

CONCORDIA COLLEGE
Cobber Open Indoor Track & Field Meet
Saturday, January 27, 2007, 12:00 p.m.

Entries: Due by Friday, January 26, 2007 - 6:00 p.m. to gzlarson@cord.edu. All entries must be done by email. Please wait until at least the day before to send entries as it will limit the number of changes/scratches/adds. If you have additions meet day, please stop by the North Balcony to list them on the add sheet.

Directions:

- 1) Hit "Reply" to this message.
- 2) List the team name and gender in the subject line (example: Concordia Men).
- 3) Within my original email, under each of the events listed, type the first name <space> last name <comma><space> performance. Please use ":" between minutes and seconds and "." between seconds and tenths/hundredths of seconds. Field events may be in feet and inches or metric. You do not need to include the inch symbol ("). Follow the same pattern for each event. For example:
>>400 Meter
Ryan Steines, 49.24
Ralph Jones, 50.21
>>800 Meter
Justin Backlund, 1:59.02
Ralph Jones, 2:03.40
Ben Remert, 2:06.77
>>Long Jump
John Leeper, 23'6.25

Entry Fee: \$5.00 per person or \$75.00 per team, men and women separately. Please pay in the North Balcony.

Eligibility: Collegiate and open athletes. Unlimited entries. No limit on the number of Relay teams.

Scoring: No team scoring will be kept.

Declaration: Section/Flight sheets and receipts may be picked up in the balcony. Final confirmation of the entries needs to be made at the Scorer's Table in the balcony overlooking the finish line prior to the start of the meet. A limited number of additions may be made prior to the meet at the Scorer's Table.

Schedule: Tentative time schedule enclosed. The schedule may be changed based on the number of teams/entries. Check at the Scorer's Table prior to the meet for any changes in the schedule.

Running Events: Six lane, flat 200M EPDM encapsulated surface (resurfaced in 2004) - **1/8-1/4" non-pin spikes**. 4x200 Meter Relay will be run with an eight turn stagger, running lanes the whole way. All events run as timed finals. Events will be seeded by time. Please make accurate entries. The best performances will compete in the first section for all running events. The 200 Meter will be seeded at the Start Line 15 minutes prior to the start.

Field Events: Long Jump, Triple Jump, Shot Put and Weight Throw will be 3 preliminary attempts with top 9 to Finals. LJ and TJ off EPDM surface - **1/8-1/4" non-pin spikes**, must be pyramid type. Pole Vault off synthetic surface - **1/8-1/4" non-pin spikes**, must be pyramid type. Please stay off the infield. HJ off tartan surface - **NO SPIKES ALLOWED**. Shot Put and Weight Throw off wood surface. The highest seeds will compete in the last flight for all field events.

Spikes: **1/8-1/4" non-pin spikes**, must be pyramid type. **NO SPIKES ALLOWED ON THE INFIELD.**

Starting Blocks: Standard starting blocks will be provided.

Specialty blocks will be allowed but must be furnished by athlete's institution.

Disqualifications: Athletes will be disqualified for unsportsmanlike behavior, including but not limited to foul language, taunting opponents and berating officials. NCAA rules apply.

Team Camps: May be on the infield or in the balcony.

Locker Room: Facilities are available in the adjacent Memorial Fieldhouse.

Please supply your own towels and locks. Take care of your own valuables.

Athletic Training: A certified athletic trainer and student athletic trainers will be on site one hour prior to the first event until 30 minutes after the last event has concluded. If any treatments are needed please bring instructions signed by your institution's certified athletic trainer. Please bring your own athletic training kit with taping supplies.

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Marv Roeske, Head Women's Track and Field Coach, roeske@cord.edu, w(218) 299-4163, h(701) 271-0510, c(701) 799-7510