



UMASS BOSTON INDOOR SEASON OPENER

Saturday, December 1, 2018
Reggie Lewis Track & Athletic Center

Entry Procedures & Deadline: Entries must be submitted electronically (www.directathletics.com). Entries are due by **Wednesday, November 28th midnight.**

Team Entry Fee: The entry fee is **\$375.00 per team** (Men and Women teams are separate). Team roster(s) under 13 members (per gender) will be charged the **\$30 per athlete rate.**

Entry Fee instructions: Entry fees can be mailed prior to the meet or submitted at packet pick up the morning of competition. **Checks made payable to "UMass Boston Track & Field."** Please make sure entry fees are submitted in a timely manner and the memo reflect the name of the meet to avoid delays and misplaced checks.

Mailing Address:

UMass Boston Athletic Department
100 Morrissey Boulevard Boston MA 02125.
Attn: Consandria Walker Hall /Track and Field Office

Unattached/Open Competitors: The entry for unattached/open athlete(s) is **\$30 per athlete.** We will not be accepting entries on the day of the meet or online for unattached/open athletes. **All unattached or open competitors must be email entries to meetmanagerumb@gmail.com by Wednesday, November 28th at midnight. Please no high school unattached or club athletes allowed in this meet.**

Packet Pick Up & Check In: Coaches and Unattached athletes must check in at the desk by the starting line prior to the start of the meet.

Throwing Events & Implements Weigh In

Implements weigh-in will take place at the throwing circle starting at 8:30am. Flights in the field events will be seeded, with the seeded flights going first. There are NO Finals.

Circle #1 (caged) is located to the right of the score board

Circle #2 (Women's Shot Put) to the left of the score board. Each competitor gets THE FIRST legal throw measured regardless of distance and there will be a minimum distance imposed for the **remaining 2 Throws.**

Horizontal Jumps

Women Boards – 28ft & 32ft

Men Boards – 36ft & 41ft

Flights in the field events will be seeded, with the seeded flights going first. Each competitor gets THE FIRST legal jump measured regardless of distance and there will be a minimum distance imposed for the **remaining 2 jumps.** Please let your athletes know, there will be a strict 15mins warm up in between flights for warm up throws. There are NO Finals.

Event Check In: Athletes in the running events must check in at the desk located below the staircase on the outside of the track near the front entrance of the field house. Athletes must have their bib numbers visible at the time of check in and must be worn during all competition. Field event athletes must check in with their bib numbers to the official at the event location.

Minimum Marks and Starting Heights

**Will be adjusted based on entries.

THROWING EVENTS MIN. MARK

Women's Weight Throw 10.50m

Women's Shot Put 10m

Men's Weight Throw 11.00m

Men's Shot Put 11.60m

HIGH JUMP OPENING HEIGHTS

Women's High Jump 1.40m

Men's High Jump 1.75m

POLE VAULT OPENING HEIGHTS

Women's Pole Vault 2.60m

Men's Pole Vault 3.25m

HORIZONTAL JUMPS MIN. MARK

Women's Long Jump 4.80m

Women's Triple Jump 10.00m

Men's Long Jump 5.70m

Men's Triple Jump 11.85m

ADDITIONAL INFORMATION

- 1. All Teams must enter through the side entrance; Non Competitors/Spectators enter through the front of the Reggie Lewis Center.**
2. Teams can enter more than one relay and must indicate A and B teams on the entry. Please declare the names of the athlete competing at the check in table.
3. Athletes must check in at first call for their event with bib numbers. Heats will be seeded after check-in. Heats on the track will run fast to slow.
4. In the 60m Dash and 60m Hurdles, top 8 will advance to the finals.
5. Top 3 Seeded Heats ONLY will be allowed blocks on the oval.
6. Opening heights, progressions and minimum marks will be determined after entries are closed.
7. We will not be accepting day of entries, all entries and or corrections must be completed prior to competition day.

Parking: Teams & or participants must park on the Roxbury Community College campus Lot 2 off of Columbus Ave. Parking behind Reggie Lewis Center is for official and employee use only. Others will be towed at owner's expense.

Admissions: All non-competitors/spectators must enter though the main entrance. \$10 adults/ \$5 children/seniors.

Questions: Email: meetmanagerumb@gmail.com, ph: 617-287-7963



SCHEDULE OF EVENTS

FIELD		Men then Women
9:30am	MEN'S WEIGHT THROW	FINAL
	Followed by Women's Weight; Men Shot to follow	FINAL
10:00am	WOMEN SHOT PUT	FINAL
	MEN AND WOMEN HIGH JUMP (IN – FIELD)	FINAL, after hurdle finals
9:30am	MEN'S LONG JUMP	FINAL
	Followed by WOMEN'S LONG JUMP	FINAL
	Followed by MEN'S TRIPLE JUMP	FINAL
	Followed by WOMEN'S TRIPLE JUMP	FINAL
10:00am	MEN'S POLE VAULT	FINAL
	Followed by Women's Pole Vault	FINAL
TRACK	ROLLING SCHEDULE (Fast to Slow)	Women then Men
9:30am	5000m	Finals
	60m	Trials
	60mH	Trials
	60m	Finals
	60mH	Finals
	High Jump – Two pits run concurrently	Finals
	1mile	Finals
	400m	Finals
	500m	Finals
	800m	Finals
	1000m	Finals
	200m	Finals
	3000m	Finals
	4x400 relay	Finals