Silfen Track & Field Invitational
Friday-Saturday, April 12-13, 2019

**Friday Heptathlon Schedule**
- 1:45 W Heptathlon 100 meter hurdles
- 2:20 W Heptathlon 100 meter hurdles
- 3:00 W Heptathlon Shot Put (Larrabee)
- 4:30 W Heptathlon 200 meters

**Friday Decathlon Schedule**
- 2:00 M Decathlon 100 meters
- 2:35 M Decathlon Long Jump
- 3:10 M Decathlon Shot Put (Larrabee)
- 4:25 M Decathlon High Jump
- 5:30 M Decathlon 400 meters

**Friday Elite Distance Event Schedule**
- 6:00 M Elite 3000 meter steeplechase
- 6:15 W Elite 3000 meter steeplechase
- 6:30 M Elite 800 meters (3 or 4 sections)
- 6:45 W Elite 800 meters (3 or 4 sections)
- 7:00 M Elite 1500 meters (2 sections)

**Friday Elite Distance Event Schedule (continued)**
- 7:15 M Elite 1500 meters (2 sections)
- 7:30 M Elite 5000 meters
- 8:10 M Elite 10,000 meters
- 8:50 M Elite 10,000 meters

**Friday Women’s Field Event Schedule**
- 4:30 W Discus (Larrabee)
- 5:00 W Pole Vault

**Friday Men’s Field Event Schedule**
- 4:30 M Javelin (Dawley)
- 5:00 M Long Jump

**Saturday Heptathlon Schedule**
- 8:00 W Heptathlon Long Jump
- 9:15 W Heptathlon Javelin (Dawley)
- 10:15 W Heptathlon 800 meters

**Saturday Decathlon Schedule**
- 8:00 M Decathlon 110 meter hurdles
- 8:35 M Decathlon Discus (Dawley)
- 9:45 M Decathlon Pole Vault
- 12:15 M Decathlon Javelin (Dawley)
- 1:10 M Decathlon 1500 meters

**Saturday Track Event Schedule**
- 9:45 M 3000 meter steeplechase
- 10:00 W 3000 meter steeplechase
- 10:15 W Heptathlon 800 meters
- 10:30 M 4x100 meter relay
- 10:40 W 4x100 meter relay
- 10:50 M 1500 meters
- 11:15 W 1500 meters
- 11:40 M 110 meter hurdles
- 11:55 W 100 meter hurdles
- 12:10 M 400 meters
- 12:25 W 400 meters
- 12:40 M 100 meters
- 12:55 W 100 meters
- 1:10 M Decathlon 1500 meters
- 1:20 M 800 meters
- 1:40 W 800 meters
- 2:00 M 400 meter hurdles
- 2:15 W 400 meter hurdles
- 2:30 M 200 meters
- 2:45 W 200 meters
- 3:00 M 5000 meters
- 3:20 W 5000 meters
- 3:45 M 4x400 meter relay
- 4:00 W 4x400 meter relay
- 4:15 M 4x800 meter relay
- 4:30 W 4x800 meter relay

**Saturday Field Event Schedule**
- 8:00 W Heptathlon Long Jump
- 9:30 W Long Jump
- 12:00 M Triple Jump
- 2:30 W Triple Jump
- 9:00 M Hammer (Larrabee)
- 11:30 M Hammer (Larrabee)
- 2:00 M Discus (Larrabee)
- 9:00 M Shot Put (Larrabee)
- 11:30 W Shot Put (Larrabee)
- 8:35 M Decathlon Discus (Dawley)
- 9:15 W Heptathlon Javelin (Dawley)
- 12:15 M Decathlon Javelin (Dawley)
- 2:00 W Javelin (Dawley)
- 9:45 M Decathlon Pole Vault
- 10:30 M High Jump
- 1:30 W High Jump

* We will use a rolling time schedule for the Saturday running events if a second section is needed in the men’s and/or women’s 5000 meters. We will otherwise follow the time schedule as listed for all events.
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Teams: The full schedule of events on Friday/Saturday is limited to ~20 collegiate teams. Approved teams for 2019 are as follows: Amherst, Babson, Bowdoin, Brandeis, CCRJ, Colby, Coast Guard, Connecticut College, Emmanuel, Fitchburg, Franklin Pierce, Keene, Mass Maritime, Middlebury, New Haven, New Paltz, Rhode Island College, Roger Williams, Springfield, Trinity, Tufts, Vassar, Wellesley, Wesleyan, WPI.

NO ADDITIONAL TEAMS WILL BE ACCEPTED FOR THE SATURDAY PORTION.

