Westfield State University
Jerry Gravel Classic

Outdoor Track & Field MEET INFORMATION
APRIL 13, 2019
UMass Dartmouth, Bridgewater State, Utica, Westfield State, AIC,

No unattached runners

Entry Fee: $350 PER TEAM PER GENDER
Make checks payable to Westfield State University
A team= 10 or more per gender, 9 or less is $35.00 per person

ENTRIES: All entries must be submitted on Direct Athletics (www.directathletics.com).
Entries are due on Wednesday, April 10th at 11:59PM. Submit seed performances for all events.
No additions after this date. Scratches only.

SCRATCHES: Scratches will be taken up to 10:30AM on the day of the meet – Inform finish line of other scratches during the course of the meet so heats can be appropriately adjusted especially for the 200m.
Early scratches can be emailed to Tom Stewart by Friday at 12:00PM. tstewart@hcc.edu

SCORING: 6 places, 10–8–6–4–2–1

TIMING: Tom Stewart. For questions about entries (not additions) after the deadline, contact Tom at: tstewart@hcc.edu

RESULTS: Will be posted on www.coolrunning.com
& www.directathletics.com on Saturday night.
Will also be posted on www.westfieldstateowls.com.
Will also be posted at the meet – next to concession stand.

CHECK-IN FOR ATHLETES: Check-in 15 minutes prior to your event at the check-in tent by the 100m start. No athletes allowed on the infield during competition. Hip numbers must be worn on left hip. There will be no bib numbers.

Field event athletes will check-in at event site 15 minutes prior to that event.

MEET TIME STARTS AT 11:00 SHARP- ROLLING TIME SCHEDULE

Courtesy calls will be made for events.
WEIGH-IN: Weigh-in will be from 9:30-10:45AM. The location will be at the storage facility next to the bathrooms and concession stand as you walk into the track complex. All implements that fail will be impounded until the end of the meet.

Field events = only 5 athletes per school

OPENING HEIGHTS FOR PV & HJ – To be determined

FIELD EVENTS: 3 attempts in the trials
9 athletes to finals
3 attempts in the finals
Flights - lower to higher seeds

ALL RUNNING EVENTS – HEATS WILL BE RUN SLOW TO FAST

100, 110H, 100H – no trials just finals

5,000 Meter Run – Only one heat for men and one heat for women.

PERFORMANCE LIST: A performance list will be generated from Wednesday’s entries and posted on D.A.

TEAM CHECK-IN: Coaches should confirm arrival at the meet and finalize all scratches at the Officials Tent located at the track finish line before 10:30AM.

TEAM SET-UP: NO teams are allowed to set up on the infield – use the surrounding bleachers located on both sides of the track.

ATHLETIC TRAINERS: Athletic Trainers will be available on site. You must bring your own tape/wrap, etc. If you have any questions or special needs for your athletes contact:
Cheryl Lee Scecina, Head Athletic Trainer
Email: cleescecina@westfield.ma.edu
Telephone: 413-572-5418

PARKING: EXTREMELY IMPORTANT! Buses and vans can drop athletes off at the Woodward Center. They will be given directions to the appropriate parking facility at the drop off site. NO PARKING IN STANLEY PARK. (which is across the street)

SCROLL TO NEXT PAGE FOR MEET SCHEDULE

Field events = only 5 athletes per school
FIELD EVENTS

Field events = only 5 athletes per school

11:00  Javelin W followed by M
11:00  Hammer Throw M followed by W

Discus Throw follows completion of both Hammer Throw & Javelin (USE TWO CAGES)

11:00  Shot Put  W followed by M
11:00  Pole Vault  W followed by M
11:00  Long Jump  M&W (SAME TIME)

Triple Jump follows completion of M&W Long Jump, M&W (SAME TIME)

12:00  High Jump  W followed by M

RUNNING

11:00  10,000m  M&W combined (if interest)
12:00  Steeplechase  W-M
       4 x 100  W-M
       1500m  W-M
       100H  Final  W
       110H  Final  M
       400m  W-M
       100m  Final  W-M
       800m  W-M
       400H  W-M
       200m  W-M
       5000m  W-M
       4 x 400  W-M

Facilities

Resurfaced jav runway

Refurbished discus and hammer circles

Practice cement pad for footwork

Resurfaced track surface

Resurfaced long/triple jump runways with new boards