



# UW High School Invitational

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**February 16, 2019**

**Dempsey Indoor || University of Washington**

## **MEET AND ENTRY INFORMATION**

**Stephanie Bohannon  
Meet Director  
University of Washington**

**Phone: (206) 221-4047  
Email: [stephbo@uw.edu](mailto:stephbo@uw.edu)**



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## MEET INFORMATION

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### University of Washington—Meet Management Staff

Maurica Powell	Director of Track & Field	<a href="mailto:maurica@uw.edu">maurica@uw.edu</a>
Andy Powell	Head Coach	<a href="mailto:acpowell@uw.edu">acpowell@uw.edu</a>
Toby Stevenson	Associate Head Coach	<a href="mailto:tobyst@uw.edu">tobyst@uw.edu</a>
Andrew Ninow	Assistant Coach	<a href="mailto:ninow@uw.edu">ninow@uw.edu</a>
Chris Kwiatkowski	Assistant Coach	<a href="mailto:kwiatkow@uw.edu">kwiatkow@uw.edu</a>
Jeshua Anderson	Assistant Coach	<a href="mailto:jeshua@uw.edu">jeshua@uw.edu</a>
Stephanie Bohannon	Director of Operations/Meet Director	<a href="mailto:dempseymeetdirector@gmail.com">dempseymeetdirector@gmail.com</a>

### About the UW High School Invitational...

The UW High School Invitational is open to ALL high school athletes. There are no entry standards, but please be mindful that we may need to limit entries in the interest of time restraints.

### Facility ...

The Dempsey indoor facility is a 307-meter Mondo track with a six lane straightaway, and a five-lane oval. For the field the Dempsey has two 160 ft. elevated long jump runways (132 ft. TJ) with Mondo overlay; two 150 ft. elevated pole vault runways with Mondo overlay; two 80 ft. right/left wooden high jump approach areas with Mondo overlay; two reinforced wooden throwing rings.

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## ENTRY INFO, FEES, AND DEADLINES

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### Entry Procedure ...

The ONLY METHOD of entering the UW High School Invitational is online through [www.DirectAthletics.com](http://www.DirectAthletics.com). Please make sure you include a VALID EMAIL ADDRESS within your registration profile. All communication with coaches/participants will be via email. **\*\*\*PLEASE NOTE FRIDAY 8th ENTRY DEADLINE!!!\*\*\***

**PLEASE NOTE – HIGH SCHOOL ATHLETES/COACHES ARE RESPONSIBLE FOR KNOWING THEIR STATE'S COMPETITION RESTRICTIONS. UW is no responsible for athletes who jeopardize their high school eligibility.**

### Entry Limits/Restrictions ...

Our ANTICIPATED FIELD SIZE is listed within the tentative time schedule. If the meet management staff has determined that an event has reached capacity, we will CLOSE THE EVENT ON DIRECT ATHLETICS. Please note—this happens every year BEFORE THE ENTRY DEADLINE. **Early registration is highly encouraged.**



**Entry Fee ...**

Individual entries are \$30 (per individual, per event), payable **ONLINE ONLY**. No entries will be accepted at the door.

**Important Entry Dates and Deadlines ...**

ENTRIES OPEN – Saturday, December 8, 2018

**ENTRIES CLOSE - FRIDAY, February 8, 2019, at 11:59 p.m., PT. \*\*\*PLEASE NOTE FRIDAY ENTRY DEADLINES!!!\*\*\***

**\*\* NO ENTRIES /CHANGES will be accepted after the entry deadline. \*\***



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# PRE-MEET AND COMPETITION DAY INFORMATION

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## Scratches...

In order to provide the most competitive heats/sections possible, please submit any scratches to Meet Management (dempseymeetdirector@gmail.com) by 12:00 p.m., PT, on Tuesday, February 12, 2019. Please keep in mind no refunds will be issued for athletes that scratch from an event.

## Heat Sheets/Finalized Time Schedule...

Accepted entries will be posted on the Tuesday prior to competition. Finalized information—including time schedule and heat sheets—will be posted at [www.GoHuskies.com](http://www.GoHuskies.com).

## Pre-Meet Practice ...

There will be no practice window for the UW High School Invitational. If this changes, participants will be notified via email.

## Packet Pick Up ...

Packet pick-up will be available in Touchdown Terrace. EACH ATHLETE will need to pick up THEIR OWN bib number. Because we are anticipating so many “individual” entries, numbers will not be sorted/distributed by team.

## Admission ...

**NEW POLICY** - Spectator admission is \$10. Both cash and credit card payment will be accepted. Spectators are not allowed on the track or in the warm-up area, and must stay in roped off areas. **Athletes will be issued wristbands at packet pick up.**

## Parking ...

Parking is south of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). Do not park in Lots E8 or E9, you will be ticketed. Parking maps will be emailed to competing teams prior to competition. UW is not responsible for tickets teams may receive for parking outside of these areas.

## Facility Entrance ...

Facility Entrance is located on the South end of the facility, nearest the football stadium. All other entryways are for official use only.

## Check In ...

Athletes are encouraged to check in AS EARLY AS POSSIBLE. Final calls for each event will be made from the clerk's station. Athletes who have not checked in after the final call will be scratched. Field event contestants should check-in with the head official of their event area 60 MINUTES PRIOR TO THE START OF THEIR EVENT.

