



Southeast Missouri State Track & Field ALL-COMERS MEET

Saturday, Jan. 4, 2014

**Southeast Missouri State University
Student Recreation Center**

Meet Information

Sponsored by:



Entry Information

\$15 pre-entry, unlimited events

Age Divisions: School (grades 7-12), Open/Masters (age 19 and older)

Spectators: Free

REGISTRATION/CHECK-IN

Registration closes on Jan. 3 at 9 p.m. central. No entries will be accepted after 9 p.m. on Jan. 3, 2014.

Individual Entry is on Direct Athletics. Club Coaches with mass rosters can e-mail a spreadsheet of athletes (mkoelling@semo.edu) and all events entered, and we will accept payments day of event.

There is **NO** day of entry, as it does not give us enough time to re-seed events.

Link to Direct Athletics is provided below, as well as on the Southeast Missouri State Track and Field site, <http://gosoutheast.com/track>

NEW THIS YEAR: No athletes will be allowed to compete without their wristband showing they have paid and are entered in the event. We apologize for the inconvenience, but we need to eliminate "bandit" athletes. These will be picked up at check-in.

WAIVERS AND SEATING

All athletes will need to check in and sign a waiver before entering the facility. If you paid online, you will receive a wristband indicating you have checked in. If you are a club coach paying day-of, you will need to pay and bring signed waivers and we will have wristbands for your entire team in your packet. Feel free to head to the spectator or warm up area afterwards, there are bleachers and chairs set up on the infield.

SPECTATOR INFORMATION

There is no fee for spectators or entry. Longer distance runners are able to warm up outside and re-enter with no issue. Please stick to the designated spectator areas. No spectators will be allowed within competition areas.

GENERAL INFORMATION

Spikes:

Only ¼ inch spikes or smaller will be allowed on the indoor track surface. **Spikes cannot be taken on the basketball courts surfaces.** This will be well labeled and is a **zero tolerance policy**. You will be removed from the facility if this rule is broken. Again, we appreciate your cooperation with this, as we do not want to damage that flooring.

Hurdles:

All hurdles will be run at high school height/length, regardless of age or grade. Competitions will adhere to USATF rules if any Master's hurdlers enter.

Running event check-in:

Runners **must** report to the clerk to check-in **at least 15 minutes** before the start of their event. If you are in a running event and field event at the same time, prepare for the running event first, and we will accommodate you for the field events later. Inform the official running the field event of the issue, and they will hold your place.

Field event check-in:

If you are participating in a field event, report to the judge **at least 30 minutes** prior to the event. Warm-ups are limited to the designated time frame. All horizontal jumping events will be four attempts, cafeteria style. High jump will be as standard competitions rules dictate (three and out, increasing height). Shot put will be four throws, flighted. Pole vault and high jump will be men and women combined (unless a large number of athletes express interest), increasing height.

Implement weigh-in:

All shot puts must be weighed by 45 minutes before the start of the event. The weigh-in table will be next to the shot put ring in the throws area.

Bib and Hip numbers:

All running events need to have their hip and chest numbers on the **left** side. Field event athletes will not need numbers.

MP3 Players:

Music devices and cell phones are prohibited in competition areas. They may be used in the spectator and warm-up areas (at own risk of missing announcements). You will be disqualified if you are using these devices within the competition area.

Results:

Results will be posted on GoSoutheast.com, the official website of the Southeast Missouri State Redhawks

Questions or Concerns:

Ryan Lane
(573) 275-6909
rlane@semo.edu

Matt Koelling
(573) 225-6916
mkoelling@semo.edu

Miles Smith
(573) 587-9991
msmith@semo.edu

ENTRY PROCEDURE

All entries must be submitted online via Direct Athletics.

New users - visit www.directathletics.com/new_user_front.html.

Direct Athletics user guides and help – visit www.directathletics.com/help.html.

