



# AIR FORCE HIGH SCHOOL OPEN

Indoor Track & Field Meet

FRIDAY-SATURDAY, JANUARY 31-FEBRUARY 1, 2020

U.S. AIR FORCE ACADEMY / Cadet Field House

## MEET INFORMATION

- Compete at one of the finest indoor track & field facilities in the U.S.!
- Top-flight competition from Prep ranks nationwide!
- Every participant receives an "AIR FORCE OPEN" T-shirt!
- First class award *watches* to winner of each event...
- Special awards to top performers in boys and girls track & field events!

## ENTRY INFORMATION

- Enter online at [www.directathletics.com](http://www.directathletics.com); No phone or fax entries will be accepted;
- Entry standards & limitations will be available online at [www.directathletics.com](http://www.directathletics.com) and posted on our website at [www.goairforcefalcons.com](http://www.goairforcefalcons.com)
- You will be required to pay an entry fee with your credit card online;
- Entry fee is **\$25.00** per individual; there is NO additional entry fee for added events. To run a relay team, ALL four (4) members of the relay team must have entered individually.
- All entries must be received at [www.directathletics.com](http://www.directathletics.com) by Tuesday, January 28, 11:59 p.m. MT.
- Late entries will be charged a **\$35.00 late entry fee** per individual the day of the meet.

## SCHEDULE OF EVENTS

FRIDAY, JANUARY 31

### Field Events

5:00 pm	Boys Pole Vault (start: 11'0")
5:00 pm	Girls High Jump (start: 4'2")
5:00 pm	Girls Long Jump
5:00 pm	Boys Long Jump

### Track Events

5:00 pm	Girls 60m Hurdles	Prelims
5:15 pm	Boys 60m Hurdles	Prelims
5:30 pm	Girls 60 meters	Prelims
6:00 pm	Boys 60 meters	Prelims
6:40 pm	Girls 2-Mile Run	Final
7:00 pm	Boys 2-Mile Run	Final
7:15 pm	Girls 200 meters	Prelims
8:05 pm	Boys 200 meters	Prelims

This is a *tentative* time schedule;  
Minor adjustments may be made  
once entries are final,  
and will be posted online  
at [www.goairforcefalcons.com](http://www.goairforcefalcons.com)

SATURDAY, FEBRUARY 1

### Field Events

10:55 am	National Anthem
11:00 am	Girls Pole Vault (start: 8'6")
11:00 am	Boys Shot Put
11:00 am	Girls Pole Vault
11:00 am	Boys Triple Jump
11:00 am	Girls Triple Jump
1:00 pm	Boys High Jump (start: 5'4")
1:30 pm	Girls Shot Put

### Track Events

11:00 am	Girls 60m (33") Hurdles	Semifinals
11:10 am	Boys 60m (39") Hurdles	Semifinals
11:20 am	Girls 60 meters	Semifinals
11:30 am	Boys 60 meters	Semifinals
11:40 am	Girls Mile Run	Sections
12:10 pm	Boys Mile Run	Sections
12:45 pm	Girls 60m (33") Hurdles	Final
12:55 pm	Boys 60m (39") Hurdles	Final
1:05 pm	Girls 60 meters	Final
1:10 pm	Boys 60 meters	Final
1:20 pm	Girls 400 meters	Sections
2:00 pm	Boys 400 meters	Sections
2:50 pm	Girls 800 meters	Sections
3:20 pm	Boys 800 meters	Final
3:55 pm	Girls 200 meters	Sections
4:05 pm	Boys 200 meters	Sections
4:15 pm	Girls Mile Relay	Sections
4:30 pm	Boys Mile Relay	Sections

## QUESTIONS?

Call our office:

**(719) 333-2173**

or

e-mail [ralph.lindeman@usafa.edu](mailto:ralph.lindeman@usafa.edu)

or

visit our website at

[www.goairforcefalcons.com](http://www.goairforcefalcons.com)





FRIDAY-SATURDAY, JANUARY 31-FEBRUARY 1, 2020

## Advance Information

### FACILITY

Cadet Field House at the US Air Force Academy (elevation: 7048'); 6 laps/mile (268m) *ProTurf* polyurethane surface; eight (8) 42" lanes on the straight, six (6) 36" lanes on the oval. High jump apron, Horizontal jump and pole vault runways are also polyurethane; the throwing ring is wood.

**NOTE: 1/4" or shorter spikes are required and will be checked.** We will NOT have spikes for sale.

### ACCESS / SECURITY

Please enter USAFA at the North Entrance (I-25, exit 156) only. Every individual entering the base must be prepared to show a picture ID to the guard at the gate and designate their destination as the Cadet Field House for indoor track meet. Each person should have picture ID with them at all times (except during their competition).

On arrival at Cadet Field House please park in the East lot and enter through the East doors. Every participant will be issued a wristband when checking-in which will allow access to field-level.

