



**UNIVERSITY OF NORTHERN COLORADO**

**TOM BENICH INVITATIONAL  
OUTDOOR TRACK & FIELD MEET**

**NOTTINGHAM FIELD - GREELEY, COLO.**

**SATURDAY, APRIL 8, 2023**

University of Northern Colorado Tom Benich Invitational  
Outdoor Track & Field Meet  
Nottingham Field - Greeley, Colorado  
Saturday, April 8, 2023

**TENATIVE: Schedule of Events**

**Field Events**

<u>Time</u>	<u>Event</u>
9:00am	Men's Pole Vault *Women to Follow
9:00am	Mens Hammer * Women to Follow
9:00am	Womens Shot Put *Men's Shot Put to follow
10:30am	Men's Long Jump
12:00pm	Women's Long Jump
12:30pm	Men's Javelin *Women's Javelin to follow
1:30pm	Men's Triple Jump
2:00pm	Women's High Jump *Men's High Jump to follow
3:00pm	Women's Triple Jump
3:30pm	Men's Discus *Womens Discus to follow

**Running Events**

<u>Time</u>	<u>Event</u>
9:00am	Women 5000m
9:30am	Men 5000m
12:30pm	Women's 3000m Steeple
12:45pm	Men's 3000m Steeple
<b>1:00pm</b>	<b>UNC Track &amp; Field Senior Recognition</b>
1:30pm	Women's 4x100m Relay
1:40pm	Men's 4x100m Relay
1:50pm	Women's 1500m
2:00pm	Men's 1500m
2:10pm	Women's 100m Hurdles
2:25pm	Men's 110m Hurdles
2:40pm	Women's 400m
2:50pm	Men's 400m
3:05pm	Women's 100m
3:20pm	Men's 100m
3:35pm	Women's 800m
3:45pm	Men's 800m
3:55pm	Women's 400m Hurdles
4:05pm	Men's 400m Hurdles
4:20pm	Women's 200m
4:35pm	Men's 200m
4:55pm	Women's 4x400m Relay
5:00pm	Men's 4x400m Relay

Note:

Meet will run as scheduled and may go up to 15 min ahead. Will run 5k only if enough interest

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Field Events:

- Pole Vault:
  - Starting heights will be determined based on entries.
  - Both genders' height will increase by 0.15m.
- High Jump:
  - Starting heights will be determined based on entries.
  - Both genders' height will increase by 0.05m.
- Horizontal Jumps:
  - All athletes will receive 3 prelims jumps and 3 finals jumps.
  - If there are sufficient numbers of athletes, more than one flight will compete with the top 9 jumpers advancing to the final.
  - Long Jump board is 3.80m.
  - Triple Jump boards are 11.0m, and 12.5m.
- Throws:
  - All athletes will receive 3 prelims throws and 3 finals throws.
  - If there are sufficient numbers of athletes, more than one flight will compete with the top 9 throwers advancing to the final.
  - The Hammer/Discus ring is located off-site at Doubenmier Field (see map).
- Minimum measurements:
  - The Meet Director reserves the right to initiate the use of minimum measurements in the horizontal jumping and throwing events if the field sizes deem it necessary.

Seeding:

- All races will be seeded as finals against time.
- In the case of multiple flights of the horizontal jumps, seeding will be based on submitted marks. Longer marks will be in the later flights.

Lanes:

- For the straightaway races, preferred lane order will be as follows: 4-5-3-6-2-7-8-1.
- For the oval races, preferred lane order will be as follows: 4-5-6-3-7-2-8-1.
- For the 800m, a one-turn staggered start may be used. Alleys for the start will be: lanes 1-4 and lanes 5-8.

### Entry Procedures:

- Online only at Direct Athletics.
- Make sure to print out a hard copy of your entries after you have entered all your athletes
- You may begin processing entries on March 20, 2023. **FINAL ENTRIES MUST BE DECLARED NO LATER THAN APRIL 3RD AT 11:59PM MDT.** Please note, individual athletes will need to submit payment on Direct Athletics to avoid a late fee (see section below). Team payments can be made either on Direct Athletics or in person on meet day.
- Unattached/Open athletes are allowed by invite only. Contact meet director for registration directions.

### Entry Fees:

- \$30.00 per athlete and/or relay, not to exceed \$300 per team. Combined team entry fee not to exceed \$300 per gender programs.
- Unattached entries are \$30.00 per event.
- Payment will be accepted by credit card through Direct Athletics or cash/check on race day for teams.