The Friday evening Elite Distance Events are open to all collegiate athletes, with entry limitations per event as spelled out below under Entries-Step A.

The Heptathlon/Decathlon may be open to all collegiate athletes, pending the entry limitations spelled out below under Entries-Step A.

Entries-Step A: Submit entries by 9:00 pm on Monday, April 8 for the Friday Elite Distance Events and the Heptathlon / Decathlon. Submit entries via www.directathletics.com. NO ADDITIONS AFTER THE DEADLINE. Collegiate competitors only. Unattached entries are generally not permitted, although we will consider accepting an unattached entry who will serve as a pacer. If you have someone in mind as a pacer, contact Ned Bishop at nbis@conncoll.edu.

A maximum number of competitors per gender will be accepted for each of the Elite Distance Events. Those maximums are 32 in the 800m, 28 in the 1500m, 20 in the steeplechase, and 30 in the 5k and 10k. The fields may be kept smaller if that is deemed to provide a better competitive situation. You must enter with a verified collegiate performance in the specific event.

If you are entering an athlete into an event where she/he has no collegiate mark, you must enter NT (No Time). You may then use the “Entry Notes” box to provide information such as verifiable collegiate performances in other events to support why this athlete should be accepted.

If you are entering an athlete whose best verified collegiate performance does not reflect his/her current level of fitness and anticipated performance, contact Ned Bishop at nbis@conncoll.edu and provide information such as verified collegiate performances in other events to support why this athlete should be accepted. This should include those whose indoor mile performance is better than their outdoor 1500 meter performance (Mile time divided by 1.08).

If you enter an athlete in more than one Elite Distance Event, send an email by the entry deadline to nbis@conncoll.edu clearly stating which event is the preferred one. Use this format: “Runner X is entered in both the 1500m and the 800m. If she/he is accepted into the 1500m, please scratch her/him from the 800m.” If no preference is submitted, the athlete will be accepted into the event where she/he is seeded higher and will be scratched from the other.

All entries for the Heptathlon / Decathlon from the schools participating in Saturday’s full meet will be accepted. If there are fewer than 8 entries from those schools, the field may then be filled to a maximum of 8 competitors per gender from entries submitted by other schools.

Accepted competitors for Elite Distance Events and the Heptathlon / Decathlon will be posted no later than 9:00 pm on Tuesday, April 9 at http://oak.conncoll.edu/sports/silfenelite.pdf.

**IMPORTANT** If you decide to scratch an accepted entry after they are posted, please notify us via email or phone immediately so that we can fill the opening.

Entries-Step B: Submit entries by 9:00 pm on Wednesday, April 10 for all remaining events. Submit entries via www.directathletics.com. NO ADDITIONS AFTER THE DEADLINE. Collegiate
competitors from the approved teams only - unattached entries are not permitted. There is no limit to the number of entries per individual event. B relay teams are not permitted.

Any athletes from the approved teams for Saturday’s full meet who are entered but not accepted into the Elite Distance Events on Friday will be automatically entered into the same event(s) on Saturday (except there is no Saturday 10k). After you see the accepted Friday entries, you may update your Saturday event entries up until the 9:00 pm deadline on Wednesday. An athlete competing in an Elite Event on Friday may not run in the same event again on Saturday, but she/he may compete in other events.

Entry fees:  
**Friday Elite Distance Events & Multis - $25 per accepted entry** payable prior to competition.  
**Saturday Events - $25 per entry** to a maximum of **$400** per team (M & W are separate teams).

SEE THE ATTACHED INVOICE. Payments from teams competing on Saturday are to be received prior to the start of the meet on Saturday morning. The maximum payment of $400 per gender includes your entries for the Friday Elite events.

Scratches:  
Running event scratches must be made prior to 9:00 am on Saturday. Inform the clerk of additional scratches during the meet as far in advance of each event as possible. Events will be seeded as late as possible to minimize empty lanes and provide the most competitive heats. A double check-in for the 200m, 5000m, 4x400m and the 4x800m will be required one hour prior to the scheduled time of the event. The first check-in will be an affirmative declaration of intent to participate. Any entered athlete not declaring at this time will be scratched and then the heats will be drawn. The second check-in will be for distribution of hip numbers and heat assignments.

Timing:  
FinishLynx services provided by Bob Muldoon.

Track events:  
Seeded sections, fastest section last (Friday & Saturday). All timed section finals.

Field events:  
Seeded flights, top flight last. Top eight to finals.

