

JOHN GARTLAND INVITATIONAL

JANUARY 22ND, 2022

MEET DIRECTOR: Jeff Martin Jeffrey.martin@indstate.edu 812-237-4332

TEAMS: Indiana State, Southern Illinois, Milwaukee, Southeast Missouri, Marian, Western Illinois

ENTRY LIMITATIONS & FEE: Unlimited entries in individual events. 2 relays per school \$300.00 entry fee per school per gender. **ENTRIES MUST BE PAID FOR THROUGH DIRECT ATHLETICS!**

ENTRY DEADLINE: Entries must be received by 3:00pm EST on **Wednesday, January 19, 2022**

SCORING: The meet will be scored per NCAA rules.

FACILITY: ISU North Gym at the College of Health and Human Services opened in 2018. The newly renovated North Gym now has a Mondo Super X flat 6 lane 200m oval with a 8 lane sprint straight.

Long Jump Boards: 2.75m (9 feet) to pit

Women's Triple Jump Boards: 9.75m (32 feet) to pit

Address:

401 N 4th Street

Terre Haute, Indiana 47809

Quarter inch pyramid spikes only will be allowed.

No Tape or Chalk will be allowed. Markers will be provided by officials.

FACILITY DROP OFF & ENTRY: Buses can drop off in Lot H. NO BUSES will be allow in the circle turn around! Teams will need to enter the facility at the Northwest corner of the Health and Human Services building.

TEAM VEHICLE BUS PARKING: Team vans/vehicles can park in Lot 24. Charter Buses can park in Lot 24 or in Lot H. (Please see attached map)

TEAM AREA: Teams are asked to set up camp in the Southwest and Southeast corners of the facility. There is limited seating for spectators so we ask that there be NO TEAM CAMPS IN THE BLEACHERS.

DRESSING LOCKER ROOM FACILITY: Due to ongoing construction there are no dressing/locker rooms available at this time.

ATHLETIC TRAINERS: Indiana State University athletic trainers will be stationed in the medical room in the southwest corner of the facility.



INDIANA STATE UNIVERSITY TRACK & FIELD



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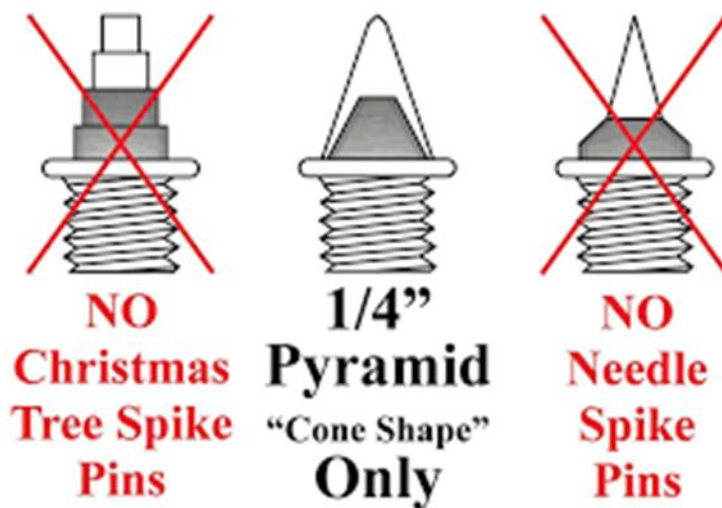
CLERKING: Clerking for all track races will take place by the 60m/60h start line. Field events will check in at the event area with the head official.

STARTING HEIGHTS & INCREMENTS: Once entries close, meet management will set the starting heights and increments based on the field size/strength.

IMPLEMENT WEIGH-IN: Weigh-in for both the weight throw and shot put will take place at the event area. We ask that teams weigh in ALL implements before the start of the first throwing event. **Weigh in will close at 11:15am**

FOOD & DRINK: No sports drinks or soda are allowed inside the facility. Water is the only allowable drink.

RESULTS: During the meet, results will be posted by the Finish Line Building. Final results will be available at the conclusion of the meet at the finish line. The final results will be posted on www.gosycamores.com, www.timingmd.net and at www.tfrs.org



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FRIDAY, JANUARY 21ST, 2022

MULTI EVENTS

5:15pm Pentathlon (W)
60h, HJ, SP, LJ, 800m

5:25pm Heptathlon Day 1 (M)
60, LJ, SP, HJ

SATURDAY, JANUARY 22ND, 2022

MULTI EVENTS

10:00am Heptathlon Day 2 (M)
60h, PV, 1000m

FIELD EVENTS

12:00 noon Weight Throw (W)
Follows Weight Throw (M)
Follows Shot Put (W)
Follows Shot Put (M)
12:00 noon Long Jump (W)
Follows Long Jump (M)
Follows Triple Jump (W)
Follows Triple Jump (M)
1:00 pm Pole Vault (M)
Follows Pole Vault (W)
12:00 noon High Jump (M)
Follows High Jump (W)

RUNNING EVENTS

12:30pm 60H (M) Prelims
12:40pm 60H (W) Prelims
12:50pm 60 (W) Prelims
1:00pm 60 (M) Prelims
1:15pm Mile (W)
1:30pm Mile (M)
1:45pm 60H (W) Finals
1:50pm 60H (M) Finals
2:00pm 60 (W) Finals
2:05pm 60 (M) Finals
2:10pm 400 (W)
2:20pm 400 (M)
2:25pm ** All 200m athletes need to be checked in by this time. Athletes that do not check in will be scratched!
2:30pm 800 (W)
2:40pm 800 (M)
2:50pm 600 (W)
2:55pm 600 (M)
3:00pm 200 (W)
3:10pm 200 (M)
3:20pm 3000 (W)
3:35pm 3000 (M)
3:45pm 4x400 Relay (W)
3:55pm 4x400 Relay (M)
4:00pm Distance Medley Relay (W)
4:15pm Distance Medley Relay (M)
4:30pm 5000 (W)
4:55pm 5000 (M)



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