

2022 WEST POINT TWILIGHT



ARMY WEST POINT™ TRACK & FIELD

Shea Stadium
United States Military Academy - West Point, NY
Thursday April 28th, 2022

Entry Deadline:

1:00 pm Monday, April 25th, 2022 for all events

Entry Procedure:

-All entries will be done online through Direct Athletics. Please see the attached document for Direct Athletic entry procedures

- a) Entry marks will populate with suggested TFRRS marks (from Dec 1, 2020 onward) and/or speculative marks submitted at the discretion of the coach.
- b) TFRRS marks are suggested for all athletes where applicable, for true freshman speculative marks may be appropriate or listed as 'NM'.

Entry Restrictions:

- Field Event Sizes are going to be limited to 16 in the throws and horizontal jumps.
- Please be aware entries in the field events that are not accepted will not be issued a refund.
- Pole Vault and High Jump will remain as they are.
- Multiple Relay entries are permitted
- Acceptance into the meet is at the discretion of the Meet Administration
- Athletes accepted will be posted on the “www.goarmywestpoint.com” website the afternoon of Tuesday, April 26th, 2022. It is the responsibility of the visiting teams to check the website to determine if your entry was accepted. This information will also be emailed out to Head Coaches.
- Entry cancellations or refunds are at the discretion of the Meet Management / Operations team.

PLEASE NOTE:

- Only fully vaccinated competitors, coaches, staff, spectators will be allowed indoor access into Gillis Fieldhouse during the competition.
- Please send any COVID related questions to our ATC - Mr. David Allen – Senior Associate Athletic Trainer for Track & Field/Cross Country, David.allen@westpoint.edu

Entry Fee:

\$15 per entry, however, there is a team cap per gender which has been capped at \$300. There is a small transaction fee that is added from Direct Athletics, bringing the total to around \$320. Hitting the \$150 cap will not limit your total number of entries, just to total amount your teams pay.

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Packet Pickup:

There will be no team packets. Upon arrival teams should find and designate their team area. Check-In is oriented at the start of the sprint straight away. No bibs will be issued.

Track Warm Ups / Trail Usage

- All competitors should be mindful of throws events taking place while accessing the warm up trail directly adjacent to the track. There will be signs out to indicate any section that may be closed during throws competition.
- Infield and track access is available throughout the meet for warm ups.
- Team camps or tents should be limited to the grandstand, inside Gillis fieldhouse, or in the North Athletic Fields (away from throws sectors).

Preferred Lanes:

Straight and Oval Races 4-5-6-3-7-2-8-1

Advancement Procedure:

Field Events – 9 advance to finals

NCAA Rule 5-2.5, will be in effect. In the horizontal and throwing field events, (Long Jump, Triple Jump, Shot Put, and Weight Throw)

100m/110h/100h – 8 advance to finals

Vertical Jump Progressions:

High Jump and Pole Vault opening heights/progressions will be provided along with the starting assignments on Tuesday afternoon.

Scoring:

This is a non scored meet.

Practice Times:

There will be no practice times allowed unless through approval of the meet director. There will not be weight room access at any point.

Weigh-in

The weigh-in station is located by the Shot Put Throw ring in the building at the North end of Stadium. Implements can be checked-in 90 minutes prior to the start of the competition, and up to 45 minutes prior to the start of the event. The implement weigh-in station will be closed 45 minutes after the completion of the last throwing event of the day.

Facility Specifications:

TRACK

8x400m oval

8 Lane Straight away for Dashes

THROWS

Throwing circle is concrete.

