

# **CARTHAGE COLLEGE FIREBIRD FINALE**

**March 3, 2022**

**LAST UPDATE: March 1, 2023**

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- Eligibility:** **College Teams, Club Teams, Unattached Athletes:** The Firebird Finale is an NCAA Approved Final Qualifying meet open to college teams, club teams and unattached athletes.
- Unattached or club athletes competing in an event with a qualification round may only compete in the preliminary round in order to maximize opportunities for collegiate athletes.
- Entry Deadline:** **Wednesday, March 1<sup>st</sup> at 7:00PM.**
- Entry Procedure:** All meet entries will be done online via Direct Athletics.  
**Seed marks must be verifiable from the 2021-22 Indoor Track & Field Season.**  
If no seed is entered, the athlete will be entered as NT or NM.
- Entry Limit:** None. You may run more than one relay team.
- Entry Fee:** \$250.00 Per Team (\$500.00 Men & Women combined)  
Unattached Entries - \$30.00  
**NEW – ALL CARTHAGE MEET ENTRY FEES WILL BE PAID ONLINE VIA DIRECT ATHLETICS!**
- Scratches:** Please email scratches to Josh Henry prior to meet day. Please, no additions after the entry deadline!
- Info Packets:** All meet information will be distributed electronically.
- Track:** 6-Lane, 200-meter Mondo surface. HJ / LJ/ TJ surface is same as track. Chalk only for field event marks - chalk will be provided at the event site.  
**NO FOOD OR DRINK ON TRACK LEVEL**
- Spikes:** ¼” length maximum. Pyramid spikes only.
- Timing:** Finish Lynx and NCAA rules will govern the meet.
- Weigh-In:** Throwing implements must be weighed in (at venue) between 2:00PM and 2:45PM. Any and all illegal implements will be impounded until completion of the event(s).
- Live Results:** A live results link will be shared with head coaches via email as well as posted on all official Carthage Track & Field social media accounts. Official results will be posted on our website, TFRRS, and Direct Athletics at the conclusion of meet.
- Dressing Rooms:** Available on the lower level of the TARC. Please provide your own towels and locks.
- Trainers:** Certified athletic training staff will be available throughout the meet.
- Spectators:** Are permitted. Entry fees will be charged on site or [online \(Click Here\)](#).  
**Adults: \$5 – Students/Seniors: \$3 – Carthage Parents & Students: Free**
- Meet Director:** Josh Henry, Men’s Track & Field Coach  
Cell: (262) 945-5735  
E-mail: [jhenry2@carthage.edu](mailto:jhenry2@carthage.edu)



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## **- FRIDAY, MARCH 3 -**

### **FIELD EVENTS - BEGINNING AT 3:00PM**

<b>SHOT PUT</b>	(Men - North Ring, Women - South Ring)
<b>LONG JUMP</b>	(Men – South Pit, Women – North Pit)
<b>POLE VAULT</b>	(Men Followed by Women)
<b>HIGH JUMP</b>	(Women Followed by Men)
<b>TRIPLE JUMP</b>	(To Follow the Completion of the Long Jump)
<b>WEIGHT THROW</b>	(To Follow the Completion of the Shot Put)

**\*Weight throw gender order TBD based on field sizes after entries close\***

**\*9 Advance to Finals - Collegiate Athletes ONLY**

### **RUNNING EVENTS - BEGINNING AT 3:15PM**

<b>DISTANCE MEDLEY RELAY</b>	
<b>55 METER HURDLE TRIAL</b>	(8 Fastest Collegiate Athletes Advance)
<b>55 METER DASH TRIAL</b>	(8 Fastest Collegiate Athletes Advance)
<b>5000 METER RUN</b>	
<b>MILE RUN</b>	
<b>55 METER HURDLE FINAL</b>	(Men Followed by Women – 2 Sections Each)
<b>55 METER DASH FINAL</b>	(2 Sections Each)
<b>400 METER DASH</b>	
<b>800 METER RUN</b>	
<b>200 METER DASH</b>	
<b>3000 METER RUN</b>	
<b>4 x 400 METER RELAY</b>	

**\*Fast Sections Will Run First.**

**\*Women First, Followed by Men - Unless Stated Otherwise.**

**\*The 55M/55H Finals Will be Run as 2 Heats of 4 Athletes Due to Pole Vault Interference.**

**\*If there are 8 or less entries in the 55m or 55h, there will not be a preliminary round.**

**\*The meet schedule is subject to change based on the meet entry numbers and will be communicated with registered participants after the entry deadline closes.**



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Carthage College Firebird Finale  
March 3, 2022

## Indoor Final Qualifying Meet Advancement Procedures

### 55 Meters and 55 Hurdles:

8 fastest collegiate times will advance to the final round by time only (NCAA Rule 5-11.3b).

### Other races/relays (200m and up):

Run as timed finals in sections

### Seeding:

All finals heats will be ordered fast to slow.

55m & 55H prelims will be random seeding unless a preliminary round is not deemed necessary due to field size.

55m/55h Finals:

2 Heats of 4: 5,6,4,7... (Seeding as per NCAA Rule 5-11.3b).

200m, 400m, 1600m Relay: 5,6,4,3,2,1 (Fastest heats to have 4 athletes).

800m and up: Hip numbers at random within each heat

Field flights will be ordered worst to best.

### Long Jump, Triple Jump, Shot Put, Weight Throw:

Preliminary rounds will be contested in flights - 3 attempts will be

allowed; top 9 collegiate marks will advance to the final round for 3 additional attempts

### Vertical Height Progressions – TBD 1 Week Prior:

Women's PV	Men's PV	Men's HJ	Women's HJ
2.59	3.72	1.76	1.40
2.74	3.87	1.81	1.45
2.89	4.02	1.86	1.50
3.04	4.17	1.91	1.55
3.19	4.32	1.96 (T-50 <sup>th</sup> )	1.60
3.34	4.47	2.01 (T-20 <sup>th</sup> )	1.65 (T-20 <sup>th</sup> )
3.49 (T-46 <sup>th</sup> )	4.62 (T-48 <sup>th</sup> )	2.04 (T-12 <sup>th</sup> )	1.68 (T-9 <sup>th</sup> )
3.64 (25 <sup>th</sup> )	4.77 (24 <sup>th</sup> )	2.07 (5 <sup>th</sup> )	1.71 (T-4 <sup>th</sup> )
3.74 (T-18 <sup>th</sup> )	4.87 (19 <sup>th</sup> )		
3.79 (13 <sup>th</sup> )	4.92 (13 <sup>th</sup> )		
3.84 (9 <sup>th</sup> )	4.97 (12 <sup>th</sup> )		
3.89 (T-5 <sup>th</sup> )	5.02 (T-5 <sup>th</sup> )		

\*NCAA Division III rankings are listed as of Wednesday, March 1, 2023.

\*Men's High Jump to increase by 3cm increments after 2.01m until one competitor remains.

\*Women's High Jump to increase by 3cm increments after 1.65m until one competitor remains.

\*Men's Pole Vault to increase by 5cm increments after 4.87m until one competitor remains.

\*Women's Pole Vault to increase by 5cm increments after 3.74m until one competitor remains.