Results:  
On-line at TFRRS and www.coolrunning.com on Saturday night. Posted in the Fitness Center hallway. Live results will be available, and the link can be found on the schedule on our track & field web pages. A live video feed of the Friday night Elite Distance Events will also be available, and this link will also be posted at that location.

Scoring:  
Individual events & relays, 10-8-6-5-4-3-2-1. Results from the Friday Elite sections will be combined with the Saturday sections of the same event for the purpose of scoring the meet. Only those athletes from the teams competing in Saturday’s full meet will score. Athletes from other teams in the Elite Events and the Heptathlon / Decathlon will be bypassed for this purpose.

Check-in:  
All running events check in with the clerk on the infield side of the finish-line tent at least 15 minutes prior to the event. Hip numbers go on the LEFT hip. There are no bib numbers. Field events check in at the event site at least 15 minutes prior to the event.

Spikes:  
Pyramid spikes only (1/4” maximum) are permitted on the track and all runways, including the long jump, triple jump, pole vault, high jump, and javelin. No Pins or Christmas Tree spikes. Please ensure that your javelin throwers are aware of the spike restrictions in advance. We will be inspecting spikes at javelin check-in.

Sprints/Hurdles:  
The 100 meters, 200 meters, and 100 meter hurdles may be run in either direction. The 110m hurdles must be run in the normal direction.

Runways:  
The long jump boards are at 8 feet. The triple jump boards are at 26 feet and 32 feet for women and at 32 feet and 38 feet for men. We can jump in either direction. We have brand new LJ/TJ runways & pits for 2019! We can also vault in either direction.
Warm-ups: The rubber court gym in Luce Field House will be available for warmups and team camps in the event of inclement weather pending our tennis schedule. **NO SPIKES** in the field house! **NO FOOD OR DRINKS** (except water) on the rubber courts. If a tennis match must be moved into the Field House, either the wood court gym or Dayton Arena (next door) will be available. The infield of the track is available for warmups after 5:30 pm on Friday and throughout the meet on Saturday. Spectators and parents, however, are not permitted inside the fence around the track.

Weigh-in: Implements will be weighed in at the track storage room at the back of the Athletic Center.

- **Heptathlon/decathlon weigh-in:**
  - Friday, 1:00-1:30 pm (Hep/Dec Shot put)
  - Saturday, 7:00-7:30 am (Hep/Dec Javelin, Dec Discus)

- **Open event weigh-in:**
  - Friday, 3:00-3:45 pm (Women’s Discus, Men’s Javelin)
  - Saturday, 7:45 am-1:00 pm (all other implements)

Athletic Trainer: The Sports Medicine Facility inside Luce Field House will be open beginning at least one hour prior to the start of competition each day, and it will remain open until the end of competition on Friday night and until 2:00 pm on Saturday. There will also be an Athletic Trainer stationed at a table in the infield near the finish-line tent once competition begins through the completion of the final event each day. Ice and water will be provided. You must provide your own taping supplies.

Locker rooms: Locker Room #70 (men) and Locker Room #72 (women) will be available for track & field athletes only in the downstairs hallway of the Charles B. Luce Field House near the squash courts. Additional restrooms for spectators are located throughout the building.

Tents: Team tents may be set up **outside the fence** on any grass area adjacent to the track.

Parking: Parking for team vans and spectators is available in the lots located around the Athletic Complex. Team buses are to drop off at the circle in front of the Athletic Complex and then proceed back up the hill to Route 32. Turn left at the light and proceed to the next light. Turn right into the main campus entrance. Turn left at the top of the hill by the gatehouse and proceed approximately one-quarter mile. Turn left into the South Lot. Buses are to remain parked in the South Lot until the conclusion of the meet.

Information: Ned Bishop, 860-439-2566, nbis@conncoll.edu
Luke Maher, 860-439-5445, lmaher@conncoll.edu
INVOICE

ENTRY FEE FOR:
SILFEN TRACK & FIELD INVITATIONAL
APRIL 12-13, 2019
AT CONNECTICUT COLLEGE

AMOUNT:

$25.00 PER ACCEPTED ENTRY FOR FRIDAY

$25.00 PER ENTRY UP TO A MAXIMUM
OF $400.00 PER GENDER FOR SATURDAY
(NOTE: MAX TEAM FEE INCLUDES BOTH DAYS)

PAYABLE TO:
CONNECTICUT COLLEGE TRACK & FIELD

REMIT TO:
NED BISHOP
CONNECTICUT COLLEGE, BOX 5613
270 MOHEGAN AVENUE
NEW LONDON, CT 06320