

# N NEBRASKA TRACK & FIELD

## 2017 NEBRASKA TUNE-UP

Feb 17, 2017 | BOB DEVANEY SPORTS CENTER INDOOR TRACK – LINCOLN, NEB

### MEET INFORMATION – UPDATED 12.1.16

#### Entries:

- **For visiting teams, the following guidelines will be followed:**
  - **Weight Throw:** One entry per school per gender guaranteed.  
Two entries per school per gender if both are over 16.00m (men) or 15.00m (women).  
Three entries per school per gender if all are over 17.00m (men) or 16.00m (women).  
Four or more entries per school per gender at the Meet Director's discretion.
  - **Shot Put:** One entry per school per gender guaranteed.  
Two entries per school per gender if both are over 13.75m (men) or 12.00m (women).  
Three entries per school per gender if all are over 15.00m (men) or 13.00m (women).  
Four or more entries per school per gender at the Meet Director's discretion.
- **Long Jump, Triple Jump, Pole Vault, High Jump:**
  - Three athletes per school per gender.
  - Four or more per event per gender at the Meet Director's discretion.
- **All Running Events:**
  - Four athletes per school per gender. If we do not have enough interest in the 5000m and/or the DMR we will cancel the event and move the time schedule up. This will be determined once meet entries have closed.
- **Minimum measurements:**
  - The Meet Director reserves the right to initiate the use of minimum measurements in the throwing events and horizontal jumps if the field sizes deem it necessary. (Rule 6-3.3, first attempt will be measured).

#### Entry Procedures:

- Online only at Direct Athletics. Unattached athletes admitted at the meet director's discretion.
- Entries must be from the 2016 or 2017 INDOOR season and will not be accepted without proof of performance.
- You may begin processing entries on January 18<sup>th</sup>, 2017. Final entries must be declared no later than **Tuesday February 14<sup>th</sup>, 2017 at NOON (12:00pm) CDT.** Please note, you will need to submit payment on Direct Athletics to avoid a late fee (see section below). Entries submitted without payment will not be allowed into the meet.
- Unattached Athletes requesting entry into the meet need to contact the meet director directly at [dearl@huskers.com](mailto:dearl@huskers.com) with name, events and proof of performance.

#### Entry Fees:

- \$20.00 per individual and/or relay, not to exceed \$300 per team.
- Combined team entry fee not to exceed \$600 for dual gender programs.
- Payment will be accepted by credit card through Direct Athletics.
- Not entry fee for unattached athletes.
- **A \$50 late fee** per gender will be charged at packet pick-up if payment is not made on Direct Athletics prior to entry deadline

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### Seeding:

- All races will be seeded as finals against time.
- In the LJ, TJ, SP & WT, the top nine preliminary marks will advance to the finals (Rule 6-2.5).
- **NCAA Rule 4-3.2. Misconduct:** Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

### Lanes:

- For the 60m Dash and 60m Hurdles, lanes 1-8 will be used.
- For the 200m Dash, lanes 2-6 will be used. Preferred lanes are: 5-6-4-3-2
- For the 400m Dash and 600m Run, lanes 1-6 will be used. Preferred lanes are: 5-6-4-3-2-1.

### Team Scoring:

- None

### Pre-Meet Warm-Up:

- **THURSDAY, February 16<sup>th</sup>:**
  - The track CAN BE MADE AVAILABLE for general warm-up from 5:00 pm to 8:00 pm on Thursday, **CONTACT THE MEET DIRECTOR TO REQUEST ACCESS TO THE TRACK** BY NO LATER THAN 6:00pm on WEDNESDAY February 15<sup>th</sup>. [dearl@huskers.com](mailto:dearl@huskers.com) or 402-304-1375.
- **FRIDAY, February 17<sup>th</sup>:**
  - The track will be open for general warm up on Friday from 10:00am – Noon (12:00pm). After 12:00pm, all running event warm-ups should be done on the Volleyball concourse located on the East end of the Bob Devaney Sports Center, on the second floor.
  - **The Volleyball Concourse:** A 60m, 8 lane straightaway of Mondo located on the volleyball concourse where starting blocks & hurdles are available. The inside lane is reserved for those jogging around the concourse. The mondo is reserved for sprinting/block work/hurdling. Hurdle mobility is set up on the NE end of the concourse.

