UNIVERSITY AT ALBANY
GREAT DANE CLASSIC
SATURDAY, JANUARY 13, 2018
OCEAN BREEZE TRACK & FIELD CENTER
10:30 AM – 8:00 PM

Order of Events – All events are Women followed by men fast to slow except where noted

Track 10:30 am start ** (All events - women/men except HH Final –women/men)

Meet will run on schedule through 5,000m

10:30 am 60 HH – Open W/M Final
   60 HH – Invitational W/M Prelim – Top 32 verified Seeds
11:15 am 60m – Open W/M Final
   60m – Invitational W/M Prelim – Top 32 verified Seeds
12:00 pm 60 HH – Invitational M/W Final – Top 8 times from Prelims
12:10 pm 60m – Invitational W/M Final – Top 8 times from Prelims
12:15 pm 5,000m W/M Final – One Section each
Rolling One Mile Run W/M Final
Schedule 400m W/M Final
500m W/M Final
800m W/M Final
1,000m W/M Final
200m W/M Final
3,000m W/M Final
4x400m relay W/M Final
4x800m relay W/M Final – One Section each

Field Events (women then men except for High Jump, Long Jump, & Triple Jump)

10:30 am Women’s Weight Throw (men – 45 minutes upon completion of women)
10:30 am Women’s Pole Vault (men – 1 hour after Women’s Pole Vault)
10:30 am Both Men’s & Women’s Long Jump (dual pits)
   *Women will compete on pit closest to track
   *Men will compete on pit closest to sprint straight-a-way
TBD Both Men’s & Women’s Triple Jump (dual pits) (45 minutes after Long Jump)
   *Women will compete on pit closest to track
   *Men will compete on pit closest to sprint straight-a-way
TBD Both Men’s & Women’s High Jump (dual pits) (45 minutes after Men’s Triple Jump)
TBD Women’s Shot Put (Women followed by Men) (45 minutes after Men’s Weight)

**All times are approximate – an updated time schedule will be sent after entries are complete.

All Final running events are run fast to slow.
Additional Meet information

Implement weigh-in: Facility opening-12:00 pm by the throws cage

Throws/Horizontal Jump Warm-ups: First 15 minutes general warm-ups than 15 minutes prior to current flight

Throws order - 1st legal throw will be measured
Women’s Weight Throw – Minimum measurement – 12.75m – 1st Throw is @ 10:30 am
Men’s Weight Throw - Minimum measurement – 14.00m – 1st Throw 45 min after women’s weight
Women’s Shot Put – Minimum measurement – 12.00m – 1st Throw 45 min after men’s weight
Men’s Shot Put – Minimum measurement – 14.00m – 1st Throw 45 min after women’s shot put
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final – finals will be contested in long cage

Horizontal Jumps - 1st legal jump will be measured
Long Jump – 1st Jump is @ 10:30 am (Men and women compete at the same time on dual pits)
Minimum measurements: Women – 5.30m
Men – 6.50m

Triple Jump – 1st Jump is 45 minutes after Long Jump (Men and women compete at the same time on dual pits)
Minimum measurements: Women – 11.00m
Men – 13.50m

15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Vertical Jumps (Progressions are based on 2018 IC4A/ECAC Qualifying Standards)
Women’s Pole Vault (Women – runway opens at 11:30 am) – 1st Vault is @ 10:30 am
Men’s Pole Vault (Men – runway opens at 4:00 pm) – 1st Vault is 1 hour after Women’s PV
Height Progressions: Women – 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.85, 3.95, 4.05, 4.15, 4.25, etc.
Men – 4.20, 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15, 5.25, 5.35, 5.45, etc.

High Jump (Women & Men) (Dual pits) – 1st Jump is 45 minutes after Men’s Triple Jump
Height Progressions: Women – 1.55, 1.60, 1.65, 1.70, 1.75, 1.80, 1.85, 1.90, etc.
Men – 1.89, 1.94, 1.99, 2.04, 2.09, 2.14, 2.19, 2.22, 2.25, 2.28, etc.

Admittance for spectators:
Adults - $10.00
Students and children - $5.00
Children under 12 - Free