



TRACK & FIELD

Husky Track Field Carnival Information

December 1, 2007

Reggie Lewis Track & Athletic Center (Boston, MA)

Order of Events:

Meet begins at 10:00 a.m. for the women and 2:00 p.m. for the men

Field Events, beginning at 10:00 a.m. (women) and 2:00 p.m. (men)

Weight Throw, Pole Vault, Long Jump

Shot Put (following Weight Throw)

Triple Jump (following Long Jump)

High Jump (following Hurdles and Dash)

Track Events on the oval, beginning at 10:00 a.m. (women) and 2:00 p.m. (men)

5000m (1 heat)

Mile

400m

500m

800m

1000m

200m

3000m

4x400m Relay

Track events on the infield, beginning at 10:00 a.m. (women) and 2:00 p.m. (men)

55m High Hurdles – Trials

55m Dash – Trials

55m High Hurdles – Finals

55m Dash – Finals

Entry Form: Entries must be submitted electronically (www.directathletics.com).

Entries are due by Tuesday, November 27, 2007.

Entry Fee: The entry fee is \$200.00 per team (Men's and women's teams are separate).

For unattached athletes and teams with rosters less than 19 members, the entry fee is \$10.00 per individual.

Parking: Use the parking lot behind the Reggie Lewis Center

Questions: Contact Sherman Hart at (617) 373-3555 or Dion Gardner at (617) 373-5341.

Coaches' Meet Instruction:

**Team entries must be done electronically, (www.directathletics.com.) Entries are due Tuesday, November 28, 2006. We ask that coaches be fair and accurate with their seed times to make for competitive heats.

**Entry fees are due at the packet pick-up. Clubs must pick their packets as a team. Individual entries can also receive their numbers at the team packet pick-up. Checks should be made out to "Northeastern Track & Field."

**Changes or scratches should be sent to Bob Muldoon at bmuldoon@beld.net by Thursday, November 30, 2006.

**We will have one heat in the 5000m. We ask that coaches only enter "quality" athletes in this event, so lapping is kept to a minimum.

**Teams can enter more than one relay. Please indicate A and B teams on the entry.

**Athletics must check in at first call for their event. Heats will be seeded after check-in.

**Heats on the track will run fast to slow.

**Flights in the field events will be seeded, with the seeded flights going last. The top eight competitors will advance to a final.

**In the dash and hurdle events, the eight fastest times in the trials will advance to the finals.

**Numbers should be worn on the front for all track races. Field events competitors do not need to wear their numbers while competing, but must show their numbers at the time of their check-in.

**Implements weigh-in will take place at the throwing circle starting at 9:00 a.m.

**starting heights will be 4'8" (women) and 5'10" (men) in the high jump. The pole vault heights will be 9'0" (women) and 12'6" (men)

**The uniform rule will be in effect.