

IM Sports – TRACK & FIELD MEET

Instructions and Information

LOCATION: Penn State's world class Indoor Track and Field facility ~ Multi-Sport Complex (MSC)~ located south of the Bryce Jordan Center.

FACILITY USE: The facility manager has request: NO GUM, NO FOOD and NO DRINKS in the facility. Water is available and permitted.

MEET DATES: Events are split between two evenings. Registration qualifies you for both dates.

DIVISIONS: Men's & Women's Open, Residence Hall, and Fraternity

EVENT REGISTRATION: All competitors must present their PSU ID+Card at the registration area in the lobby of the MSC. Registration for specific events will take place for a designated period of time (see flyer) prior to the start of the meet on each evening.

TRAINERS: Trainers will be present throughout the meet. Trainers will NOT be available for supportive taping of ankles or other extremities. They will be servicing any injury suffered or aggravated during the meet. Water will be provided near the finish line. *Remember to warm down after you compete.*

STATEMENT OF RISK: The intramural participant is encouraged to consider his/her personal health and physical condition prior to participation in intramural activities. Such participation involves physical exertion, fundamental skills for that sport or activity, and may involve physical contact. The participant, being aware of any conditions predisposing him/her to injury or illness, and in consideration of the inherent physical exertion and possible contact involved in intramural participation, may wish to seek the advice of a physician prior to participation or may choose not to participate at all.

SPECIFIC EVENTS: *Follow the instructions of the event Head Official !!*

Track Events: All competitors will be given specific instructions prior to each race. The track will be banked at 50% for all races, except the 100m dash.

High Jump: Starting heights ~ female=4'6", male=5'0". 3 attempts at each height. Bar is raised 2" each time.

Long Jump: 3 attempts per participant. Ties broken by 2nd and/or 3rd jump.

Shot Put: 3 attempts per person. Leave the back half of the circle under control AFTER the official says "mark". Ties broken by 2nd and/or 3rd throw.

MULTIPLE EVENT COMPETITORS: It is YOUR responsibility to notify each head official that you are in multiple events. The events on the track will not be held up for you - pass in your field event and go run your race – then return to finish the field event.

SCORING: Overall finishing places will be posted. Results will be tallied at the conclusion of each evening. Champions will be announced; winners should stay for pictures and awards. The fraternity division is the only division that will crown a team champion in addition to event champions.

QUESTIONS: Intramural Office - 865-5401, Room 2 IM Bldg, 8am - 4:30pm (M-F)

Last Modified 9/17/2004