Be certain that you enter the correct division:

School (grades 7-12) **OR** Open/Masters (age 19 and older; master's competitors are encouraged!). Both divisions are set up as a separate meet in Direct Athletics system.

** If you have any problems, please contact either Coach Lane, Coach Koelling or Coach Smith.

Southeast Missouri State University

Agreement to Participate

I, the undersigned, am aware that participating in the Southeast Missouri State All-Comers Invitational may involve risks and dangers. I agree to follow guidelines and directions set by the University to provide for the safety and enjoyment of all participants, and shall refrain from any behavior that may compromise my safety or the safety of another individual.

Name of Child
(If participant is under 18 years of age)

Parent or Guardian Signature

Waiver of Liability

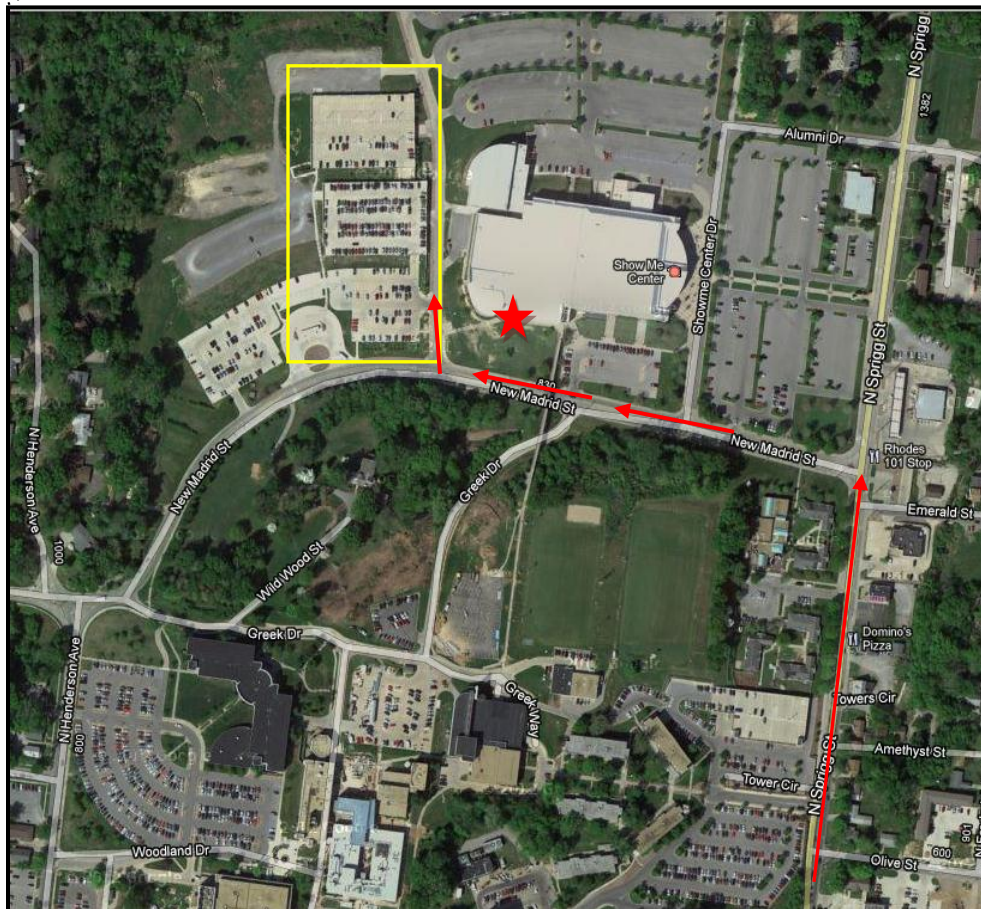
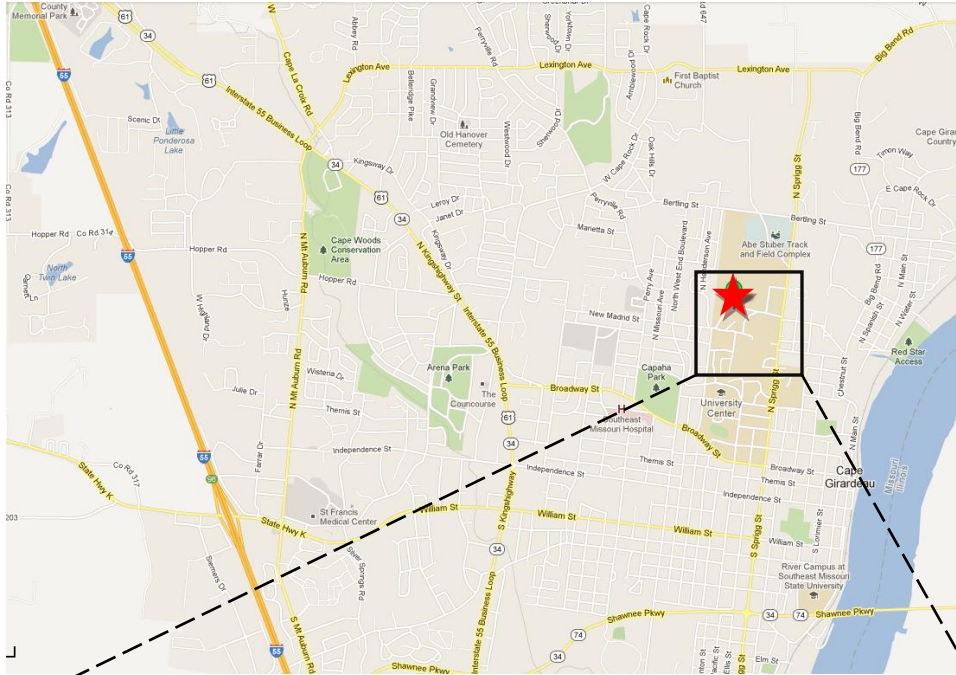
In consideration for my participation in this program, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release and forever discharge and hold harmless Southeast Missouri State University for any and all rights and claims for damages, including any claims for loss, damages or injury to my person or property arising out of my performance or failure of performance.