### Check-in Procedure:

- Track Athletes - All track athletes may report to the clerk's table **30 minutes** prior to the scheduled starting time of their race. Once reported to the clerk's table, the athletes will then have access to the track and straightaway or the infield as long as no other events are being contested. Athletes must report to the marshalling area 10 minutes prior to the scheduled starting time of their event or risk being scratched from competition.
- Field Event Athletes - Field event athletes may report to the clerk's table **60 minutes** prior to the scheduled starting time of their event. Discus/Hammer/Javelin competitors will report to the official(s) at the Doubenmeyer Field throwing facility. Athletes will not be allowed to warm-up on runways or in the ring until the specified times per event.

*Throws:* Athletes are allowed in the ring for warm-up 60 minutes prior to the start of the event. Additionally, 15 minutes will be allowed between flights and before finals.

*Long/Triple/High Jump:* Athletes are allowed on the runway/apron for warm-up 30 minutes prior to the start of the event. Additionally, 15 minutes will be allowed between flights and before finals.

*Pole Vault:* Athletes are allowed on the runway for warm-up 60 minutes prior to the start of the event.

### Implement Certification:

- All implements in both the Hammer Throw and Shot Put will be checked-in by the Meet Officials from 7:30-8:00am. Javelin/Discus check in by 9:00am
- Please do not bring implements to the Inspection table before check-in.

#### Protests:

- Rule 4-4.10a: 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 near the finish line of the track.

#### Facility Restrictions:

- The use of 1/4" pyramid spikes will be enforced. High jump spikes with the recessed spike elements will be allowed to use 3/8" spikes.
- No marking chalk will be allowed on track or runways.

#### Pre-Meet Warm-Up:

- FRIDAY, April 7th:
  - Please contact the meet director if there are any facility needs.
- SATURDAY, April 8<sup>th</sup>:
  - The facility gates will open at 7:00am.
  - All warm-ups will take place on the track and infield. Please be mindful of events being contested on the track and infield throughout the day.

#### Athletic Training Facilities:

- Located at the northeast end of the track. Please refer to the track diagram for additional information. Along with an AT tent at Doubenmier Field

#### Team Parking:

- All team vans and buses should drop off athletes/staff on the SOUTHEAST side of Nottingham Field (GATE 3) Parking will be on the NORTH side of Nottingham Field. M Parking Lot. No special parking pass is required.
- Additional Parking is available by Doubenmier Field. D Lot

#### Team Camps:

- East side bleachers. Athletes can walk to west side via outside perimeter grass or outside of fencing

#### Results:

- Live results available via RapidResults.com
- Results will be available in the High Plains Rooms at the top of the stadium on the west side as soon as possible after the meet is completed. Please allow the timing officials and meet personnel the time to get this completed.
- Results will be posted during the meet on the windows of the High Plains room located at the top of the stadium on the west side of the track. A formal copy of the results will be made available on our website at [www.uncbears.com](http://www.uncbears.com).

#### Coaching boxes:

- Coaching boxes will be clearly marked around the perimeter and on the infield of the track.

### Primary warm up area

- Turf fields adjacent to Nottingham Field. Infield warm up available 2 events prior to respective event.

### Officials/Coaches Hospitality:

- There will be a hospitality room for officials and coaches located in the High Plains Room of Nottingham Field.
- The hospitality room will have both breakfast and lunch through the course of the meet.

### Directions to Facilities:

- From US HWY 34:
  - Turn north onto 11<sup>th</sup> Avenue.
  - Take 11<sup>th</sup> Avenue to 20<sup>th</sup> Street. Take a left on 20<sup>th</sup> Street.
  - Take 20<sup>th</sup> Street to 14<sup>th</sup> Avenue. Take a left on 14<sup>th</sup> Avenue.
  - Follow the road in front of the parking lot, which will take you to Nottingham Field.
- From US HWY 85:
  - Turn west onto 20<sup>th</sup> Street.
  - Take 20<sup>th</sup> Street to 14<sup>th</sup> Avenue. Take a left on 14<sup>th</sup> Avenue.
  - Follow the road in front of the parking lot, which will take you to Nottingham Field.

### Shower Facilities:

- Facilities available upon request. Contact meet Director.

### Meet Director:

Stormie Sickler

Phone: (970) 702-1848      Email: stormie.sickler@unco.edu

### Severe Weather Implications:

- Monitored by athletic training staff and institutions Assistant AD for Facilities & Events
- Teams/Coaches/Volunteers/Staff: Please go into Butler Hancock Arena
- Spectators: Please go back to your cars