## Implements/Weigh Ins ...

We will accept high school throwing implements ONLY (12lb SP; 20lb WT) for competition. Implements will be weighed in at the SE corner of the facility up to 30 minutes prior to the event. **Athletes/teams must provide their OWN IMPLEMENTS.**



**Team Camp ...**

Athletes who are preparing to compete/warming up are encouraged to use the designated "Team Camp" area in the infield. Athletes who have concluded competition, or are scheduled to compete in a later event are encouraged to utilize Touchdown Terrace.

**Touchdown Terrace ...**

Touchdown Terrace (East Endzone of Husky Stadium) will be open for concessions during the competition. Teams are also welcome to utilize this area for "Team Camp."

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## RESTRICTIONS

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**Y NO FOOD AND DRINKS ARE PERMITTED IN THE FACILITY.**

Y NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.

Y Only indoor shots and weights are allowed.

Y Flats or track shoes with spikes no longer than one-quarter inch (1/4"). Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.



## 2019 UW High School Invitational | TENTATIVE TIME SCHEDULE

Saturday, February 16, 2019

### SATURDAY FIELD EVENTS

Start	Event	Approximate # of Flights
9:00 am	Girls Weight Throw	1 flight (16)
9:00 am	Girls Long Jump	3 flights (48)
9:00 am	Girls Pole Vault (Flight 1)	1 flight (20)
9:00 am	Boys Pole Vault (Flight 1)	1 flight (20)
9:30 am	Boys Long Jump	3 flights (48)
10:00 am	Girls High Jump (2 Pits)	2 flights (35)
11:00 am	Boys Weight Throw (to follow Girls)	1 flight (16)
1:00 pm	Girls Shot Put	2 flights (32)
2:00 pm	Girls Pole Vault Invite	1 flight (12)
2:00 pm	Boys Shot Put	2 flights (32)
2:00 pm	Boys High Jump	2 flights (35)
2:00 pm	Girls Triple Jump	2 flights (36)
2:00 pm	Boys Triple Jump	2 flights (36)
2:30 pm	Boys Pole Vault Invite	1 flight (12)

**\*\* BOYS' AND GIRLS' HORIZONTAL JUMPS AND POLE VAULT WILL RUN CONCURRENTLY ON ADJACENT RUNWAYS**

**\*\* BOYS' AND GIRLS SHOT PUT WILL RUN CONCURRENTLY ON ADJACENT RINGS**

### SATURDAY RUNNINGEVENTS

Start	Event	Approximate # of Heats
9:00 am	Girls 60 Meter Hurdles Prelim (top 10 times advance)	8 heats (40)
9:20 am	Boys 60 Meter Hurdles Prelim (top 10 times advance)	8 heats (40)
9:35 am	Girls 60 Meters Prelim (top 12 times advance)	15 heats (70)
10:05 am	Boys 60 Meters Prelim (top 12 times advance)	15 heats (70)
10:35 am	Girls Mile Run	4 heats (60)
11:05 am	Boys Mile Run	5 heats (75)
11:40 am	Girls 400 Meters	8 heats (40)
12:05 pm	Boys 400 Meters	10 heats (50)
12:35 pm	Girls 800 Meters	4 heats (48)
12:55 pm	Boys 800 Meters	6 heats (72)
1:25 pm	Girls 200 Meters	15 heats (75)
1:55 pm	Boys 200 Meters	15 heats (75)
2:25 pm	Girls 3000 Meters	1 heats (25)
2:40 pm	Boys 3000 Meters	3 heats (75)

**\*\* HEATS WILL BE RUN FAST TO SLOW\*\***

### INVITE SECTIONS

3:30 pm	Girls 60 Meter Hurdle Finals (2 sect)	2 heats (10)
3:37 pm	Boys 60 Meter Hurdle Finals (2 sect)	2 heats (10)
3:50 pm	Girls 60 Meter Finals (2 sect)	2 heats (12)
3:57 pm	Boys 60 Meter Finals (2 sect)	2 heats (12)
4:10 pm	Girls Mile (top 15 entries)	1 heat (15)
4:17 pm	Boys Mile (top 15 entries)	1 heat (15)
4:30 pm	Girls 400 Meters (top 10 entries)	2 heats (10)
4:36 pm	Boys 400 Meters (top 10 entries)	2 heats (10)
4:42 pm	Girls 800 Meters (top 10 entries)	1 heat (10)
4:47 pm	Boys 800 Meters (top 10 entries)	1 heat (10)
4:52 pm	Girls 200 Meters	2 heats (10)
4:56 pm	Boys 200 Meters	2 heats (10)
5:00 pm	Girls 3000 Meters	1 heats (24)
5:15 pm	Boys 3000 Meters	1 heats (24)
5:30 pm	Girls 4x400 Meter Relay	3 heats (15)
5:45 pm	Boys 4x400 Meter Relay	3 heats (15)



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## UW HS INVITE SCHEDULING NOTES

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**\*\*SECTIONS OF THE BOYS' AND GIRLS' POLE VAULT, HIGH JUMP, LONG JUMP AND TRIPLE JUMP WILL BE CONDUCTED SIMULTANEOUSLY ON ADJACENT RUNWAYS\*\***

**\*\*FOR SAFETY REASONS, ONLY ONE RING WILL BE UTILIZED DURING THE WEIGHT THROW. WE WILL RUN CONCURRENT RINGS FOR THE SHOT PUT\*\***

**\*\*We will allow HIGH SCHOOL IMPLEMENTS ONLY in the THROWING EVENTS! Athletes should also provide THEIR OWN IMPLEMENTS! We will NOT provide them!\*\***