Name of Child
(If participant is under 18 years of age)

Parent or Guardian Signature

Event: SEMO All-Comers Invite
Location: Southeast Recreation Facility
Date: January 4th, 2013

Student Recreation Center Map





Southeast Missouri State University



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Spectators' entry: Free

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Registration can be completed for new users at www.directathletics.com/new_user_front.html

For Direct Athletics user guides and help, visit www.directathletics.com/help.html

ORDER OF EVENTS

FIELD EVENTS

9:15 a.m.	Pole Vault warm-ups begin	All Divisions, combined gender
	Long Jump warm-ups begin	All Divisions
10 a.m.	Pole Vault competition begins	Combine gender, increasing height
	Long Jump competition begins	Four jumps, cafeteria style
11:30 a.m.	Triple Jump warm-ups begin	All Divisions
Noon	Shot Put warm-ups begin	All Divisions
	High Jump warm-ups begin	All Divisions
	Triple Jump competition begins	All Divisions
1 p.m.	Shot Put competition begins	Four throws, flighted by gender
	High Jump competition begins	Combined gender, increasing height
1:15 p.m.	Triple Jump competition completed	

RUNNING EVENTS

The running events will begin at noon and be on a rolling schedule. The order of the heats will be as follows: Men's High School/Jr. High, Men's Open/Master's, Women's High School/Jr. High, Women's Open/Master's. If the events have minimal participation, divisions (but not genders) will be combined to save time and increase competitiveness.

Noon	3000 Meters
	55-Meter Hurdles Prelims
	55-Meter Dash Prelims
	800-Meter Run
	15-MINUTE BREAK
	55-Meter Hurdles Finals
	55-Meter Dash Finals
	400-Meter Dash
	Mile Run
	200-Meter Dash

Sponsored by:



come run with us.
Cape Girardeau, MO

