



Due to the outstanding response we have gotten for this event (1300 entries) we are making the following adjustments so that everyone will be able to participate and the meet will run smoothly. We anticipate adding a second day for next year 2010 (which will include a High Jump) if we have the same or more entries next year. The following is a list of procedures and updates for the Jimmy Carnes Indoor Track & Field Meet this Saturday (2/7/09) at the O'Connell Center in Gainesville, Florida. **PLEASE READ FULLY AND CAREFULLY AS THE POLICIES SET FORTH WILL BE STRICTLY ENFORCED.**

TIME SCHEDULE ADJUSTMENT

Youth Time Change!!!!!!

6-9am packet pickup

7:30am Long Jump Girls. All other field events stay at 8:00am.

7:30am Running Events begin. Order of running events as follows:

4x800m (13-18 Girls/Boys), 200m (All Girls/Boys), 3000m (13-18 Girls/Boys), 400m (All Girls/Boys), 800m (All Girls/Boys), 1 mile (All Girls/Boys), 4x400m (All Girls/Boys), 55m (All Girls/Boys), 55m Hurdles (13-18 **Boys/Girls**).

Open / Collegiate Time Change!!!!!!

Due to the large amount of athletes we have decided to push the Open / Collegiate section back to give an accurate time schedule. The following is the new Open / Collegiate Time Schedule:

4:00pm	Long Jump	Women Followed by Men
To follow LJ	Triple Jump	Women Followed by Men
4:00pm	Pole Vault	Women Followed by Men
5:00pm	Shot Put	Women Followed by Men
5:30pm	55m Hurdles	Women followed by Men
5:50pm	55m Dash	Women followed by Men
6:15pm	1 Mile Run	Women followed by Men
6:45pm	200m Dash	Women followed by Men
7:15pm	800m Run	Women followed by Men
7:40pm	400m Dash	Women followed by Men
8:25pm	3000m Run	Women followed by Men
9:05pm	4x400m Relay	Women followed by Men (College Only)



Procedure changes / updates

All Events:

1. All warm-up must take place outside the competition area. Athletes will not be allowed on the surface to do any warm-up during the event. UF has many grassy areas nearby and the outdoor track is a block west of the O'Dome.
2. USATF Starting rules will be used for this event.
3. Seeding will be done by the athletes' entry time. Awards will be given by the pre-printed age groups at Gate 1.
4. **Packet pickup is on Friday night from 5pm to 8pm in the conference room of the Hilton Garden Inn.** All late entries and corrections must be completed by that time. Late packet pickup will occur outside of Gate 2 of the Stephen C. O'Connell Center according to the following schedule: Youth pickup is from 6am to 9am only. **After 9am all youth packets will be moved inside and a ticket must be purchased at Gate 1 to get in to the building and get your number from the Gate 2 lobby.** Open / Collegiate pickup is from 3pm – 7pm only. **After 7pm all packets will be moved inside and a ticket must be purchased at Gate 1 to get in to the building and get your number from the Gate 2 lobby. NO EXCEPTIONS.**
5. Spikes are allowed on the Level 2 running surface if they are 1/4" Christmas tree or pyramid style spikes. **Needle spikes are not allowed.** No spikes may be worn in the outside hallways/lobbies on Level 2, anywhere on Level 3, or anywhere outside the field event area on level 1. **Make sure your athletes remove their spikes when not on the BLUE competition surface.**
6. **Gate 1** will be reserved for spectator entrance and ticket sales. Awards will also be available 30 minutes after each event set at this location. **Gate 2** will be reserved for Athlete Packet Pickup and Clerking. **Gate 3** will be reserved for Medical needs and also a Media interview area. **Gate 4** will be reserved for operations and officials. **Results will be posted on Level 3 between the stairwells from Gate 1 and Gate 2 as well as live at www.halfmiletiming.com.**
7. If you had a late entry or change fee to pay at the meet you will need to do so in cash. No checks or Credit Cards will be accepted. No packets/ numbers will be released until payment is completed. **NO EXCEPTIONS.**
8. Friday's USATF Coaches Education course will be from 5pm – 7:15pm at the Hilton Garden Inn with the USATF Officials Certification course to follow at 7:30pm.
9. This is a reminder on the coaches pass policy: Each team will get one coaches pass per 8 athletes registered up to a maximum of 3 passes per team. Any additional coaches will have to purchase a ticket at Gate 1 for \$5.00.
10. Implement Weigh-in will be at the Shot Put Ring.
11. All Pole Vaulters will be subject to weight verification at the officials descretion.

