Akron Invitational
Thursday, January 31, 2019 (Discus Only)
Friday and Saturday, February 1 and 2, 2019

Location: The Stile Athletics Field House (Click here for a campus map)
289 S. Union Street, Akron, OH 44325

Facility: 300m Mondo Track
Six 42" lanes on oval, Eight 42" lanes on sprint straightaway
Dual Long/Triple Jump runways, High Jump/Pole Vault pits, Throws circles
1/4" pyramid spikes only

Entry Procedure: Online (Collegiate) entries will be made at www.directathletics.com
Please submit verifiable marks from the 2018-2019 Indoor season
Note: all entry marks will be published on accepted entry list

Community Events: Participants for the Community 1 Mile Run should email entry information (Name, Gender, Age, Entry Time) to Becky Szabo, Director of Operations at akrontfxcops.uakron.edu by Thursday, January 31st at 8:00 pm.

Entry Deadline: 5:00 pm, Sunday, January 27th

Scratch Deadline: 5:00 pm, Thursday, January 31st to Mike Chatfield at mike@finishtiming.com

Entry Limitations: 3 competitors per team may be entered in an event; No "B" relays.
Additional entries permitted at the discretion of meet management.

Accepted Entries: Field sizes will be limited. 200m and 400m will have a maximum accepted field size of 48 competitors with the top 12 competitors in the gold division and the next 36 competitors in the blue division. Field events will have a maximum field size of 36 competitors with the top 12 in the gold division and the next 24 in the blue division.
Entry does not guarantee acceptance into the meet. Check www.GoZips.com for accepted entries on Tuesday, January 29th at 5:00 pm. This is not an “all-comers” meet. Non-division I collegiate individuals, teams, and unattached athletes must receive prior permission to enter the meet via email at dwmitch@uakron.edu and be accepted into the meet based on the performance standards (listed below).
*** All entries accepted at the discretion of the meet director ***

Combined Events: Must enter on www.directathletics.com but please email entry marks for all events to Dennis Mitchell at dwmitch@uakron.edu for seeding purposes.

Final Time Schedule: Posted on www.GoZips.com by 5:00 pm Thursday, January 31st.
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Entry Fee: $350 per team ($600 for men & women’s team from same school), $20 per individual.
All entry fees must be paid via www.directathletics.com.

Packet Pickup: Packet and wristband pickup will be located in the lobby of Stile Athletics Field House
during the following times:
    Thursday, January 31—4:00 pm-5:00 pm
    Friday, February 1-- 3:00 pm-8:00 pm
    Saturday, February 2-- 8:00 am-3:00 pm
Please note that the track can only be accessed through the lobby of Stile Athletics Field House. Track access will not be granted to individuals that do not have a wristband.

Scoring: Non-scored

Facility Policies: Only ¼” pyramid spikes are allowed on the surface of Stile Athletics Field House. Spikes
will be checked at the clerking table and at the starting line or event site.

Only athletic tape can be used for marking purposes. No chalk or any other types of adhesive (duct tape, masking tape) is permitted.

Implement weigh-in: Implement weigh-in will take place 1 hour prior to event near the Shot Put circle.

Live Streaming: All University of Akron Indoor Collegiate Meets are streamed live to the internet at
www.gozips.com
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Minimum Measured Marks and Starting Heights

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Long Jump</strong></td>
<td>6.60m, 21’8”</td>
<td>5.20m, 17’3/4”</td>
</tr>
<tr>
<td><strong>Shot Put</strong></td>
<td>45’</td>
<td>40’</td>
</tr>
<tr>
<td><strong>Triple Jump Boards</strong></td>
<td>36’/42’</td>
<td>31’/36’</td>
</tr>
<tr>
<td><strong>Weight Throw</strong></td>
<td>50’</td>
<td>45’</td>
</tr>
<tr>
<td><strong>Pole Vault</strong></td>
<td>Gold - 4.89m, 16’0 1/2”</td>
<td>Gold - 3.83m, 12’6 1/2”</td>
</tr>
<tr>
<td></td>
<td>Blue – 4.29m, 14’1”</td>
<td>Blue – 3.23m, 10’7 1/4”</td>
</tr>
<tr>
<td><strong>High Jump</strong></td>
<td>Gold – 1.92m, 6’3 1/2”</td>
<td>Gold – 1.61m, 5’3 1/4”</td>
</tr>
</tbody>
</table>

