



Entry Procedure:

- All institutions will submit entries online at Direct Athletics.
- Meet Entries open on Monday, November 18 at 12:01 am.
- Meet Entries will close Wednesday, December 4 at 12:00 pm (Noon).
- Unattached Athletes should contact Meet Director, David Beauchem (dbeau2@nd.edu) with name, event, and proof of performance to receive consideration for acceptance into the Track & Field Meet.

Entry Fee:

- \$300 per team. Each gender will be considered a separate team.
- Unattached Competitors will be charged \$30.00 paid via cash or check at packet pickup.
- Team Entry Fees can be paid via cash or check at packet pickup, or prior to competition on DirectAthletics.
- Please make all checks payable to "University of Notre Dame".
- Notre Dame Students with a valid Irish1Card and **valid proof of performance** will be allowed to compete at NO CHARGE.

Facility Overview:

- Meyo Field is located inside the Loftus Sports Center. A 320-meter Mondo oval will provide athletes an opportunity to race on the nation's largest NCAA legal indoor track.
- The Pole Vault, Long Jump, and Triple Jump will be contested on a raised Mondo runway.
- The High Jump will be contested on a plywood/Mondo surface placed on the turf infield.
- The Weight Throw / Shot Put will be contested on a wood circle with the sector on the turf infield.
- Preferred Lanes:
 - 60 M Dash / 60 M Hurdles: 4 – 3 – 5 – 2 – 6 – 1
 - 200 M Dash: 5 – 6 – 4 – 3 – 2 – 1
 - 300 M Dash: 4 – 5 – 6 – 3 – 2 – 1
 - 400 M Run: 4 – 5 – 6 – 3 – 2 – 1
 - 4x400 M Relay: 4 – 5 – 6 – 3 – 2 – 1

Facility Restrictions:

- ¼" Pyramid Spikes **ONLY**. We ask that coaches please make sure all athletes have the correct spikes. Shoes may be checked at check in or at pre-race clerking. If spikes are not in compliance, the athlete will be disqualified.
- ONLY athletic tape may be used to mark for LJ / TJ / HJ / PV. No duct tape is allowed.
- No electronic devices are allowed inside the competition area at any time.

Team Camps:

- Please set up team camps on the predetermined areas along the inside of the track.

Scoring:

- This is a non-scored competition.

Practice and Warm-ups:

- The Loftus Sports Center and Meyo Field will be available for practice and warm-ups beginning at 11:00 am on Friday, December 6. There will not be any Pre-Meet Practice on Thursday, December 5.
- Warm-ups will be allowed on the track until the beginning of running events. At that time all warm-ups will be limited to the back stretch (during straightaway races) and the specified infield warmup area.

Packet Pick-up:

- Team Packets will be available at the Clerk / Hip Number Table after 11:00 am.

Clerking Procedures:

- Running Event athletes will report to the hip number table, located near the 40-yard line, at least 60 minutes prior to the start of their event. Athletes will then report to the Clerk at the Starting Line before the beginning of each event.
- Weight Throw / Shot Put athletes must report at least 45 minutes prior to the start of your event.
- Pole Vault / High Jump athletes must report at least 45 minutes prior to the start of your event.
- Long Jump / Triple Jump athletes must report at least 30 minutes prior to the start of your event.

Meet Operations:

- All implements will be weighed in at the site of competition beginning 60 minutes prior to the start of competition.
- Opening heights and progressions for the High Jump / Pole Vault will be determined prior to competition.
- The LJ / TJ / SP / WT will be conducted with 3 Preliminary Attempts, followed by the re-order of competitors, a 15-minute warm-up, and 3 Final Attempts. These events will be limited to the top 16 entries (1 Flight).
- Men's & Women's Long Jump Board is 4m (13' 1½"). Men's Triple Jump Board is 13m (42' 7¼"). Women's Triple Jump Board is 11m (36' ¼"). No other Boards will be provided.
- In all Track Events only Starting Blocks provided by Notre Dame will be allowed (Gill Fusion Starting Blocks).

Heat Sheets:

- Heat sheets will be posted on Thursday, December 5.

Shower/Restroom Facilities:

- No locker room or shower facilities will be available.
- Limited indoor restrooms will be available within Loftus Sports Center.
- Additional restrooms will be available outside of the southwest corner of the track.

Parking/Directions:

- Buses may drop off athletes outside the West entrance of the Loftus Sports Center. Buses and other team vehicles will be directed to park directly south of the Purcell Pavilion in the Joyce Lot. Public Parking will also be available in the Joyce Lot and the Bulla Road Lot.
- Spectators are welcome to park in the Bulla Road Lot, Compton Lot, or Joyce Center Lot.

Sports Medicine:

- Athletic Trainers will be available 90 minutes before, during, and 30 minutes after the conclusion of competition. Athletic Trainers will be located in the Northeast corner of the facility.
- All Sports Medicine related questions can be directed to Allison Marlatt via email at agawinsk@nd.edu.

Food & Drinks:

- Outside food is prohibited in the Loftus Sports Center. No food, Gatorade, or soft drinks are allowed. Teams wishing to cater in meals will be asked to eat in the hallway.
- All Spectators will be subject to the Notre Dame Clear Bag Policy for Home Athletic Events when entering Loftus.

Results:

- Live results will be available at www.enduranceracetiming.com (<https://live.enduranceracetiming.com/meets/41843>).

Media Questions:

- Please contact Sarah Miesle via email (smiesle@nd.edu) with any media related questions.

Questions or Further Information:

- Please contact Meet Director, David Beauchem if you have any questions or need further information. dbeauch2@nd.edu / 850-228-2916



FIELD EVENTS

1:00 PM	Long Jump	Men followed by Women
To follow LJ	Triple Jump	Men followed by Women
1:00 PM	Weight Throw	Women followed by Men
To follow WT	Shot Put	Women followed by Men
1:30 PM	High Jump	Women followed by Men
1:30 PM	Pole Vault	Men followed by Women

RUNNING EVENTS (all Events are Finals)

2:30 PM	60 M Hurdles	Women
2:50 PM	60 M Hurdles	Men
3:00 PM	1,000 M Run	Women
3:05 PM	1000 M Run	Men
3:10 PM	Mile Run	Women
3:25 PM	Mile Run	Men
3:40 PM	400 M Dash	Women
3:50 PM	400 M Dash	Men
4:05 PM	60 M Dash	Women
4:20 PM	60 M Dash	Men
4:30 PM	300 M Dash	Women
4:35 PM	300 M Dash	Men
4:40 PM	800 M Run	Women
4:50 PM	800 M Run	Men
5:00 PM	200 M Dash	Women
5:15 PM	200 M Dash	Men
5:30 PM	3,000 M Run	Women
5:45 PM	3,000 M Run	Men
6:00 PM	4x400 M Relay	Women
6:15 PM	4x400 M Relay	Men