



Cornell University Track & Field



CORNELL BIG RED INVITATIONAL SUNDAY, APRIL 28, 2019

Please read the following material carefully. If there are any questions after that, please contact Coach Mike Henderson at mh2425@cornell.edu.

COLLEGIATE TEAM ENTRY INFORMATION:

Eligibility: This meet is open to all athletes that are currently eligible at your institution. Open athletes may be entered unattached in this meet. See below for unattached athlete entry information.

Fee: The team entry fee is \$300.00 per gender. Schools entering both men's and women's teams will pay \$600.00 total. The individual entry fee is \$20 per person.

Payment: You will have the option of paying via credit card through DirectAthletics at the time you submit your entries. We will also accept payment (checks made out to CORNELL TRACK) on the day of the meet.

UNATTACHED ATHLETES:

1. Please pay your entry fee (\$20). On Direct Athletics at the time of registration. If you do not pay when you sign up your entry will not be processed.
2. All unattached athletes must have a valid USATF membership. You should either e-mail me the membership ID ahead of time or be prepared to present it when paying your entry fee when you arrive, before you compete.
3. Cornell meet management assumes no responsibility for how your participation as an unattached athlete in our meet may impact your eligibility as a high school or college athlete. It is your responsibility to know the rules and regulations of your state federation as well as how competing unattached may impact your NCAA eligibility.

ENTRY PROCEDURE:

We will be using DirectAthletics for meet entries again this year. We will be utilizing Leone Timing for the entry process, timing, and posting of results. Any questions about accessing the meet entry site on DirectAthletics, please e-mail Pat Leone at pat@leonetiming.com. **Entries will be due at Noon on Thursday, April 25, 2019.** No additions are allowed after the entries are received.

RELAY SEED TIMES:

Please be as accurate as possible concerning your relay seed times. Please list times you think will be run with the personnel on each individual relay. Additional B and C relay teams will be allowed to enter.

FIELD EVENTS:

- Eight will advance to finals
- Opening Marks/Minimum measures will be:
 - Men's high jump will start at 1.85m, women's high jump at 1.50m.
 - Men's pole vault will start at 4.20m, women's pole vault at 3.05m.
 - Men's long jump = 6.10 meters
 - Women's long jump = 4.90 meters
 - Men's triple jump = 12.20 meters
 - Women's triple jump = 10.05 meters
 - Men's Shot Put = 12.00 meters
 - Men's Discus Throw = 36.00 meters
 - Men's Hammer Throw = 40.00 meters
 - Men's Javelin Throw = 36.00 meters
 - Women's Shot Put = 10.00 meters
 - Women's Discus Throw = 32.00 meters
 - Women's Hammer Throw = 36.00 meters
 - Women's Javelin Throw = 31.00 meters

THE MEET DIRECTOR RESERVES THE RIGHT TO CHANGE THESE MEASUREMENTS DUE TO FIELD SIZES!!!

DASH AND HURDLE EVENTS: Cornell will provide the only starting blocks that may be used. Fastest eight times will advance to a final.

Spikes measuring no more than 1/4 inch may be worn.

RESULTS: All results will be posted following each race and field event. Please check the following web-sites for the full Cornell Relays results on Saturday evening:

<http://cornellbigred.com>

<http://www.leonetiming.com>

2019 BIG RED TRACK & FIELD INVITATIONAL TENTATIVE MEET SCHEDULE

FIELD EVENTS

10:00 AM	HAMMER THROW MEN/WOMEN TO FOLLOW DIRECTLY FOLLOWED BY DISCUS WOMEN/MEN TO FOLLOW DIRECTLY
11:00 AM	SHOT PUT MEN/WOMEN FOLLOW DIRECTLY FOLLOWED BY WOMEN'S JAVELIN/MEN FOLLOW DIRECTLY
11:00 AM	LONG JUMP WOMEN/LONG JUMP MEN TO FOLLOW DIRECTLY FOLLOWED BY TRIPLE JUMP WOMEN/TRIPLE JUMP MEN TO FOLLOW DIRECTLY
12:00 PM	HIGH JUMP MEN/WOMEN TO FOLLOW DIRECTLY
12:00 PM	POLE VAULT WOMEN/MEN FOLLOW DIRECTLY

TRACK EVENTS WHENEVER POSSIBLE WE WILL RUN AHEAD!

11:30 AM	100 Meter Hurdles TRIALS (Women) – 8 ADVANCE ON TIME
11:45 AM	110 Meter Hurdles TRIALS (Men) – 8 ADVANCE ON TIME
12:00 PM	3000 Meter Steeplechase (Women)
12:20 PM	3000 Meter Steeplechase (Men)
12:35 PM	4x100 Meter Relay (Women)
12:45 PM	4x100 Meter Relay (Men)
12:50 PM	1500 Meter Run (Women)
1:10 PM	1500 Meter Run (Men)
1:30 PM	110 Meter Hurdles FINALS (Men)
1:35 PM	100 Meter Hurdles FINALS (Women)
1:40 PM	400 Meter Dash (Women)
2:00 PM	400 Meter Dash (Men)
2:20 PM	100 Meter Dash (Women)
2:35 PM	100 Meter Dash (Men)
2:50 PM	800 Meter Run (Women)
3:10 PM	800 Meter Run (Men)
3:30 PM	400 Meter Hurdles (Women)
3:45 PM	400 Meter Hurdles (Men)
4:00 PM	200 Meter Dash (Women)
4:20 PM	200 Meter Dash (Men)
4:40 PM	3000 Meter Run (Women)
5:00 PM	3000 Meter Run (Men)
5:15 PM	5000 Meter Run (Women)
5:35 PM	5000 Meter Run (Men)
5:55 PM	4X400 Meter Run (Women)
6:10 PM	4X400 Meter Run (Men)