Coaches who have 4 or more athletes completing entered will be issued a wristband which will allow them access to the seating on the mezzanine level and to track-level, where they will be allowed on the backstretch (outside lane 6). Coaches will be allowed in the warm-up area on the east end of the infield. They will NOT be allowed in the field event venues on the infield.

### PACKET PICK UP

Packets for clubs and teams can be picked up on Friday beginning at 3:30 p.m. at the East entrance to the Field House. Packets will include: (1) Final Instructions; (2) facility diagram; (3) start lists; (4) wrist bands and (5) competitor numbers with t-shirt coupon.

Packets for clubs and teams competing only on Saturday can be picked up beginning at 8:30 a.m. at the East entrance to the Field House.

### AWARDS

Every athlete will receive a T-shirt at check-in. The winner of each individual event and each of the 4 members of winning relay teams will receive a distinctive award **watch**.

There will also be trophies awarded for the outstanding performance by a boy and girl in both track events and field events (4 trophies). These awards will be chosen based on highest current national rank of a performance in this meet.

### ADMISSION

On Friday, spectators will be charged admission of \$5.00 for adults, \$2.00 for students if arriving before 5:00 p.m.. Those arriving after 5:00 p.m. will pay \$12.00 for adults, \$9.00 for students that is being charged for the Air Force Academy's home Men's Ice Hockey game vs. *Sacred Heart*, which starts at 7:05 p.m..

ON Saturday, spectators arriving by 12:00 noon will be charged the same \$5.00 for adults, \$2.00 for students.

### TRAINERS

USAFA athletic trainers will be stationed in a satellite training room on the track level (near SW stairwell) for emergency care. Ice will NOT be provided. Preventative taping will only be done if athlete provides their own tape.



## Entry Information

### ENTRY PROCEDURE

All entries will be submitted online through [www.DirectAthletics.com](http://www.DirectAthletics.com). Your username and password will be given to you when you enter the site and click to create a new account.

### AFFILIATIONS

Athletes may enter with their high school **OR** club affiliation, or as “unattached” individuals. Please comply with CHSAA or your own state high school federation guidelines regarding use of school uniform and equipment. Note: all four competitors on each entered relay team must be entered with the same affiliation. No “unattached” relay teams will be allowed.

### ENTRY RESTRICTIONS

There are no minimum entry standards, however, PLEASE note the starting heights when entering athletes in the high jump and pole vault. Do not enter athletes in the high jump or pole vault unless they’re capable of clearing starting heights.

Boy’s High Jump 5’4”

Girl’s High Jump 4’2”

Boy’s Pole Vault 11’0”

Girl’s Pole Vault 8’6”

To enter a **relay team**, **ALL** four (4) members of any relay teams entered must have entered as an individual with the same “affiliation.” Each Club and/or High School will be allowed to enter just one (1) relay team per event, i.e., NO “B” or “C” Relay team entries will be accepted.

### ENTRY FEE

You will be required to pay your entry fee online using a credit card; entry fee is **\$25.00 per individual**.

### ENTRY DEADLINE

All entries must be received at [www.directathletics.com](http://www.directathletics.com) by **Tuesday, January 28, 11:59 p.m. MST.**

**No phone or fax entries will be accepted.** Late entries may be made IN PERSON on Friday or Saturday at the score table on the mezzanine level, but will be charged a **\$35.00 late entry fee** per individual.

### START LISTS

“Entry Lists” will be posted online at [www.goairforcefalcons](http://www.goairforcefalcons) (Track & Field homepage) by 12:00 noon on Thursday. Friday’s “Start Lists” will be posted online by 8:00 pm on Thursday, and Saturday’s “Start Lists” will be posted online by 9:00p.m. on Friday.

# Technical Information

## RULES

National High School Federation rules will be enforced. Fully automatic timing will be used for all races. We will run 39" hurdles for the boys and 33" hurdles for the girls.

## PRACTICE

Cadet Field House will NOT be open and available for practice on Thursday afternoon or evening or on Friday until 2 hours before the start of competition.

## WEIGH-IN'S

The Boys will throw the 12 lb. shot and girls will throw the 4k shot. The Air Force Academy will provide two 12# boys shots and two 4k girls' shots, which can be used by any competitor in the competition. If you'd like to use your own implements, please ensure they are weighed in no later than 1 hour prior to the start of the event. Implement Weigh-in's will be done at the equipment room door (about 20m from the throwing ring).

Weigh-in of pole vaulter and inspection of vaulting poles will begin 2 hours prior to competition each day.

## WARM-UP

Early warm-up may be done outdoors, weather permitting. Final warm-up and preparation can be done on the east end of the infield, on the *FieldTurf* surface. Competitors will be allowed at their field event area 30' prior to competition and on the track 10' prior to their event. Please help us keep non-competitors out of the warm-up area and off the backstretch, where it can be quite crowded.