JUMPS

Long Jump ~160' Runway

Board 3.04m (10')

Triple Jump ~130' Runway

Men Board 12.50m (41')

Women Board 10.98m (36')

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NOTE: One additional tape board can be placed per gender based on the lowest entry mark if necessary

Spikes:

All spike pins must be ¼” or less (up to 3/8” spikes for High Jump are allowed)

Athletic Training:

AED, splint bag, crutches, ice, water and first-aid supplies will be provided at each competition. Teams should travel with their own medical kit. Athletes needing to be taped should provide their own tape. If your team is traveling without an athletic trainer please call ahead to coordinate care for your athletes. **Contact David Allen, MS, ATC, LMT at David.Allen@usma.edu or (845) 938 5688.**

Campus Access / Security:

- Emily Polanowicz is the POC for operations and will assist you or your team with your arrival to campus. Her contact is: emily.polanowicz@westpoint.edu
- Bring a valid ID with you including Driver’s License or Passport (international).
- Plan extra time in your trip in case security forces divert you to the Visitor Information Center for a visitor pass.

Dressing / Shower Facilities:

We have limited shower space however you may shower after the meet but please bring your own towels.

Updates:

Please continue to check <http://GoArmyWestPoint.com> for any updates on meet information, parking and/or schedules.

If you have any questions, please email Jake McDougle at jacob.mcdougle@westpoint.edu or call at 603-499-5655

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(Tentative Schedule) *Shea Stadium*

United States Military Academy - West Point, NY

Thursday April 28, 2022

FIELD EVENTS

4:00pm	M	Hammer	Trials & Final	North Ring (towards river)
Followed by	W	Hammer	Trials & Final	
Followed by	W	Discus	Trials & Final	South Ring (towards Gillis)
4:30 pm	M	Javelin	Trials & Final	
Followed by	W	Javelin	Trials & Final	
4:00 pm	W	Shot Put	Trials & Final	
Followed by	M	Shot Put	Trials & Final	
Followed by	M	Discus	Trials & Final	North Ring (towards river)
4:00 pm	W	Long Jump	Trials & Final	Outside Pit
Followed by	W	Triple Jump	Trials & Final	
4:00 pm	M	Long Jump	Trials & Final	Inside Pit
Followed by	M	Triple Jump	Trials & Final	
4:00 pm	W	Pole Vault	Final	
Followed by	M	Pole Vault	Final	
4:00 pm	W	High Jump	Final	
Followed by	M	High Jump	Final	

RUNNING EVENTS

5:25pm		<i>National Anthem</i>		
5:30pm	M	110m Hurdles	Prelim	
5:40pm	W	100m Hurdles	Prelim	
5:50pm	M	100m Dash	Prelim	
6:00pm	W	100m Dash	Prelim	
6:10 pm		<i>Senior recognition</i>		
6:25 pm	W	3k Steeplechase	Final	
6:40 pm	M	3k Steeplechase	Final	
6:55 pm	W	4x100m Relay	Final	
7:00 pm	M	4x100m Relay	Final	
7:05 pm	W	800m Run	Sec vs Time	
7:20 pm	M	800m Run	Sec vs Time	
7:35 pm	W	400m Dash	Sec vs Time	
7:40 pm	M	400m Dash	Sec vs Time	
7:45 pm	M	110m Hurdles	Final	
7:50 pm	W	100m Hurdles	Final	
7:55 pm	W	100m Dash	Final	
8:00 pm	M	100m Dash	Final	
8:05 pm	W	400m Hurdles	Sec vs Time	
8:15 pm	M	400m Hurdles	Sec vs Time	
8:20 pm	W	200m Dash	Sec vs Time	
8:25 pm	M	200m Dash	Sec vs Time	
8:30 pm	W	4 x 400m Relay	Sec vs Time	
8:35 pm	M	4 x 400m Relay	Sec vs Time	
8:45 pm	W	1500m	Sec vs Time	
9:00 pm	M	1500m	Sec vs Time	
9:15 pm	W	5000m	Final	
9:35 pm	M	5000m	Final	



How to Submit Online Entries

NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster/entries to the meet by clicking the green "Register" link. (Step 3 below) Your rosters/entries are not submitted until you complete Step 3.

STEP 1—Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

If you already have a DirectAthletics account for your Cross Country team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click on the link "New User? Click HERE". 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track and Field

Team: State College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select "Trinity College School (W)".

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster/Entries

Once your athletes are added to your roster, **you must submit your roster to the meet.**

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster.
- 3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.
- 4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.
- 5) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.