

## EIU TRACK and FIELD

# Friday Night Special

Friday, February 19, 2016

### ENTRY PROCEDURES

**Entries & Fees:** Each team will be limited to:  
**4** entries per individual event – (\$20 for additional entries in events)  
**1** relay unit per team. (B&C squads if space allows)

The entry fee will be \$20.00 per competitor with a maximum of \$250.00 per gender. Make checks payable to EIU Athletic Department - Track.

**Web Entries:** All entries must be submitted on-line at  
(<http://www.steepleweb.com/meet/9848>) Web entries will open until  
Tuesday, Feb. 16, 2016, at 4pm(CST).

**Final Declarations:** **Your web entries will be your final declarations!!**

**Seed Marks:** Please list the athlete's best performance from this season.

**Awards:** There will be no awards for this meet.

**Eligibility:** Open contestants will be allowed to compete. See entry instructions page.  
**Scoring:** This meet will be scored by divisions. DI schools may request "Double Dual" scoring. Please call if you have any questions concerning meet eligibility.

**Team Packets:** Team packets may be picked up at the scorer's table prior to the start of the meet.

### **Inspection of Field Equipment:**

- (1) All throwing implements must be weighed and checked at the scorer's table by the Head Weight & Measures Judge. **Weigh in will be from 1:15-1:45pm.**
- (2) No throwing implements may be used without the official markings.  
**NO HARDSHELL WEIGHTS WILL BE ALLOWED!**
- (3) All implements that are found to be non-regulation will be impounded until the completion of the event. No hard shell weights will be allowed.
- (4) A 10 minute general warm-up for all competitors will start 20 minutes prior to the event, then each flight will receive a 10 minute warm-up period.

**Results:** Results will be available as soon as possible following the meet. If you need to leave prior to the completion of the meet, complete results will be available through our sports information office. Please call **(217) 581-6408**.

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### MEET INSTRUCTIONS:

- All 200 Meter Participants **MUST** check in WHEN CALLED or they will be scratched from the event.
- ALL jumpers must check in with the first flight to receive specific instructions for the jumping competition.
- No jumps will be measured under:

	Women	Men
Long Jump	15'00"	20'00"
Triple Jump	32'00"	43'00"
- No throws will be measured under:

	Women	Men
Weight Throw	34'00"	38'00"
Shot Put	30'00"	38'00"
- Starting Heights:

	Women	Men
High Jump	4'10"	6'00"
Pole Vault	9'00"	12'06"
- There will be a two heat final in the 60M Hurdles and the 60M Dash. A "Consolation Final" for non D-I athletes, and a "Championship Final" for D-I competitors.

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### ENTRY INSTRUCTIONS

- The link for teams to register for the FRIDAY NIGHT SPECIAL is here:
  - <http://www.steepleweb.com/meet/9848>
- If they need assistance with getting their rosters from TFRRS, they can read this help article:
  - <http://goo.gl/3Q3jiH>
- 
- If they need assistance, live chat is available on [steepleweb.com](http://steepleweb.com) or they can email [support@steepleweb.com](mailto:support@steepleweb.com)
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- Unattached entries must email [nratkinson2@eiu.edu](mailto:nratkinson2@eiu.edu)