



# AIR FORCE INVITATIONAL

Indoor Track & Field Meet

## SUNDAY, JANUARY 17, 2010

### U.S. AIR FORCE ACADEMY

Colorado Springs, CO

CADET FIELD HOUSE



### MEET INFORMATION

- Open to any male or female athlete of high school age
- Compete on one of the finest indoor track & field facilities in the U.S.!
- Top-flight competition from Prep ranks nationwide!
- Full coverage, including photos, results posted on [www.Dyestat.com](http://www.Dyestat.com)
- Every participant receives an "AIR FORCE INVITATIONAL" T-shirt!
- First class awards to top finishers in each event... special awards to top performers!

### ENTRY INFORMATION

- Enter online at [www.directathletics.com](http://www.directathletics.com); No phone or fax entries will be accepted;
- Entry standards & limitations will be available online at [www.directathletics.com](http://www.directathletics.com) and posted on our website at [www.goairforcefalcons.com](http://www.goairforcefalcons.com)
- You will be required to pay an entry fee with your credit card online;
- Entry fee is **\$15.00** per individual per event, or **\$30.00** per relay team per event;
- All entries must be received at [www.directathletics.com](http://www.directathletics.com) by Tuesday, January 12, 11:59 p.m. MT.
- Late entries will be charged a **\$30.00 late entry fee** per individual per event, or a **\$60.00 late entry fee** for relay teams.

### SCHEDULE OF EVENTS

#### Field Events

9:00 am	Boys Pole Vault (start: 11'0")
9:00 am	Girls Long Jump
9:00 am	Boys Long Jump
10:00 am	Girls High Jump (start: 4'4")
11:00 am	Boys Shot Put
11:30 am	Girls Pole Vault (start: 8'6")
12:15 pm	Girls Triple Jump
12:15 pm	Boys Triple Jump
12:30 pm	Boys High Jump (start: 5'6")
1:00 pm	Girls Shot Put

This is a tentative time schedule;  
Minor adjustments may be made  
once entries are final,  
and will be posted online  
at [www.goairforcefalcons.com](http://www.goairforcefalcons.com)

#### Track Events

10:30 am	Girls 60m (33") Hurdles	Prelims
10:50 am	Boys 60m (39") Hurdles	Prelims
11:10 am	Girls 60m Dash	Prelims
11:25 am	Boys 60m Dash	Prelims
11:40 am	National Anthem	
11:50 am	Girls 60m (33") Hurdles	Final
12:00 pm	Boys 60m (39") Hurdles	Final
12:10 pm	Girls 60m Dash	Final
12:15 pm	Boys 60m Dash	Final
12:25 pm	Girls Mile Run	Sections
12:45 pm	Boys Mile Run	Sections
1:05 pm	Girls 400m Dash	Sections
1:30 pm	Boys 400m Dash	Sections
1:50 pm	Girls 800m Run	Sections
2:10 pm	Boys 800m Run	Sections
2:30 pm	Girls 200m Dash	Sections
2:55 pm	Boys 200m Dash	Sections
3:20 pm	Girls 2-Mile Run	Final
3:40 pm	Boys 2-Mile Run	Final
3:55 pm	Girls 2-Mile Relay	Sections
4:10 pm	Boys 2-Mile Relay	Sections
4:25 pm	Girls Mile Relay	Sections
4:40 pm	Boys Mile Relay	Sections



QUESTIONS?

Call our office:

(719) 333-4964 or (719) 339-3285

or

e-mail [scott.steffan@usafa.edu](mailto:scott.steffan@usafa.edu)

or

visit our website at

[www.goairforcefalcons.com](http://www.goairforcefalcons.com)

# AIR FORCE INVITATIONAL

## Indoor Track & Field Meet



**SUNDAY, JANUARY 17, 2010**

**U.S. AIR FORCE ACADEMY  
Colorado Springs, CO  
CADET FIELD HOUSE**



## Meet Information

### **FACILITY**

Cadet Field House at the US Air Force Academy (elevation: 7043'); 6 laps/mile (268m) *Proturf* polyurethane surface; eight (8) 42" lanes on the straight, six (6) 36" lanes on the oval. High jump apron, horizontal jump and pole vault runways are also polyurethane; throwing ring is wood. **(NOTE: 1/4" or shorter spikes are required and will be checked).** We will have spikes for sale: \$2.00 per bag of 16.

### **ACCESS / SECURITY**

Please enter USAFA at the North Entrance (I-25, exit 156B). Every individual entering the base must be prepared to show a picture ID to the guard at the gate and designate their destination as the Cadet Field House for indoor track meet. Follow the signs to Cadet Field House and park on the east side of the building. Each participant should have picture ID with them at all times (except during your competition).

### **TEAMS**

Athletes may enter with track club affiliation or as unattached individuals. (NOTE: Please comply with CHSAA (or your own state's) federation guidelines regarding use of school uniform, equipment, etc.)

