

ALFRED STATE SUNDAY MEET

April 26th, 2025



Meet Director

Tim Giagios

Phone: (607) 587-4358

Cell: (585) 733-2408

E-mail: GiagioTD@alfredstate.edu

Meet Entry: All participating teams will enter the meet through Direct Athletics (www.directathletics.com).

Entry Information: There are no restrictions for entry limitations in running events. All track events will be ran FAST to SLOW and competed as a final. Top 9 *Collegiate* Athletes will advance to Finals for Field Events.

Entry Fee: \$40 per athlete. Please make checks payable to “Alfred State Track & Field.” Entries can be made on DirectAthletics.com or by check. Please send checks to “Alfred State Track & Field c/o Tim Giagios.” *Individual athletes must contact Meet Director at giagiotd@alfredstate.edu for consideration*

Timing: Fully automated Hy-Tek timing will be used

Schedule: We will work on a rolling schedule for the field events. Track events will stay on time schedule

Inclement Weather Area: The Orvis Gymnasium is the designated area in case of inclement weather. **No Spikes inside the gymnasium.** The gym is also the designated assembly area in case of thunder and/or lightning.

Rules: Please, no gum inside the fence. **Only athletes warming up or competing in an event and their coaches are allowed in the infield.** Please help us keep our stadium clean by cleaning up your team’s area when you leave.

Warm-Ups: Warm-ups will be conducted on the turf football field or outside the facility. Athletes may warm-up on the track **with discretion** and respect for competing athletes. *No general warm-ups; only flight specific for field events*

Athletic Trainers: Athletic trainers will be provided on the East end of the track.

Team Tents: Teams may set up their tents along the track fence line or in the bleachers. **Tents MAY NOT be inside the fenced in area**

Starting blocks: Alfred State College will supply starting blocks.

Spikes: Maximum spike length will be $\frac{1}{4}$ inch pyramids. Judges and clerks will be spot checking shoes at check-in for each event. Athletes will be disqualified for illegal spikes.

Starting Heights/Progression: Progressions will be set to obtain AARTFC qualifying. Starting heights will be based on competition

Implements/Weigh-Ins: Weigh-ins will take place at the East end of the facility in the shed.

Advancement: All track races will be contested in sections, seeded FAST to SLOW. Top 9 Collegiate Athletes will advance to finals in the Field Events. Please do your best with seeding your athletes to make for fair heat/lane assignments.

Eligibility: The meet will be conducted according to NCAA Track & Field Rules.

Bus Drop Off & Parking: Busses will drop athletes off outside Pioneer Stadium and park in the Facilities Lot adjacent to the stadium.

MEET SCHEDULE

**Starting Times are an Estimate. Official Time Schedule will be sent out after entries close*

Track Schedule

3pm Start (Tentative)

4x100 Meter Relay (WOMEN) FINALS

4x100 Meter Relay (MEN) FINALS

100 Meter Dash (WOMEN) FINALS

100 Meter Dash (MEN) FINALS

200 Meter Dash (WOMEN) FINALS

200 Meter Dash (MEN) FINALS

**Additional Events may be added per request/need*

(Tentative) Field Event Schedule

Implement Certification: 10:45am – 11:45am (Shed at East End of Track)

12pm Hammer Throw (WOMEN) *Men to follow*
Javelin Throw (MEN) *Women to follow*
Long Jump (WOMEN) *Men to follow*

12:30pm High Jump (WOMEN) *Men to follow*
Pole Vault (MEN) *Women to follow*

30min after Long Jump
Triple Jump (WOMEN) Men to follow

30min after Hammer/Javelin
Discus (WOMEN) Men to follow
Shot Put (MEN) Women to follow