



RIT Indoor Track & Field January Friday Meet
Friday January 24th, 2025 4:00 p.m.
Rochester Institute of Technology
Gordon Field House

Meet Information

- Facility:** The Gordon Field House at R.I.T. has a 200m 6-lane polyurethane track with 8 lanes on the straightaway. 1/4” spikes are allowed. A limited number of locker rooms for changing and showering will be available. The concession stand will be open. Food and drink will not be permitted on the track level.
- Location:** Rochester Institute of Technology is located off Jefferson Rd. (Rt. 252) southwest of Rochester, NY. RIT’s main entrance is located off Jefferson Rd. (Rt. 252) between W. Henrietta Rd. (Rt. 15) and River Rd. Turn into campus from Jefferson Rd. at the light (indicated with a VERY large sign: "Rochester Institute of Technology, Founded 1829"). Please park in “D” Lot, next to the outdoor track. Buses may be directed to a separate parking lot.
- Entries:** We will be using DirectAthletics for our entries this year. Please use your DA account to enter the meet. The entry deadline is 4PM on Thursday January 23rd. Call Coach Warth if you have any difficulties.
Entry fee is \$800 for both genders, \$400 for a single gender team.
Team entry fees MUST be paid at DA for your entries to be accepted.
- Timing:** We will be using a Lynx Fully Automatic Timing System (FAT).
- Time** The order of events is included. We expect this meet to move along steadily, ending no later than 10:30M. Please plan your rosters accordingly, athletes will not be excused from field events for running events and will not be able to change flights.
- Miscellaneous:**
- Scoring:** This will NOT be a scoring meet.
- Sections:** **Fast** section will run first. Final placing will be based on time.
- Field Event entry limits:** Maximum entry in the field events is (6) per gender within the \$400.00 team fee. After that, you can add additional entries on DA under “RIT Friday Meet Overflow” at \$40.00 per entry.
- Finals:** All running events will be finals – there will be no heats/trials and/or semi-finals with the exception of the 60m dash/hurdles. The top 8 collegiate times will advance to 60m Dash and 60m Hurdle Finals.
- Weight Throw/Shot Put:** Weigh-ins will occur at the event site prior to the competition start.
- Weight Throw/Shot Put/LJ/TJ:** Trials/Finals. Top 9 collegiate athletes to finals.
- High Jump:** Starting height for Men will be 1.62m. Starting height for Women will be 1.32m.
- Pole Vault:** **Men progression:** Opening height 3.60, progression TBD
Women progression: Opening height 2.50, progression TBD



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Order of Events

2:30 p.m.

Doors Open

4:00 p.m.

Field Events begin:

-Pole Vault Men/Women

-High Jump Women/Men

-Shot Put Women/Men

-Weight Throw Men/Women

Note: Separate SP and WT circles are used.

- Long Jump Men/Women

then Triple Jump Men/Women

4:00 p.m.

Track Events Begin

5000m Run W/M

60m Hurdles Trials W/M

60m Dash Trials W/M

1 Mile Run W/M

400m Dash W/M

300m Dash W/M

60m Hurdle Finals M/W

60m Dash Finals W/M

800m Run W/M

1000m Run W/M

200m Dash W/M

3000m Run W/M

4 x 200m Relay W/M

4 x 400m Relay W/M

Note: Fast section will run first. Final placing will be based on time.

Exception: Top 8 collegiate times will advance to 60m Dash and 60m Hurdle Finals.

2025 Scheduled Teams:

TBD