## CHECK-IN

Competitors in track events should check-in to the clerk-of-the-course at Clerk Platform on the East end of the infield no later than 10 minutes before the start of their event. Field event competitors should check-in to their event judge 30 minutes prior to the scheduled start of their event.

## RESULTS

Results of each event will be posted on the bulletin board in the SW corner of the Field House (track-level) as well as on a portable bulletin board on the concourse level of the Field House, and will be posted shortly after the last event of the day to the Air Force athletic department website at <http://www.goairforcefalcons.com> "Live Results" will also be available in the Field House—Startlists will include the link to Live Results.

## QUALIFYING, ADVANCEMENT PROCEDURES

The 60m dash and 60m hurdles events will have qualifying rounds on Friday evening. Heat winners + next fastest will advance to 3-section semifinals. From Saturday morning's semifinals, the top 2 from each heat + next 2 fastest to the Finals in the 60m Dash and 60m Hurdles.

The 200m dash will have qualifying rounds on Friday evening as well. The 6 fastest competitors will qualify for Saturday's "Championship" Final, and the next 6 fastest will advance to a "Consolation" Final. Note that given this advancement procedure, heat winners of the 200 qualifying heats are NOT automatically advance to the Final.

All other track events (400m, 800m, Mile) will be run in sections. Events run in sections will be seeded by submitted times, with the fastest competitors seeded into earliest sections, and sections will be run in slow to fast order.

In the horizontal jumps and throws, the 8 competitors with the longest efforts will advance to the finals.

## STARTING HEIGHTS / BAR RAISE PROGRESSIONS

Boy's high jump competition will start at 5'4" and bar will be raised in 2" increments.

Girl's high jump competition will start at 4'2" and bar will be raised in 2" increments.

Boy's pole vault competition will start at 11'0" and bar will be raised in 6" increments.

Girl's pole vault competition will start at 8'6" and bar will be raised in 6" increments.

## LONG JUMP – TRIPLE JUMP TAKE-OFF BOARDS

Boys' Long Jump take-off board is 12'0" from the landing pit and will not be altered.

Girls' Long Jump take-off board is 10'0" from the landing pit and will not be altered.

Boys' Triple Jump take-off board is 34'0" from the landing pit and will not be altered.

Girls' Triple Jump take-off board will be taped on the runway 25'0" from the landing pit and will not be altered.



## MEET RECORDS

### GIRLS

<u>EVENT</u>	<u>RECORD</u>	<u>RECORD-HOLDER</u>	<u>AFFILIATION</u>	<u>YEAR</u>
60 Meters	7.22*	Aleisha Latimer	Colorado Flyers	1997
200 Meters	23.71	Arria Minor	Denver Lightning	2018
400 Meters	55.34	Lauren Gale	Discovery Canyon/Speed TC	2016
800 Meters	2:11.90	Katie Rainsberger	Air Academy/Kokopelli Kids	2016
Mile Run	4:58.15	Elise Cranny	Niwot	2013
2 Mile Run	11:26.28	Aubrey Frentheway	Cheyenne Central, WY	2014
60m Hurdles	8.34	Emily Sloan	Rock Canyon / FK Elite	2018
Mile Relay	3:59.19		Denver Lightning	2018
2 Mile Relay	10:38.46		Evergreen	2010
High Jump	5'10"	Anna Hall	Valor Christian / FK Elite	2018
Pole Vault	13'7¼"	Andrea Willis	TCA/Above the Bar	2016
Long Jump	19'8¼"	Maya Evans	Lutheran HS/Angel Flight TC	2017
Triple Jump	38'9¼"	Danielle Williams	Colorado Flyers	1994
Shot Put	50'11"	Collinous Newsome	Colorado Flyers	1994

### BOYS

60 Meters	6.62*	Courtney Hysaw	Montbello	1997
200 Meters	21.81	Alejandro Goldston	Volcano Vista HS, ABQ, NM	2016
400 Meters	48.50	Zane Vanderberg	Boulder Fairview	2014
800 Meters	1:55.14	Jake Merrell	Turley Valley, TX	2014
Mile Run	4:19.87	Cerake Geberkidane	Denver East	2014
2 Mile Run	9:36.36	Bobby Nichols	Regis	2009
60m Hurdles	7.86	Norman Grimes	Canyon HS, Amarillo, TX	2015
Mile Relay	3:27.16		Elevate Athletics TC	2017
2 Mile Relay	9:35.93		Evergreen TC	2010
High Jump	7'1½"	Mason Conner	York, NE	2018
Pole Vault	16'9½"	Max Manson	Superior T&F	2018
Long Jump	23'0½"	William Flowers	Rangeview	1994
Triple Jump	48'4¼"	Tony Carodine	Widefield	2012
Shot Put	66'10¼"	Mason Finley	Buena Vista	2009

\* = converted from 55m time using NCAA standard, i.e., 1.0749 for W's 60 meters, 1.0771 for M's 60 meters, 1.0755 for W's 60m Hurdles and 1.0766 for M's 60m Hurdles