### Packet Pickup:

- Available at the INFORMATION table at the meet management tower, NW corner of the indoor track arena, 2 hours prior to the start of the meet.

### Athlete Check-in Procedures:

- **Track Athletes** – check in 30 minutes prior to your event at the HIP NUMBERS table located along the north wall under the High Jump scoreboard. 15 minutes prior to your event, report to the clerk of the course at the start area.
- **Field event athletes** – report to the head event official 45 minutes prior to your event.

### Relay Cards:

- Due 30 minutes before the start of the Relay – Pick up and turn in Relay Cards at the INFORMATION table at the meet management tower, northwest corner of the indoor track arena. **PLEASE HELP US RECOGNIZE YOUR ATHLETES DURING THE COMPETITION BY TURNING IN YOUR RELAY CARDS PROMPTLY.**

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### Implement Certification:

- All implements in both the Weight Throw and Shot Put will be checked-in by the Weights and Measures Certifying Official during the final call for each event.
- Please do not bring implements to the Inspection table before check-in.
- Coaches and athletes may use the infield equipment to “self-inspect” their implements prior to the first check-in of the day.

### Facility Restrictions:

- The use of ¼” pyramid and compression spikes will be strictly enforced (spikes are NOT available for purchase at the meet). High Jump spikes with the recessed spike elements will be allowed to use 3/8” spikes. See “legal spikes” document on huskers.com for more info.
- No marking chalk will be allowed on track or runways.
- No hard shell 20# or 35# weights allowed.

### Coaching boxes:

- Coaching boxes will be clearly marked around the perimeter and on the infield of the track. (See facility Map)
- No athletes are allowed on the infield except those athletes competing in a field event that is in progress.

### Team Parking:

- All team vans and buses should drop off athletes/staff on the NORTH side of the Bob Devaney Sports Center (enter building at #19 on attached map). Bus Parking will be on the EAST side of the Bob Devaney Sports Center, and Team Vans/Cars will park in lot 55 on the EAST side of the Bob Devaney Sports Center. No special parking pass is required.

### Team Seating/Team Camps:

- Team seating is located in the West bleachers, or on the South end of the East bleachers. Fan seating is on the East bleachers and along the first row of the West bleachers.
- Team Camps should be set up on the volleyball concourse. Backpacks, bags, food, etc. must stay on the concourse and not in the stands.

### Athletic Training Room:

- Located at the north end of the track to the right of the concession stand. (See facility Map).
- Athletic Trainers & Massage Therapists can set up their team tables on the volleyball concourse. NO TEAM TABLES are allowed in the indoor track.

### Shower Facilities:

- Women’s Visiting Locker Room will be Locker Room #1 adjacent to the volleyball court. No towels provided.
- Men’s Visiting Locker Room will be Locker Room #2 adjacent to the volleyball court. No towels provided.

### Awards:

None

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### Protests:

- Rule 4-1.15a: Protests relating to matters that develop during the conduct of the meet should be made at once and **not later than 15 minutes after the results have been posted**. Protests should be made at the information table located at the NW corner of the track.

### Results:

- Results will be available in the media area (#11 on facility map) as soon as possible after the meet is completed. Please do not come onto the meet management tower looking for results.
- Results will be posted during the meet on bulletin boards located at the Northwest corner of the track. A formal copy of the results will be made available on our website at [www.huskers.com](http://www.huskers.com)
- Live results can be accessed during the meet at: <http://www.huskers.com/fls/100/trackstats/17TuneUp/index.htm>

### Facility Maps:

- A map of the Bob Devaney Sports Center can be found on the Huskers home meet information page below: [http://www.huskers.com/ViewArticle.dbml?DB\\_OEM\\_ID=100&ATCLID=204859870](http://www.huskers.com/ViewArticle.dbml?DB_OEM_ID=100&ATCLID=204859870)