

2026 Appalachian State University Track & Field

John Weaver Invitational

Friday & Saturday April 24th-25th, 2025

Randy Marion Track & Field Complex, 400 Mountaineer Rdg Dr, Boone, NC 28607

UPDATED 1/12/26



Entry Process: All teams and individuals must enter on Direct Athletics. Entries open on Sunday, March 1st and close on Tuesday, April 21st at 5:00PM.

Throwing events: limit 4 entries per team. All other events: limit 5 entries per team.

Entry Fee: \$500 per team or \$1000 for combined men's and women's teams. \$50 per individual for up to 10 individuals. Team and individual payments must be made on Direct Athletics by April 23rd at 5:00PM.

Entries for Community 4x 100: Fill out this form prior to the 25th: [Relay Entries](#).

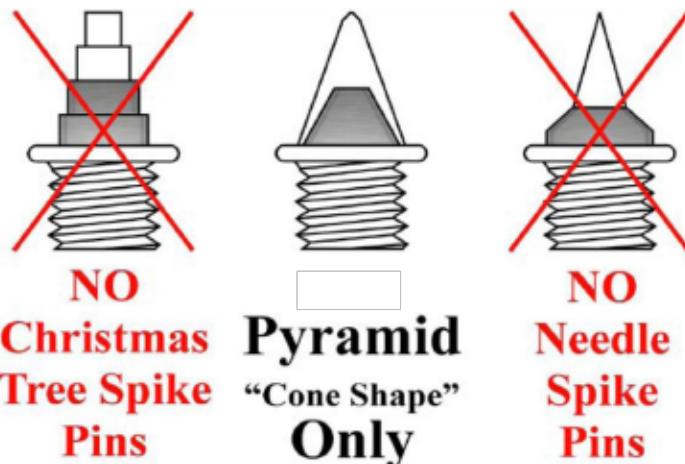
Entries for the Fastest Kid in Boone: Open to all kids 10 and under! Please arrive race-ready to clerking tent by 2:30PM on the 25th. App State athletes will lead your warmup!

Scratches and Requests: Please email scratches and requests to Annie Richards, richardsac@appstate.edu by Wednesday, April 22nd at 5:00PM.

World Athletics Certification:

This event is World Athletics certified. ALL shoes will be checked for World Athletics compliance. ALL spikes will be checked and only 1/4 inch pyramid spikes are allowed, except in high jump.

Athlete Check-in: Check in for running events is anytime up to 60 minutes prior to the event start time. At the clerking tent athletes will receive hip numbers and a zip ties from spike inspection.



Implement Weigh-in: Weigh-ins will begin 60 minutes before the first throwing event of the day in the shed at the southeast end of the Track.

Warm Ups: There will be a 30 minute warm-up for all field events with the exception of Pole Vault (one hour). Only ongoing events or field events warming up during this allowed time will be allowed on the track and infield area. Warmup lanes are available for strides and hurdle run-throughs on the outside backstretch of the track.

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App State Open

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Results: Timing Inc will provide live results for this meet.

Team Area: Teams can put tents atop or above the main stands. Please do not set up tents in the bleachers as this will obstruct others from viewing the field.

Drop-off and Parking: Team buses will drop off alongside the Track and will be directed to the team bus parking area. Coach and team vans are can park in designated spots. Spectator parking will be available on a first-come first-serve basis.

Facilities: The Randy Marion Track & Field Complex provides an eight-lane Beynon surface 400 meter outdoor track. All field events are contested in the infield. Restroom facilities, athletic training, and concessions are available on site. Bleacher seating is available for spectators and is ADA accessible.

Athletic Training: Athletic trainers will be located at the finish line and throughout the facility. On site point of contact: Elliot Crynes, elliottcj@appstate.edu.

Altitude Conversions: The Randy Marion Track & Field Complex is located 3,333ft above sea level and receives an NCAA altitude conversion. The table below is a look at how this conversion impacts times in the distance running events.

event	time	NCAA conversion to sea level	event	time	NCAA conversion to sea level
800	2:15	2:14.60	800	1:56	1:55.66
	2:10	2:09.62		1:52	1:51.67
	2:05	2:04.63		1:48	1:47.68
1500	4:36	4:32.63	1500	3:54	3:51.15
	4:28	4:24.73		3:47	3:44.23
	4:20	4:16.83		3:40	3:37.32
5000	18:00	17:44.94	5000	15:30	15:17.03
	17:00	16:45.78		14:40	14:27.73
	16:00	15:46.62		13:50	13:38.43
10,000	38:00	37:22.63	10,000	32:00	31:28.53
	36:00	35:24.59		30:30	30:00.00
	34:00	33:26.56		29:00	28:31.48
Steeple	11:30	11:21.17	Steeple	9:50	9:42.45
	10:45	10:36.74		9:20	9:12.83
	10:00	9:52.32		8:50	8:43.22