



Central College Dutch Athletics Classic
January 29-30th, 2016
H.S. Kuyper Fieldhouse – Pella, Iowa

Entry Information and Instructions

Entry Procedure

1. All entries will be done electronically through www.directathletics.com.
2. Entry Deadline is 6 p.m., Wednesday, Jan. 27th, 2016. You may make changes as often as you wish until the entry deadline.

Entry Fees

1. Entry fees are \$175 per gender or \$350 for a combined (men's and women's) program. Small squads will be charged \$20 per athlete and \$30 per relay up to the \$175/\$350 maximum.
2. This fee must be paid at packet pickup.
3. Checks should be made payable to Central College.
4. Unattached will not be allowed to compete until entry fee is paid. The entry fee into the meet is \$20. Relays are \$30.

Meet Information

FACILITY

H.S. Kuyper Fieldhouse on the campus of Central College houses a 200-meter flat track that was renovated in 2009 with a Mondo SX surface.

FACILITY LAYOUT

The facility contains a full six-lane track with eight lanes on the homestretch for sprinting events. Each lane is 36 inches wide while the straightaways are 42 inches wide. There are also long jump, triple jump, high jump, pole vault, shot put, and weight throw venues.

TIMING

Fully-automated FinishLynx timing will be used for both days.

PARKING

Parking is available adjacent to the southwest end of H.S. Kuyper Fieldhouse along Independence St.

PACKET PICKUP

Coaches should pick up their team's meet packet prior to competing Saturday from 8:30 a.m. to 10 a.m. at the finish line.

MEET PACKETS

Team packets will include heat sheets, final time schedules, and an entry fee receipt.

MEET ADMISSION

Admission cost is \$5 for adults and \$3 for students and children.

DRESSING FACILITIES

Locker room and shower facilities are available in the H.S. Kuyper Fieldhouse for both men and women during meet hours. You must furnish your own towels.

TRAINING AREA

Trainers will be available in the training room, directly upstairs from the track. Team trainers will be allowed to set up at their team camps.



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SEATING

There will be seating for spectator provided at the throws venue and along the homestretch. There is also limited standing room along the east side of the track.

TIME SCHEDULE

An order of events is listed below. After entries are received a tentative time schedule will be posted at www.central.edu/athletics. That schedule will also be in your packet. We will be operating on a rolling schedule, so if we get ahead of schedule, we will stay ahead.

HEAT SHEETS & RESULTS

Heat sheets will be posted the morning of the meet. Heat sheets will also be in your packet at check in. Event results will be posted on the northeast side of the fieldhouse throughout the meet. Final results will be available posted on www.central.edu/athletics after the meet.

ATHLETE CHECK-IN

Running events: Athletes must check in at least one event prior to their own event at the finish line.
Field events: Athletes must check in 30 minutes prior to the start of their event with the clerk at the event.

QUALIFYING

Running events: All events will be multiple-section finals against time except for the 60-meter dash and 60-meter hurdles. The top 8 qualifying times from those events will advance to a seeded final.
Field events: The top 9 marks for the preliminary rounds will advance to the finals.

SCORING

The top-8 finishers in each event will be scored (10-8-6-5-4-3-2-1).

IMPLEMENT INSPECTIONS/WEIGH-INS

Implement inspections will be held at the finish line from 8:30 to 9:30 a.m. Pentathlon/Heptathlon weigh-ins will be Friday from 3:00-3:30pm.

STARTING HEIGHTS

Approximate Starting Heights in the vertical jumps will be TBD; Starting heights will be determined by meet management after all entries are received.

FIELD EVENT SCRATCH MARKS

The LJ, TJ, SP, and WT will have minimum measurement lines. TBD based off entry numbers.

WARMUPS

Running Events: Warm ups for all running events will be inside the H.S. Kuyper Fieldhouse.
Field Events: Athletes will have access to field event venues for warm ups approximately 30 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, tape measures may not be used within 30 minutes of the start of competition.

ALUMNI AND UNATTACHED ENTRIES

All Central College Alumni wishing to enter please email Coach Fuller at fullerj@central.edu
All Unattached entries need to contact Coach Graupmann at graupmannj@central.edu

FURTHER INFORMATION

For further information, contact Joe Dunham, Head Track & Field Coach, at (641) 628-7603.

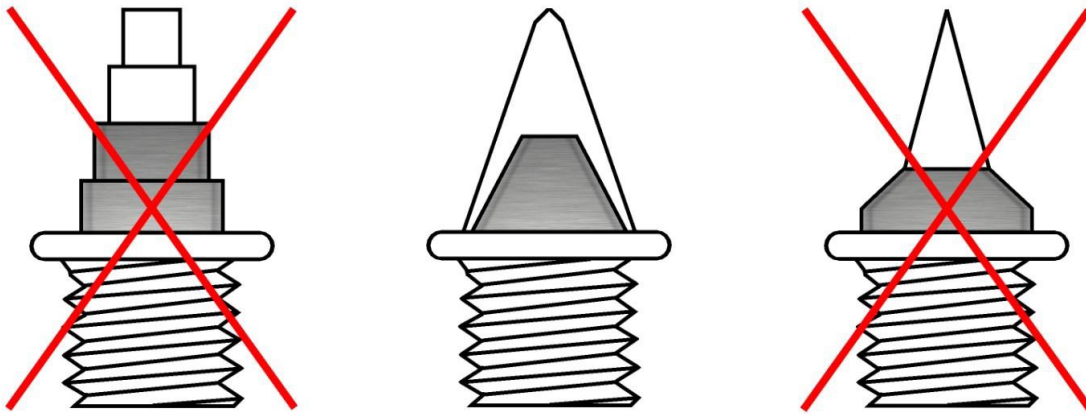


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Facility Regulations

SPIKES

All spikes must be ¼-inch pyramids. See the diagram below.



TAPE

Tape for any marking on the track (relay exchange zones, jumpers'/throwers' markings) must be white athletic tape. NO other tape will be allowed.



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Friday, January 29th, 2016

4:00 pm Women's Pentathlon
4:15 pm Men's Heptathlon

Saturday, January 30th, 2016

9:00 am Men's heptathlon 60m hurdles
Men's heptathlon pole vault with the open men's pole vault.
Men's heptathlon 1,000m will interrupt the normal meet schedule.

Field Events:

10:00 am Men's Long Jump
10:00 am Women's High Jump
10:00 am Men's Pole Vault
10:00 am Women's Weight Throw

Women's Long Jump (*Following Men's LJ*)
Men's High Jump (*Following Women's HJ*)
Women's Pole Vault (*Following Men's PV*)
Men's Weight Throw (*Following Women's WT*)

Men's Triple Jump (*Following Women's LJ*)
Women's Shot Put (*Following Men's WT*)

Women's Triple Jump (*Following Men's TJ*)
Men's Shot Put (*Following Women's SP*)

Running Events:

12:00 noon 60m hurdle prelims – Women/Men
60m dash prelims– Women/Men
Mile run – Women/Men
400m dash – Women/Men
60m hurdles finals – Women/Men
60m dash finals – Women/Men
600m dash – Women/Men
1,000m run – Women/Men
300m dash-Women/Men
200m dash – Women/Men
3,000m run – Women/Men
4 x 400m relay – Women/Men