Open / Collegiate:

1. All events are now Women first then Men to follow. This is an adjustment for the Shot Put.
2. All athletes must check in by 30 minutes prior to your event on the time schedule. Check in sheets will be pulled at this time and only those who have checked in by initialing the sheets will be entered. **We will not add anyone back in that shows up between the pulling of the check-in sheets and the running of the race.** Example: All Milers (W & M) must be checked in by 5:45pm to be in the races.
3. *Women's metric progression in the pole vault: 2.45, 2.75, 3.05, 3.35, 3.50, 3.65, 3.80, 3.95, 4.05*
4. *Men's metric progression in the pole vault: 3.00, 3.30, 3.60, 3.90, 4.20, 4.50, 4.65, 4.80, 4.90, 5.00*
5. *Long Jump, Triple Jump, and Shot Put will all be 3 attempts with the best 8 competitors returning for the finals with 3 additional attempts. All attempts will be using the USATF 1 minute rule to make your attempt.*



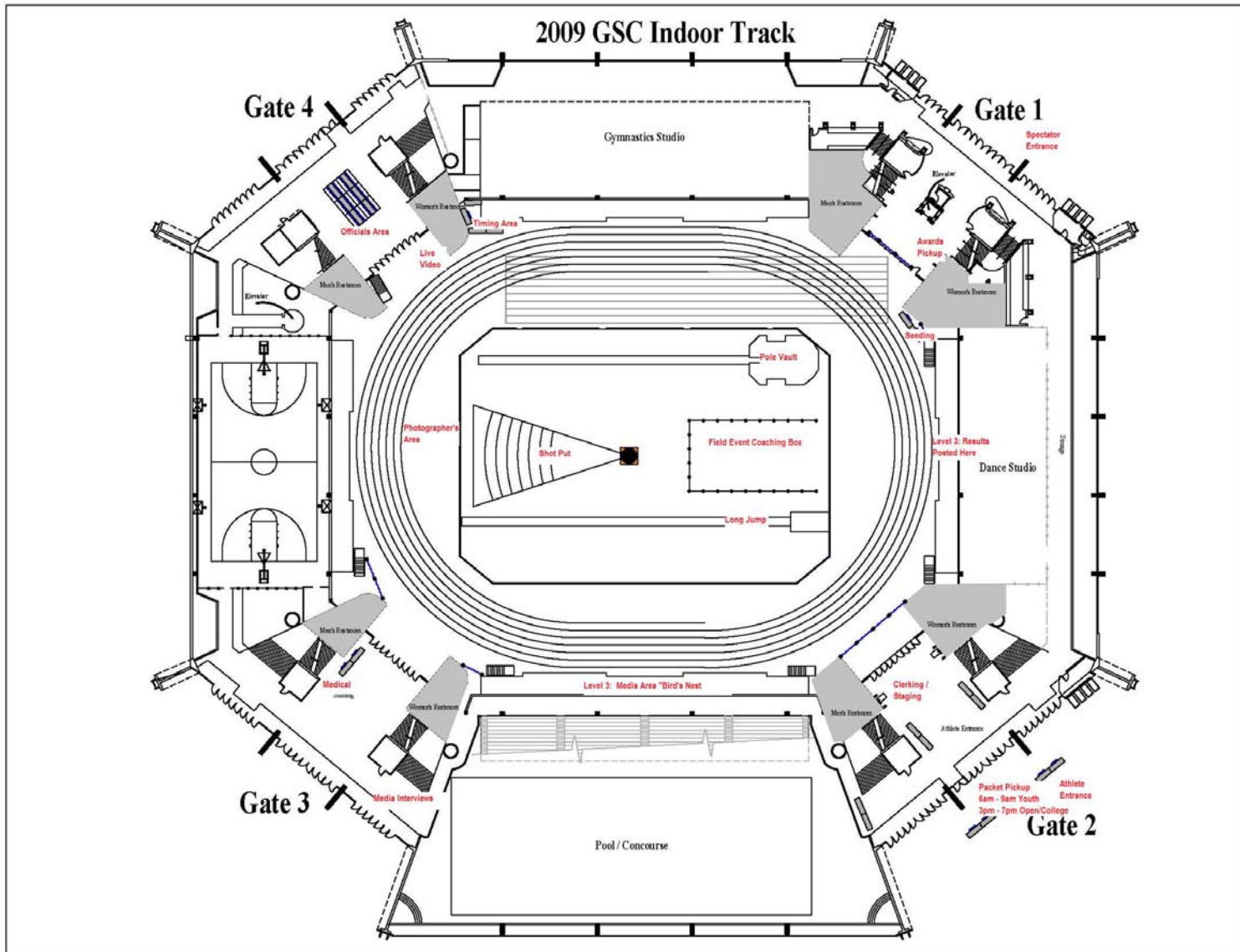
Youth:

1. Due to the volume of entries, ALL athletes must check in 2 events prior to your event at Gate 2. Check in sheets must be initialed by the athlete or a designee. Once the check-in sheets have been removed, no more athletes will be accepted for that event. **NO EXCEPTIONS. Coaches are strongly encouraged to accompany their athletes to check-in so that this is done properly.** *Example: Sheets for the Girls 400m Dash will be pulled at the start of the Girls 3000m Run. Sheets for the Boys 400m Dash will be pulled at the start of the Boys 3000m Run.*
2. In the 200m and 400m Dashes blocks will be available to the first 4 seeded heats. All others will not be able to use blocks.
3. Due to the anticipated large number of entries in the Youth 400m, please be aware that meet officials have been instructed to run 12 athletes per heat in 6 alleys similar to an outdoor 800m if the schedule is affected adversely.
4. In the 55m Dash and 55M Hurdles blocks will be available for all athletes, but must be set immediately following the start of the preceding race. Athletes whose blocks are not set within a minute will start without blocks.
5. Long Jump and Shot Put will be **3 attempts** using the USATF rule of 1 minute to make that attempt.
6. Girls Pole Vault will use the following **metric** progression: 1.21, 1.52, 2.36, 2.66, 2.81, 2.96, 3.11, 3.26, 3.36, 3.46
7. The Boys Pole Vault will use the following **metric** progression: 2.90, 3.20, 3.50, 3.80, 3.95, 4.10, 4.20, 4.30, 4.40

Again we thank you for your understanding of these changes as we are trying to allow as many to compete well as possible this year. We look forward to seeing all of you Friday night at the clinic and Saturday at the track!

Below you will find a map of the O'Connell Center with all the important areas marked

2009 Jimmy Carnes Indoor Track & Field Meet Committee



Gate 1: Spectator Entrance, Concessions, and Athlete Awards Pickup

Gate 2: Athlete Entrance, Packet Pickup (6am-9am Youth / 3pm-7pm Open), Clerking

Gate 3: Medical, Media Interview Area

Gate 4: Officials Area and Operations Area

Level 3 between Gate 2 & 3: Media Area "Bird's Nest"

Level 3 between Gate 1 & 2: Results posting

Level 1: Field event areas as marked, Field Event Coach's box, Shot Put weigh in.