Rich Allen Classic  
Saturday March 16, 2019

Entries
- Entries Due: Wednesday, March 13th @8pm.
- All entries, both individual and team are to be done via Direct Athletics, prior to deadline.

Scratches
- All Scratches by Friday, March 15th @5pm
- Email scratches to jsmith@georgefox.edu as soon as you know them.

Entry Fees
- $250 per gender, $500 combined team. *(Partial Teams: $20 per event entry)*
- Teams can pay entry fee at packet pickup or via Direct Athletics, cash or check *(checks payable to George Fox University)*
- Unattached entries are $20 per event and must be paid via Direct Athletics by registration deadline

Facilities
- Standard eight lane track.
- Two horizontal jump runways, will be in use simultaneously, going with the wind.
- Pole vault runways available both directions, this event will go with the wind.
- The maximum allowable spike length is ¼ inch (⅛ is allowable for HJ & Javelin). Pyramid only.
- The hammer and shot put will be contested at the Austin Sports Complex. Address is: (1013 Crestview dr, Newberg OR, 97132)
- Discus will be at Stoffer Family stadium after the conclusion of the Hammer and Shot Put events at the Austin Sports Complex.
Clerking

- **Field Events:** Clerking will be at the event site, 30 minutes prior to the start of each event.

- **Running Events:** Report to the clerking tent prior to the scheduled event time. We will be announcing final calls over the PA. Events may be re-seeded based on checked-ins.

Infield Regulations

- Only athletes and coaches will be allowed on the infield.

- Non-competitors and fans must remain *in the stands or behind fences*.

Dressing Facilities

- Locker rooms are available in the basement of the Wheeler Sports Center. No towels will be provided.

Athletic Training Room / Athletic Trainers

- Athletic training services will be available 90 minutes prior to events in the Duke Sports Medicine Center located on the north end of the grandstand. Once the events start, the Duke Sports Medicine Center will be closed and athletic training services will be located near the finish line. No modalities including whirlpools will be available once the events begin except for ice.

Results

- Live results will be available at athletictiming.net.

Weigh-ins

- Saturday: **Hammer & Shot** @Austin Sports Complex (8:30am to 9:15am)

- Saturday: **Discuss & Javelin** @Stoffer Family Stadium, under main grandstand (8:30am to 9:15am)
Rich Allen Classic Schedule

Field Events: 3 Attempts, Top 9 Advance to Final

10am
- Women’s Jav followed by Men’s Jav, after a 30 minute warm up period.
- Women’s Shot & Men’s Hammer followed by Men’s Shot & Women’s Hammer after a 30 minute warm up period
  - Note: Men’s Shot & Women’s Hammer will not start until both Women’s Shot AND Men’s Hammer conclude.

11am
- Men’s & Women’s LJ followed by Men’s & Women’s TJ, after a 30 minute warm up period.
- Women’s PV (Starting Height: 2.59m) followed by Men’s PV (Starting Height: 3.64m), after a 30 minute warm up period.

12:30pm
- Men’s HJ (Starting Height: 1.71m) followed by Women’s HJ (Starting Height: 1.39m), after a 30 minute warm up period.

Discus
- 45 minutes After the conclusion of the Men’s Shot and Women’s Hammer the Men’s Discus will begin at the Stoffer Family Stadium

Track Events: 11am start time, followed by rolling schedule. Each event will run the Women’s heats first, followed by Men’s.

11am
- Steeplechase
- 4x100m
- 1500m
- 100mH/110mH
- 400m
- 100m
- 800m
- 400mH
- 200m
- 5000m
- 4x400m