

2017 USATF Minnesota All Ages Indoor Track & Field Meet #4 (March 4, 2017)

Bethel University
3900 Bethel Drive
Saint Paul, Minnesota
2:00 PM – 6:00 PM

(on-site registration begins at 1:00 PM)

Cost: \$20 (2017 USATF members pay only \$15 for the meet; 2017 USATF memberships may be purchased at the door or in advance by visiting www.usatfmn.org/membership. 2017 USATF adult memberships cost \$30 and youth memberships cost \$20. In addition to the discount for this meet, membership is required for the Association Indoor Championships and other discounts are available to members throughout the year.)

Eligibility: All Ages. Open to non-USATF members and USATF members. While it is not required that participants have current USATF memberships, a \$5 discount is provided to 2017 USATF members.

Entry: Day of meet registration will be available starting at 1:00 PM in the hallway outside of the track. The track is not available for warm-up until 1:30 PM. All participants must sign an entry waiver. Athletes under age 18 need a parent or guardian signature. Youth athletes should bring a copy of proof of age (copy of birth certificate, passport, driver's license or driver's permit) **if their date of birth is not already verified** in the USATF database. Entries accepted in advance or at the event. Advance entry and payment mailed to:

USATF Minnesota
960 Douglas Road
Mendota Heights, MN 55118.

Checks made payable to USATF Minnesota.

Equipment: Pole vault will be contested. Vaulters must supply their own poles. Spike of ¼ inch or shorter are permitted on the track. **NO SPIKES** are allowed on the blue surface which includes the high jump area.

Directions: A campus map of Bethel University is available at

<https://www.bethel.edu/about/maps-directions/>

The indoor track facility is in the Sports and Recreation Center. Bethel University is located at 3900 Bethel Drive, Saint Paul, MN. **Park in designated areas only.**

Questions: Meet director Craig Yotter at office@usatfmn.org or call 651-686-8447.

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Schedule of Events: A rolling schedule for track events will be used. Athletes may participate in any event and simply need to report to the clerk for the track events or to the field event area at the appropriate time. It is the responsibility of the athlete to report to an event in a timely manner. Athletes not present at their time to compete in the high jump or who miss their age group competition will not be provided an opportunity to compete. No refunds provided.

First track event at 2:00 PM - Rolling schedule

60 Meter Hurdles

60 Meter Dash

3000 Meter Run

400 Meter Dash

1 Mile Race Walk

800 Meter Run

200 Meter Dash

Long Jump/Triple Jump (three jumps, no finals)

Open and Masters LJ/TJ: warm-up 1:30-2:15; Open and Masters jump 2:15-3:00; Youth LJ/TJ warm up 3:00-3:30; Youth athletes jump 3:30-5:00.

High Jump (athletes must be present for jumps at heights - bar will not be lowered and competition will not be delayed. **NO SPIKES**). All ages warm-up 1:30-2:15; Competition begins at 2:15.

Pole Vault warm-up 1:30-2:15; competition begins at 2:15.

Shot Put: All ages warm-up 1:45-2:15; competition begins at 2:15.