Entry Standards for Non-Division I Athletes

<table>
<thead>
<tr>
<th>Event</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>60m</td>
<td>7.81</td>
<td>7.03</td>
</tr>
<tr>
<td>200m</td>
<td>25.28</td>
<td>22.25</td>
</tr>
<tr>
<td>400m</td>
<td>57.97</td>
<td>49.79</td>
</tr>
<tr>
<td>800m</td>
<td>2:17.7</td>
<td>1:55.7</td>
</tr>
<tr>
<td>Mile</td>
<td>5:06.4</td>
<td>4:16.7</td>
</tr>
<tr>
<td>3000m</td>
<td>10:17.3</td>
<td>8:35.0</td>
</tr>
<tr>
<td>5000m</td>
<td>18:03</td>
<td>15:13.0</td>
</tr>
<tr>
<td>60m Hurdles</td>
<td>9.05</td>
<td>8.66</td>
</tr>
<tr>
<td>4x400m</td>
<td>3:50.00</td>
<td>3:16.00</td>
</tr>
<tr>
<td>High Jump</td>
<td>1.63m</td>
<td>1.98m</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>3.36m</td>
<td>4.57m</td>
</tr>
<tr>
<td>Long Jump</td>
<td>5.44m</td>
<td>6.70m</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>11.00m</td>
<td>13.40m</td>
</tr>
<tr>
<td>Shot Put</td>
<td>12.95m</td>
<td>15.25m</td>
</tr>
<tr>
<td>Weight Throw</td>
<td>15.30m</td>
<td>15.85m</td>
</tr>
</tbody>
</table>
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Thursday, January 31, 2019 *Tentative*

Field Events
5:00 Mixed Gender Blue Discus (max 12 competitors / 4 throws)
6:00 Women’s Gold Discus (3 preliminary throws, top 9 to finals)
               Men’s Gold Discus to follow (3 preliminary throws, top 9 to finals)

Friday, February 1, 2019 *Tentative*

Field Events
4:00 Women’s Blue Pole Vault Group A
4:00 Men’s Blue Pole Vault
               (W Blue Pole Vault Group B immediately following conclusion of either Men’s or Women’s pit)
4:00 Men’s Blue Long Jump (2 pits)
5:00 Men’s Heptathlon 60m
5:15 Women’s Pentathlon 60m Hurdles
6:30 Women’s Blue Long Jump (2 pits)

Running Events
8:00 Men’s Distance Medley Relay
               Women’s Distance Medley Relay
8:30 Community Mile Run
8:45 Men’s 5000m (W 5000m to follow)

Saturday, February 2, 2019 *Tentative*

Morning Session
Blue Division Field Events
11:00 Women’s Weight Throw (M Weight to follow)
11:00 Men’s Shot Put (W Shot Put to follow)
11:00 Women’s High Jump (M High Jump to Follow)
11:00 Women’s Triple Jump

Afternoon Session
Gold Invitational Field Events
2:50 Introductions/National Anthem
       **Lights out, No warm-ups during introductions**
3:00 Women’s Pole Vault (M Pole Vault to follow)
               Men’s Long Jump
               Women’s Long Jump
               Men’s High Jump
               Men’s Shot Put (W Shot Put to Follow)
               Women’s Weight Throw (M Weight Throw to follow)
4:30 Women’s High Jump
               Men’s Triple Jump
               Women’s Triple Jump

Gold Invitational Running Events
3:10 Men’s Heptathlon 1000m
3:30 Men’s Mile
3:45 Women’s Mile
4:00 Women’s 60m Hurdle Finals*
4:05 Men’s 400
4:25 Men’s 60m Finals*
               Women’s 60m Finals
4:35 Men’s 800
               Women’s 800
4:50 Men’s 200
               Women’s 200
5:10 Men’s 3000
               Women’s 3000
5:40 Men’s 4x400
               Women’s 4x400

*Gold Invitational finalists in the 60m Hurdles, and 60m qualify during the preliminary round at the designated times during the Morning Division Running Events

Rolling Schedule, men then women
10:00 3000 Mile
11:00 Men’s Heptathlon 60m Hurdles
11:15 M 60H (Prelims, 8 to Gold Finals)
               W 60H (Prelims, 8 to Gold Finals)
               400
               M 60 (Prelims, 8 to Gold Finals)
               W 60 (Prelims, 8 to Gold Finals)
               800
               200

*Gold Invitational finalists in the 60m Hurdles, and 60m qualify during the preliminary round at the designated times during the Morning Division Running Events