Mount Holyoke College
Track and Field Invitational
April 5, 2008

Meet Schedule

<table>
<thead>
<tr>
<th>Running Events</th>
<th>Throwing Events</th>
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<tbody>
<tr>
<td><strong>Running Events</strong></td>
<td><strong>Throwing Events</strong></td>
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<tr>
<td>(rolling schedule - sections on seed times)</td>
<td>(4 attempts - no finals)</td>
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<tr>
<td><strong>11:50</strong></td>
<td><strong>12:00</strong></td>
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<tr>
<td>4 x100m Relay</td>
<td><strong>W</strong> Discus</td>
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<tr>
<td>10,000m</td>
<td><strong>W</strong> Hammer to follow Discus</td>
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<tr>
<td>National Anthem</td>
<td><strong>W</strong> Javelin</td>
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<tr>
<td>1500 (Fast to Slow)</td>
<td><strong>1:30</strong></td>
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<tr>
<td>400m (Fast to Slow)</td>
<td><strong>W</strong> Shot Put</td>
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<tr>
<td>100m Hurdle Final</td>
<td><strong>Jumping Events</strong></td>
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<tr>
<td>100m Dash Final</td>
<td><strong>12:00</strong></td>
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<tr>
<td>800m (Fast to Slow)</td>
<td><strong>W</strong> Pole Vault</td>
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<tr>
<td>400IH (Fast to Slow)</td>
<td><strong>W</strong> Triple Jump</td>
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<tr>
<td>5k</td>
<td><strong>2:00</strong></td>
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<tr>
<td>200m (Fast to Slow)</td>
<td><strong>W</strong> High Jump</td>
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<tr>
<td>3000 Steeplechase</td>
<td><strong>W</strong> Long Jump</td>
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<tr>
<td>4 x 200m Relay</td>
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<tr>
<td>4 x 800m Relay</td>
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<tr>
<td>4 x 400m Relay</td>
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Starting Heights and Progressions for Vertical Jumps:

PLEASE NOTE Heights will increase to hit qualifying standards. That means not all increases will be 5cm in High Jump, and not all increases will be 15cm in Pole Vault. Take a minute to review the progression.

**High Jump:** DIII 1.50m, ECAC 1.60m, PROVO 1.65m, AUTO 1.71m 0's and 5s until 1.50m, 1.55m, 1.60m, 1.65m, 1.68m, 1.71m, as needed

**Pole Vault:** DIII 2.67m, ECAC 3.10m, PROVO 3.50m, AUTO 3.82m Earlier heights if needed (15cm intervals leading into 2.22m) 2.22m, 2.37m, 2.52m, 2.67m, **2.80m**, 2.95m, 3.10m, **3.24m**, **3.38m**, **3.50m**, as needed
Meet Information

Date:  Saturday, April 5, 2008

Site:  Mount Holyoke College Outdoor Track Stadium
Located on the college campus, parking at Kendall Hall
(No parking on Silver Street.)

Teams:  Mount Holyoke College, New York University, Smith College,
University of Southern Maine, Wellesley College

Meet Contact Info:
Meet Director: Pete Olsen
(polsen@mtholyoke.edu)
413-230-9883 - cell

Associate AD / Facilities:
Bardee Sadlier
(bsadlier@mtholyoke.edu)
413-538-2284, extension 3 for Information Center

Sports Information Director: Mike Raposo
(mraposo@mtholyoke.edu)
413-538-2649

Head Coach: Tina Lee
(cliffe@mtholyoke.edu)
413-262-0997 - cell

Entry Fee:  $125.00 per team. Checks payable to Mount Holyoke College. Please mail checks before April 1 to: Patti Steinmetz, Kendall Hall, Mount Holyoke College, S. Hadley, MA 01075.

Entry Procedure:
Send entries to: www.onlineentries.com
Deadline for entries is: Wednesday, April 2 (7:00 p.m.)

Sample Entry:
Team:
Individuals:
Name:  Event:  Mark:
Jane Doe  100m  12.30
        LJ  4.57m
        4 x 100  53.10.23
        (Hand times will be converted to FAT using .24)
Please have marks listed; actual, or estimated as accurately as possible.

Scratches:  Scratches should be submitted by 3:00 p.m. on Friday, April 4.
Send scratches to: finish@nycapp.rr.com
Scratches only on Saturday, no additions. Please give your scratches by 10:45 a.m.

Coaches’ Meeting:
There will be a brief coaches’ meeting at 11:00 a.m. on the infield.

Weigh In:
From 10:30-11:30 in barn, located between track and cages.
All throwing implements must be weighed in if they are going to be used on the day of the meet.

Check in:
All running events should check in with the clerk at least 15 minutes prior to the event. Field events check in at the event site at least 15 minutes prior to the event.

Scoring:
This will be a non-scoring meet.

Rules:
NCAA rules will be in effect, including rules governing uniforms, honest effort, sportspersonship and protest and appeals. For all field events, there will be 4 attempts, no finals.

Results:
Available at: www.finishright.com

Facilities:
400m all weather track: 10 lane straightaway, 8 lane oval.
Surface: 13mm Benyon Sports Surface
All Jumps, including PV and Javelin are on same surface type.
Pyramid spikes only up to ¼”, no needle spikes.

Kendall Hall Field House will be available for bathrooms and water only. There will be a tennis competition going on indoors, so please be respectful of the athletes playing matches at that time. Showers will be available. Please bring your own towels.

Athletic Training:
A Certified Athletic Trainer will be available at the meet one hour prior to the start and throughout the meet. Please bring your own supplies. For questions, contact Ellen Perrella (eperrell@mtholyoke.edu) or 413-538-2640 for questions. Ice and water will be provided, as well.