vault  | Women |
| 12:15pm | Hammer  | Women |
| 1:00pm  | Long Jump   | Men   |
| 1:30pm  | High Jump   | Women |
| 2:15pm  | Shot Put  | Men   |
| 3:00pm  | Pole Vault  | Men   |
|         | Long Jump   | Women |
| 3:45pm  | Shot Put  | Women |

**Running Events**

- |         |                |       |
|---------|----------------|-------|
| 12:00pm | 4 x 100m Relay | Women |
| 12:15pm | 4 x 100m relay | Men   |
| 12:30pm | 1500m Run      | Women |
| 12:45pm | 1500m Run      | Men   |
| 1:05pm  | 100m Hurdle    | Women |
| 1:20pm  | 110m Hurdle    | Men   |
| 1:40pm  | 400m Run       | Women |
| 1:55pm  | 400m Run       | Men   |
| 2:10pm  | 100m Dash      | Women |
| 2:25pm  | 100m Dash      | Men   |
| 2:40pm  | 800m Run       | Women |
| 2:55pm  | 800m Run       | Men   |
| 3:10pm  | 400m Hurdles   | Women |
| 3:25pm  | 400m Hurdles   | Men   |
| 3:40pm  | 200m Dash      | Women |
| 3:55pm  | 200m Dash      | Men   |
| 4:10pm  | 3000m SC       | Women |
| 4:25pm  | 3000m SC       | Men   |
| 4:40pm  | 3000m Run      | Women |
| 4:55pm  | 3000m Run      | Men   |
| 5:10pm  | 4 x 400m Relay | Women |
| 5:20pm  | 4 x 400m Relay | Men   |





**Western Carolina University**  
**INFORMATION FOR WCU CROSS COUNTRY/TRACK & FIELD**  
**MEETS**

**DIRECTIONS TO WCU:** Traveling EAST from Tennessee on I-40, exit at Hwy 276 (Maggie Valley); follow 276 toward Waynesville until 276 intersects with Hwy 74. Take 74 to Sylva, take Exit 85, follow signs (Hwy 107) to WCU and Cullowhee.

Traveling WEST from North Carolina and South Carolina on I-40; exit I-4 on to 19-23-74 (exit 27, easy to miss) which will take you toward Waynesville. Take 23-74 to Sylva, and take exit 85 – follow signs (Hwy 107) to WCU and Cullowhee.

**LOCATION OF TRACK/  
CC COURSE**

North of WCU campus off Highway 107. Take first WCU Exit.

**MEET TIME:** TBA

**DRESSING FACILITIES:** Located in Reid Gym

**PRACTICE:** TBA

**SPORTS MEDICINE:** Please contact Andrew Browder, Track & Field Trainer with all concern and requests @ 828-227-2304

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Baymont Inn – located 20 miles from campus in Cherokee	828-497-2102
Best Western – located 8 miles from campus in Dillsboro	828-586-6060
Travel Lodge – located 20 miles from campus in Cherokee	828-497-2226
University Inn – located 1 mile from campus in Cullowhee	828-293-5442
Blue Ridge Inn – located 7 miles from campus in Sylva	828-586-2123
Sylva Inn/Comfort Inn – located 7 miles from campus in Sylva	828-586-3315
Holiday Inn – located 20 miles from campus in Cherokee	828-497-9181
Holiday Inn Express – located 8 miles from campus in Dillsboro	828-631-1111
Best Western – located 20 miles from campus in Cherokee	828-497-2020
Best Western – located 22 miles from campus in Waynesville	828-456-4402
Hampton Inn – located 20 miles from campus in Cherokee	828-497-3115
The Lodge – located 22 miles from campus in Waynesville	828-452-0353
Azalea Motel – located 7 miles from campus in Sylva	828-586-2051
Boundary Tree – located 20 miles from campus in Cherokee	828-497-2155
Comfort Inn – located 20 miles from campus in Cherokee	828-497-2411
Qualla Motel – located 20 miles from campus in Cherokee	828-497-5161
Woodland Motel – located 7 miles from campus in Sylva	828-586-4331
Days Inn – located 20 miles from campus in Cherokee	828-497-9171
Days Inn – located 20 miles from campus in Franklin	828-524-6491
Hampton Inn – located 20 miles from campus in Franklin	828-369-0600
Microtel Inn and Suites – located 20 miles from campus in Franklin	828-349-9000
Comfort Suites – located 20 miles from campus in Cherokee	828-497-3500
Fairfield Inn and Suites – located 20 miles from campus in Cherokee	828-497-0400
Ramada Limited – located 20 miles from campus in Cherokee	828-497-4231
Microtel – located 20 miles from campus in Cherokee	828-497-7803, 828-497-7800
Comfort Inn – located 20 miles from campus in Franklin	828-369-2000
Jarrett House – located 8 miles from campus in Dillsboro	828-586-0265
Days Inn – located 22 miles from campus in Waynesville	828-452-9009