

**Sam Howell Memorial Invitational Weaver Stadium, Princeton University**  
**Fri. and Sat. April 5<sup>th</sup> and 6<sup>th</sup>, 2013**  
**FINAL INFORMATION**

**Parking:** Teams can be dropped off near Jadwin Gym in Lot 21/East Visitor Parking Lot. Parking attendants will be on hand to direct buses on where to park.

**Team Check-In:** Team Check in will be located in the tunnel at the start/finish area. Coaches can pay their entry fee and scratch athletes.

**Facility Info:** Hammer throw will be held at the West Windsor Fields Throwing Complex off of Washington road. Javelin runway is track surface. Women's LJ/TJ will be on the outside pit. Men's LJ/TJ on the inside pit.

**Implement Inspection:**

Friday-Hammer at the hammer cage 2:30-3:30

Discus near Discus cage 3:30-5:00

Saturday-Near Caldwell Fieldhouse from 9am-Noon (Hammer will be at the Hammer cage)

**Spikes:** ¼ in pyramid spikes only.

**Warm-up Area:** Athletes may warm-up on the turf fields outside the track and football stadium complex or the indoor track. Athletes are to stay out off the football stadium turf!!

**Track Event check-in:** Athletes **MUST declare their intent to compete in each event no later than 60 minutes** before their event begins. At that point (Sixty minutes prior) check-in will stop and heats will be drawn up. **ATHLETES THAT FAIL TO CHECK IN DURING THIS TIME WILL BE SCRATCHED.** Athletes should then return 20 minutes prior to their event to get their heat and lane assignment and pick up their hip numbers.

Declarations for the 200-meter dash will begin after the 400-meters and conclude after the 800-meters. Athletes must declare their intent to compete at that time, no declaration = scratch. NO EXCEPTIONS.

**Track Events:** Top heats will be contested first. The meet will roll up to 15 minutes ahead of schedule.

**Field Event Check-in:** Athletes are to check in with their event prior to the first flight being contested. The head officials will then determine if flights will be combined. **If an athlete does not check in they will be scratched.**

**Field Event Info:** Top seeded flights will go second. Top 8 will advance to finals. All athletes will get their first legal mark recorded, than scratch lines will be used. See below for final scratch lines.

**Locker Rooms:** Visiting Men's Lockers are available on E Level of Jadwin Gym (elevator is near the basketball court). Women's Visiting Locker rooms are in Caldwell Field house on the B level (enter near the track and follow the signs).

\*\* Questions to Mike Henderson 609-258-2457, mh15@princeton.edu

<b>Men</b>	<b>Standard</b>	<b>Field Size</b>	<b>Scratch Line</b>
Hammer Throw	47.00m	24	50.00m
Discus Throw	42.00m	24	43.00m
Javelin Throw	50.00m	24	55.00m
Shot Put	14.00m	24	15.30m
Long Jump	6.50m	24	6.80m
Triple Jump	13.50m	24	13.90m
High Jump	Progression: 1.89/1.94/1.99/2.04/2.09/2.12		
Pole Vault	Progression: 4.35/4.50/4.65/4.80/4.90/5.00		

<b>Women</b>	<b>Standard</b>	<b>Field Size</b>	<b>Scratch Line</b>
Hammer Throw	42.00m	24	42.70m
Discus Throw	37.00m	24	38.10m
Javelin Throw	36.00m	24	36.00m
Shot Put	12.00m	24	12.20m
Long Jump	5.20m	24	5.20m
Triple Jump	11.00m	24	11.00m
High Jump	Progression: 1.55/1.60/1.65/1.70/1.73/1.76		
Pole Vault	Progression: 3.00/3.20/3.40/3.60/3.70/3.80/3.90		

## SAM HOWELL MEMORIAL INVITATION

APRIL 5-6, 2013

### UPDATED SCHEDULE

#### FRIDAY

Hammer (Men)	4:00 pm	2 flights
Discus (Women with Men to follow)	5:00 pm	2 flights
10,000m – Men’s “B” heat	5:15 pm	1 heat
3000m – Men’s Steeplechase	6:00 pm	2 heats
3000m – Women’s Steeplechase	6:30	1 heat
1500m Elite– Men’s	6:45	4 heats
1500m Elite – Women’s	7:15	2 heats
5000m – Men’s	7:30	3 heats
5000m – Women’s	8:20	2 heats
10,000m – Men’s	9:00	1 heat
10,000m – Women’s	9:35	1 heat

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**SATURDAY**

4x100 Relay – Women	Noon	2 heats
4x100 Relay – Men	12:10 pm	2 heats
1,500 – Women	12:20	2 heats
1,500 – Men	12:35	3 heats
100 M Hurdles – Women	1:00	4 heats
110 M Hurdles – Men	1:15	3 heats
400 M – Women	1:35	5 heats
400 M – Men	1:55	5 heats
100 M – Women	2:15	4 heats
100 M – Men	2:30	5 heats
800 M – Women	2:50	5 heats
800 M – Men	3:15	5 heats
400 M Intermediate Hurdles – Women	3:40	4 heats
400 M Intermediate Hurdles – Men	4:00	4 heats
200 M - Women	4:20	5 heats
200 M – Men	4:40	5 heats
3,000 M - Women	5:00	2 heats
4x400 M Relay – Women	5:25	3 heats
4x400 M Relay – Men	5:45	4 heats

**FIELD EVENTS**

Hammer Throw - (Women)	11:00 am	2 flights
Shot Put- (Men, Women to follow)	12:00 noon	2 flights
High Jump - (Women, followed by Men)	12:00 noon	
Long Jump - Women (Outside Pit)	12:00 noon	2 flights
Followed by Triple Jump – Women		
Long Jump – Men (Inside Pit)	12:00 noon	2 flights
Followed by Triple Jump –Men		
Pole Vault (Men)	12:00 noon	
Pole Vault (Women)	2:30 pm	
Javelin Throw - Men followed by Women	1:30 pm	2 flights