



Mid Atlantic Track and Field Juco Invitational April 15th, 2023

Meet Information

Meet Director

Mike Smelkinson

Phone: (443) 518-4626

Email: msmelkinson@howardcc.edu

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

Entry Information: Please e-mail Mike Smelkinson at msmelkinson@howardcc.edu if you are interested

Entry Eligibility: Open to men's and women's junior collegiate competition. Unattached athletes are NOT welcome. NCAA schools can enter; however, they will not be scored for awards and must gain an approval from the meet director. The meet director reserves the right to accept or deny any entry.

Entry Fee: \$400 per team of men and women, more than 14 athletes constitute as a team. \$250 per gender, more than 8 constitute a team. Individual entries are \$25 per athlete, and \$50 per relay. Meet payment is due at the time of registration and will be collected through Direct Athletics. Entries are not finalized until payment is made.

Entry Deadlines: All entry deadlines will be posted on www.directathletics.com. Entries will close at 11:59pm (eastern) on Tuesday, April 11th. Performance lists and final schedules will be posted by 7:00pm Thursday, April 13th on our team sports page: www.howardccd dragons.com

Team Camp Areas/Parking: All teams will be provided a map of the facility showing a designated team camp area, along with bus parking.

Warm-up Area: Athletes are welcome to warm-up in the designated warm up area. Athletes will not be permitted on the infield as this will be a hazardous zone due to the javelin.

Restrooms: Porta-Potty's will be available in a designated area marked on your map.

Campus Building: All campus buildings are strictly off limits. In the case of an emergency and/or inclement weather, designated safe zones will be highlighted for use.

Locker Rooms/Showers: Locker rooms and showers will not be available

The Facility: The facility features an 8-lane polyurethane embedded track with one long jump pit, a pole vault runway, and high jump section. Fully automatic timing will be provided by mdtimingllc with live results posted on-line. The throwing facilities feature a full hammer/discus cage, and the javelin is thrown off a runway.

Check-in Procedures: Check in will take place at the equipment barn

Track Events: Check in will begin 60 minutes prior to an event and all athletes **must be checked in at least 30 minutes prior to the scheduled start time**. Declarations: **Sprint athletes need to declare an hour before their event!** Scratches will then be made; the race will be re-seeded. (This allows for full heats of each race)

Field Events: Report to the event site at least 30 minutes prior to scheduled start time. Warm-up times for all throws events will be limited to 20 minutes due to the size of the fields. Warm-ups between each flight will also be limited to 10 minutes.



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Rules:

1. If you do not check in on time, you may be scratched.
2. Keep the track clear during all running events. If you are not competing, we ask that you remain off the track unless actively warming up in a safe area.
3. Please help us keep our facility clean by cleaning up your team's area when you leave.
4. Infield may be used for warm-ups, please be mindful of athletes that may be warming up while coaching or spectating.

Athletic Trainers: We will have athletic trainers on site one hour prior to when competition begins. No modalities will be provided for visiting teams so please plan accordingly (heat, ultrasounds, stem, etc.) They will be available for taping needs and ice if needed.

Spikes: Maximum spike length will be ¼ inch pyramids. Athletes may be disqualified for illegal spikes.

Starting Heights: Will be determined based on entries.

Implements: All implements will be weighed in at the check-in time provided on the schedule. If there are any extenuating circumstances we will try to be as accommodating as possible.

Results: Live results will be posted on MD timing LLC live website and will also be available on our home page. Links to both of those pages are provided below. www.howardccd dragons.com

Order of Events: The meet will run on a rolling schedule with the order of events listed below

Track: Start at 10am	Field: Start at 9am
<ol style="list-style-type: none">1. M/W 5000m run2. M/W 4x100m RELAY3. 100/110mh PRELIMS4. M/W 100m dash PRELIMS5. M/W 1500m run6. 100/110mh FINALS7. M/W 100m dash FINALS8. M/W 400m dash9. M/W 800m run10. M/W 400mh11. M/W 200m dash12. M/W 3000m STEEPLE13. M/W 4x400m RELAY	<ol style="list-style-type: none">1. M/W Long Jump2. M/W Triple Jump3. M/W High jump4. M/W Pole Vault5. M/W Hammer6. M/W Shot Put7. M/W Discus8. M/W Javelin