### **RULES**

National High School Federation rules will be enforced. Fully automatic timing (*FinishLynx*) will be used for all races. Boys will run 39" hurdles; girls 33" hurdles. Boys will throw 12 lb. shots; girls will throw 4k shots.

### **AWARDS**

Each athlete will receive a souvenir T-shirt. The top three place finisher in each event will receive distinctive awards. There will be special awards for the outstanding boy and girl on the track and field athlete as selected by John and Donna Dye.

### **ADMISSION**

Admission to Cadet Field House for the public is \$5.00 for adults, \$3.00 for students.

### **TRAINERS**

An athletic trainer will be stationed in an auxiliary training room on the track level (near SE stairwell women's restroom) for emergency purposes. Other certified trainers may set up in this facility as well.

# Meet Information (continued)

## **WEIGH-IN'S**

Weigh-in's will be done one hour prior to the start of the respective shot put events at the equipment room door (about 20m from the throwing ring).

## **WARM-UP**

Early warm-up (jogging & stretching) can be done on the upper concourse, i.e., around the hockey and basketball arenas, or outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the *FieldTurf* surface. Competitors will be allowed at their field event area 30' prior to competition and on the track 10' prior to their event. Please help us keep non-competitors (parents, spectators) out of the warm-up area and off the backstretch, where it can become quite crowded.

**Saturday, January 16<sup>th</sup>** the track will be open from 5:00pm until 8:00pm for warm ups. **PLEASE** do not try to enter the Field House at any other time. The track will be closed. The Academy will have other athletic events going on that weekend.

## **CHECK-IN**

Competitors in track events should check-in to the clerk-of-the-course at the starting line no later than 10 minutes before the start of their event to obtain their hip number. Field event competitors should check-in to their event judge 30 minutes prior to the scheduled start of their event.

## **PACKET PICK UP**

Enter Cadet Field House through the double doors midway on the east side of the building. Information packets will be available in the vestibule at this entrance from 5:00-7:30 p.m. on Saturday and from 8:00-11:00 a.m. on Sunday. Packets will include: (1) Final Instructions; (2) facility layout diagram; (3) start lists; and (4) competitor numbers with t- shirt coupon.

Coaches who have four or more athletes completing an application will be issued a "Coach's Credential" which will allow them access to the seating on the mezzanine level and to track-level, where they will be allowed on the backstretch outside of Lane 6. Coaches will NOT be allowed on the infield.

## **QUALIFYING PROCEDURES**

The 60m dash and 60m hurdles events will have qualifying rounds. Since seeding is difficult this early in the indoor season, the fastest times will qualify for the finals, without respect to place. [Please instruct your athletes that winning a qualifying heat does not ensure qualifying for the final].

All other track events will be run in sections. Events run in sections will be seeded by submitted times, with the fastest competitors seeded into latter sections.

In the shot put, long and triple jump, the 8 competitors with the longest efforts will advance to the finals.

## **STARTING HEIGHTS / BAR RAISE PROGRESSIONS**

The Boy's high jump will start at 1.68/ 5'6"; Girl's high jump at 1.32/ 4'4". Bar will be raised in 5cm increments.

The Boy's pole vault will start at 3.40m/11'1 <sup>3</sup>/<sub>4</sub>" and be raised in 15cm increments to. The Girl's pole will start at 2.60m/8'6 <sup>1</sup>/<sub>4</sub>" and be raised in 15cm increments to 3.70 ( 12' 1 <sup>1</sup>/<sub>2</sub>" ) and 10cm thereafter

## **RESULTS**

Results of each event will be posted on the bulletin board in the SW corner of the Field House (track-level) and will be available to coaches shortly after the last event each day. Final results will be posted to the Air Force Academy athletic department website at <http://www.goairforcefalcons.com>

# Meet Headquarters Hotel

## Best Western – The Academy Hotel

<http://www.theacademyhotel.com/>

8110 N. Academy Blvd. Colorado Springs, CO 80920

719-278-7017

Offering a **\$72.00 rate** (up to 4 per room) which will include breakfast!

## Entry Procedure

All entries will be submitted online through [www.DirectAthletics.com](http://www.DirectAthletics.com). Your username and password will be given to you when you enter the site and click to create a new account.

### ENTRY RESTRICTIONS

There are no minimum entry standards, however, PLEASE note the starting heights when entering athletes in the high jump and pole vault. Do not enter athletes in the high jump or pole vault unless they're capable of clearing starting heights.

Boy's High Jump 5' 6"

Girl's High Jump 4'4"

Boy's Pole Vault 11'1"

Girl's Pole Vault 8'6"

### ENTRY FEE

You will be required to pay a fee online using a credit card. Entry fee is **\$15.00** per individual per event or **\$30.00** per relay. **ALL** entries must be received at [www.directathletics.com](http://www.directathletics.com) by Tuesday, January 12, 11:59 p.m. MT.

