

# 2023 Mountaineer Open



**Meet Date: Saturday, March 24<sup>th</sup>-25<sup>th</sup>, 2023**

## **Entry Procedure**

1. All entries will be done electronically through [www.directathletics.com](http://www.directathletics.com). A link to this site can also be found by accessing [www.bereaathletics.com](http://www.bereaathletics.com), clicking on Track and Field, then on 2023 Meet Info.
2. Entry Deadline is 11:59 PM, Tuesday, March 21<sup>st</sup>. Entries may be made as early as Sunday, March 26<sup>th</sup>. You may make changes as often as you wish until the entry deadline.
3. No Email or Phone entries will be accepted.

## **Entry Fee**

1. There will be a \$350.00 entry fee per team (\$700.00 for both teams) or \$30.00 per individual, max 11 athletes.
2. This must be paid prior to the meet at packet pickup.
3. Teams and athletes must make a payment online at [www.directathletics.com](http://www.directathletics.com)

## **Entry Standards**

1. Entry marks should be based on 2023 best mark or a speculative mark with reason.
2. Entry marks will be verified through the TFRRS online system
3. Teams will be allowed to enter multiple relays per event.

# Meet Information

## **Facility**

The **Berea College Outdoor Track**, resurfaced in the summer 2017, is home to the men's and women's track and field teams.

## **Facility Layout**

The 400m track is an eight-lane rubberized track. The track features a full-sized javelin runway, a long jump/triple jump pit, and a certified pole vault pit. A throws area sits below the backstretch and consists of a shot put ring with two warm-up rings and a full-sized, certified hammer and discus cage.

## **Horizontal take off boards:**

Long Jump: 9 ft

Women's Triple Jump: 28 ft, 32, & 36 ft, respectively

Men's Triple Jump: 32 ft, 36ft & 40 ft, respectively

# 2023 Mountaineer Open



## **Parking**

Parking is available in the lower Seabury Center Lot and in the Facilities Management Parking Lot

## **Packet Pickup**

Coaches should pick up their team's meet packet prior to competing Saturday from 7:00 AM to 11:00 AM

## **Training Area**

Trainers will be available at the track. If an athlete needs something special prior to competition, please have your athletic trainer email Lauren Loyall (contact below)

## **Time Schedule**

A copy of the tentative time schedule is enclosed. Running event times are approximate. A revised schedule will be in your packet, and will be posted on the website on Wednesday, March 22<sup>nd</sup> after 8:00 PM.

## **Heat Sheets & Results**

Performance lists will be posted on the web site on Wednesday, April 5<sup>th</sup> after 8:00 PM. Go to Track and Field and click on 2023 Landon Bond Classic Performance Lists. Heat sheets will be in your packet at check in. Individual event results will be posted near the tennis courts. Final results will be available from the tennis shed after the meet and will be posted on the same web site

## **Pre Meet Practice**

Berea College Track will be available for team practice on Friday, March 24<sup>th</sup> from 10:00 AM to 4:00 PM.

## **Relay Cards**

Relay teams should pick up a relay card in the Clerking area, fill it out and turn it in to the clerk. This constitutes the checking for the relay event. **For this meet, we will do a fun event! A mixed 4x400 meter relay in place of the traditional 4x400 meter relays at the end of the meet.** Coaches will email the entries for the relay(s) and the timer will put them in manually. Unlimited relay entries.

## **ATHLETE CHECK-IN**

**Running Events:** Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, Track Shed).

**Field events:** Athletes must check in 30 minutes prior to the start of their event with the Head Judge of that event at the event site.

**Relay Events:** Relay teams should check in one event prior to their own event at the clerk of course. Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

## **Team Camp Area**

Tennis Courts next to the track

## **Team Bus/Drop Off**

Busses should drop off teams in the Seabury Center Parking lot and then proceed between the tennis courts to the track.

## **Timing**

Fully automatic timing will be used for all races by Finish Lynx System. Wind gauges will be onsite

# 2023 Mountaineer Open



for potential national qualifiers. USATF Certified Officials will be always onsite.