Late entries (called or e-mailed in) will be charged a **\$30.00** entry fee per event for individual events, and **\$60.00** per relay team, and must be approved by calling our office at (719) 333-2173. Late entries will not be able to pay via credit card, but must pay cash or check in advance of their entry being accepted.

### CONTACT INFO

If you have any questions about The Air Force Invitational please contact:

**Scott Steffan**, Meet Director

Office Phone: 719-333-4964

Cell Phone: 719-339-3285

e-mail: [scott.steffan@usafa.edu](mailto:scott.steffan@usafa.edu)

# Time Schedule

## Field Events

9:00 am	Boys Pole Vault	(starting height: 11'0")
9:00 am	Girls Long Jump	
9:00 am	Boys Long Jump	
10:00 am	Girls High Jump	(starting height: 4'4")
11:00 am	Boys 12# Shot Put	
11:30 am	Girls Pole Vault	(starting height: 8'6")
12:15 pm	Girls Triple Jump	
12:15 pm	Boys Triple Jump	
12:30 pm	Boys High Jump	(starting height: 5'6")
1:00 pm	Girls 4kg Shot Put	

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12:00 pm	Boys 60m (39") Hurdles	Final
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12:15 pm	Boys 60m Dash	Final
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12:45 pm	Boys Mile Run	Sections
1:05 pm	Girls 400m Dash	Sections
1:30 pm	Boys 400m Dash	Sections
1:50 pm	Girls 800m Run	Sections
2:10 pm	Boys 800m Run	Sections
2:30 pm	Girls 200m Dash	Sections
2:55 pm	Boys 200m Dash	Sections
3:20 pm	Girls 2-Mile Run	Final
3:40 pm	Boys 2-Mile Run	Final
3:55 pm	Girls 2-Mile Relay	Sections
4:10 pm	Boys 2-Mile Relay	Sections
4:25 pm	Girls Mile Relay	Sections
4:40 pm	Boys Mile Relay	Sections

# Meet Records

<u>Girls' Event</u>	<u>Record</u>	<u>Record-Holder</u>	<u>Affiliation</u>	<u>Year</u>
55m Dash	6.72	Aleisha Latimer	Colorado Flyers	1997
60m Dash	7.68	Emily Blok	Morrison	2009
200m Dash	24.06	Aleisha Latimer	Colorado Flyers	1996
400m Dash	58.18	Carmen Dominguez	Colorado Flyers	1995
800m Dash	2:14.37	Tara Mendoza	Eaglecrest	1996
Mile Run	5:13.68	Carrie Messner	Mullen	1995
3000m Run	9:32.70	Cruz Zarco	Sargent	1990
2 Mile Run		<i>New event in 2010</i>		2010
55m Hurdles	7.87	Dominique Calloway	Colorado Flyers	1996
60m Hurdles	8.92	Sara Benson	Speed T&F Club	2009
Mile Relay	4:01.10	Colorado Flyers	Colorado Flyers	1995
2 Mile Relay		<i>New event in 2010</i>		2010
High Jump	5'6"	MacKenzie Miller	Heritage	1995
Pole Vault	11'6¼"	Karlye Marshall	Lewis-Palmer	2009
Long Jump	18'4¼"	Renee Garth	Colorado Flyers	1994
Triple Jump	37'10½"	Alexandria White	Denver	2009
Shot Put	50'11"	Collinous Newsome	Colorado Flyers	1994
<u>Boys' Event</u>	<u>Record</u>	<u>Record-Holder</u>	<u>Affiliation</u>	<u>Year</u>
55m Dash	6.14	Courtney Hysaw	Montbello	1997
60m Dash	6.69	Jeremy Rankin	Overland	2009
200m Dash	22.00	Derek Dixon	Kennedy	1995
400m Dash	49.40	Kyle McIntosh	ATS Elite	1997
800m Run	1:57.65	John Reyes	Broomfield	1995
Mile Run	4:30.62	Mike Bakker	Smokey Hill	1993
3000m Run	9:32.70	Chris Severy	Aspen	1993
2 Mile Run	9:36.36	Robbie Muhudin	Team XC	2009
55m Hurdles	7.55	Ricky Moody	Harrison	1997
60m Hurdles	7.96	Kyle McIntosh	ATS Elite	2009
Mile Relay	3:27.46	Pinkney-Guthals-McIntosh-Scheuerman	ATS Elite	2009
2 Mile Relay		<i>New event in 2010</i>		2010
High Jump	6'10"	Matt Rice	Platte River TC	1989
Pole Vault	15'3"	Kurt Davies	Arvada	1997
Long Jump	23'0½"	William Flowers	Rangeview	1994
Triple Jump	46'6"	William Flowers	Rangeview	1994
Shot Put	66'10¼"	Mason Finley	Buena Vists	2009