## Facilities

Portable restrooms will be available at the end of the track near the tennis courts and at the other end of the track by the steeple chase water pit. There will be no access to outside visitors to any of our buildings on campus. Team camps must be set up outside at the designated areas.

## Implement Weigh-In

Inspections for all throwing events will begin at 7:30AM on Saturday and will terminate 60 minutes prior to the scheduled start of competition in each throwing event. Implements will be transported to the event site 60 minutes prior to the scheduled start of competition.

**All runners will receive a hip number that they will pick up at the shed by the Tennis Courts.**

**Event winners will receive t-shirts that can be picked up at a designated area once their event results are announced.** *(Unattached athletes cannot win a shirt).*

## Contact Information

Michael Thomas – Head Coach

- [thomasmi@berea.edu](mailto:thomasmi@berea.edu)
- Office: 8599853406
- Cell: 3307667613

Ryan Hess – Athletic Director

- [Hessr@berea.edu](mailto:Hessr@berea.edu)

Lauren Loyall – Head Athletic Trainer

- [loyalll@berea.edu](mailto:loyalll@berea.edu)

Rebecca Pennington – Assistant Coach/Meet Director

- [penningtonr@berea.edu](mailto:penningtonr@berea.edu)

## **Tentative** Time Schedule

Time	Event	Division	Round	Advance
<b>Friday, March 24<sup>th</sup></b>				
<b>Field Events</b> *****				
5:00 PM	Javelin	Women	Trials and Finals	9
6:00 PM	Javelin	Men	Trials and Finals	9
<b>Running Events</b> *****				
5:30 PM	10k	Women	Trials and Finals	9
6:30 PM	10k	Men	Trials and Finals	9

# 2023 Mountaineer Open



**Saturday, March 25<sup>th</sup>**

**Field Events \*\*\*\*\***

9:00 AM	Discus	Men	Trials and Finals	9
10:00 AM	Long Jump	Women	Trials and Finals	9
10:00 AM	High Jump	Men	Final	
10:30 AM	Pole Vault	Men	Final	
11:00 AM	Discus	Women	Trials and Finals	9
11:30 AM	Long Jump	Men	Trials and Finals	9
12:30 PM	High Jump	Women	Final	
12:30 PM	Shot Put	Men	Trials and Finals	9
12:30 PM	Hammer	Women	Trials and Finals	9
12:30 PM	Pole Vault	Women	Final	
1:00 PM	Triple Jump	Women	Trials and Finals	9
1:15 PM	Shot Put	Women	Trials and Finals	9
1:15 PM	Hammer	Men	Trials and Finals	9
2:30 PM	Triple Jump	Men	Trials and Finals	9

**Running Events \*\*\*\*\***

1:00 PM	National Anthem			
1:05 PM	3000m SC	Men	Final	
1:15 PM	3000m SC	Women	Final	
1:30 PM	4x100 Meter Relay	Women	Final (heats against time)	
1:35 PM	4x100 Meter Relay	Men	Final (heats against time)	
1:40 PM	1500 Meters	Women	Final	
1:50 PM	1500 Meters	Men	Final	
2:00 PM	100 Hurdles	Women	Final (heats against time)	
2:10 PM	110 Hurdles	Men	Final (heats against time)	
2:15 PM	400 Meters	Women	Final (heats against time)	
2:25 PM	400 Meters	Men	Final (heats against time)	
2:35 PM	100 Meters	Women	Final (heats against time)	
2:40 PM	100 Meters	Men	Final (heats against time)	
2:45 PM	800 Meters	Women	Final	
2:55 PM	800 Meters	Men	Final	
3:05 PM	400 Hurdles	Women	Final (heats against time)	
3:15 PM	400 Hurdles	Men	Final (heats against time)	
3:25 PM	200 Meters	Women	Final (heats against time)	
3:35 PM	200 Meters	Men	Final (heats against time)	
3:50 PM	5000 Meters	Women	Final	
4:15 PM	5000 Meters	Men	Final	
4:35 PM	4x400 Meter Relay	Mixed	Final (heats against time)	