

A large, light orange paw print with a purple outline serves as the background for the text. The paw print is oriented with the toes pointing towards the top left.

Clemson Opener

Saturday, December 7th, 2019

Clemson University Indoor Track – Clemson, SC





Clemson Opener
Saturday, December 7th, 2019
Clemson, South Carolina

Entry Information:

Teams Attending: Clemson, FAMU, Converse College, Kennesaw St, Fayetteville, Furman, USC Upstate, SC State, North Greenville, Western Carolina, Limestone, Winston Salem St, Georgia Southern, Anderson

Entry Process: www.directathletics.com

Entry Deadline: Tuesday, December 3rd, 2019 at Noon

Team Entry Fee: \$750 per Gender. Please bring cash or check.

* Checks should be made to the order of: CUAD

Individual Entry Fee: \$50 per Person entered – for those teams that enter less than 14 athletes.

Entry Limitations:

Track Events: 4/event

Field Events: 3/event

Unattached Athletes & Olympic Development:

No High School Athletes. A limited number of unattached athletes will be allowed to enter the meet, at the meet director's discretion. You must enter on www.DirectAthletics.com under "Clemson Opener – Unattached" by Sunday, December 1st, 2019 at Midnight. We will notify you by e-mail by Noon on Wednesday December 4th, 2019 on the status of your request.

* Entry does NOT guarantee Acceptance into the meet.

* There is no entry fee for unattached athletes.

You MUST use a verifiable mark within the past 2 years.
Enter the Meet Name & Date of your performance in the Entry Notes.

Packet Pick Up & Information:

Friday, December 6th from 6:00 pm – 8:00 pm

Saturday, December 7th from 9:00 am – 2:00 pm

Packets can be picked up at the concession stand in the lobby. They will include Coaches and Trainer Credentials along with Athlete wristbands. Wristbands will be issued to competing athletes for access to warm-up area, team seating, and trainers' area. Each team will receive 8 Coaches Credentials and 2 Trainer Credentials; the coaches' area on the backstretch is limited to coaches and trainers only.

Spike Information:

Athletes will NOT compete if they do not comply with these rules:

¼" Pyramid Spikes ONLY – this will be strictly enforced.

No permanent spike shoes allowed.

All spikes must be checked and zip tied at the Team Entrance.
Spikes will be checked for the appropriate zip tie color to be allowed into the Clerking Area.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

Shoes with permanent spikes are prohibited.

All Spikes need to be checked and tagged at initial spike check and at check- in for your event. Anyone with the wrong spikes will be disqualified from the meet and puts your team in jeopardy for returning for future meets.



Clemson Opener
Saturday, December 7th, 2019
Clemson, South Carolina

Practice Times:

Friday, December 6th from 6:00 pm – 8:00 pm
Spikes will be checked as you are entering the facility.

Bus Drop Off/Team Parking:

Team busses and vans will be able to drop off next to the Indoor Track Facility and then park in Jervey Meadows.

Warm-up Procedure:

All warm ups will need to take place on the Outdoor Track (Weather Permitting).

- ☐ Athletes will be able to use the indoor warm up area 45 minutes prior to their event.
- ☐ Athletes in the 60m Hurdles & 60m Dash will be allowed on the straightaway 30 minutes prior to the start of their event – NO EARLIER.

Athlete Check In:

Check in for Running Events is located at the start of the homestretch - near the rollup door.
Check in for Field Events is located at the event site.

1. Athletes must check in **at least 30 minutes prior to the event.**
* Athletes not checked in by that time will be scratched from the event.
2. Athletes must have your spikes checked prior to event check in.
3. Athletes must be in the clerking area 15 minutes prior to the scheduled start time.

Medical Facilities:

The indoor track facility is equipped with an Athletic Training Center located on the west side of the backstretch. This facility will be open for the duration of the meet. All visiting trainers will have assigned spots on the adjacent corner from the training room on the east side of the Indoor facility. Power will be available.

For questions please contact Amanda Taylor, ATC, (843) 754 – 3835 or ataylo8@clermson.edu

Dressing Room /Shower Facilities:

There are no dressing room / shower facilities available to teams. Please plan accordingly.





Clemson Opener
Saturday, December 7th, 2019
Clemson, South Carolina

Running Events:

There will be Prelims in the 60m Hurdles and the 60m Dash.

Preferred lanes: (Straightaway) 4-5-3-6-2-7-1-8 (Oval) 5-6-4-3-2-1.

All other running events will be run in sections based on time. Heats will be seeded according to submitted times on directathletics.com. These entries will be checked on TFRS to verify at will by meet management. The fastest sections will be run first. Meet management reserves the right to adjust heats as necessary.

Field Events:

There will be Prelims & Finals in the horizontal jumps & throwing events. Each athlete will get 3 attempts in the preliminary rounds, with the top 9 advancing to the finals. They will receive 3 additional attempts in the final.

Implement Weigh-In

The weigh-in area is next to the throwing cage.

Saturday, December 8th from 8:30 am – 10:30 am for the Weight Throw.

Saturday, December 8th from 12:30 pm – 2:30 pm for the Shot Put.

Everyone will get one legal jump/throw measured. After your first legal mark, you must hit the minimum mark to receive additional measurements.

Minimum Marks:

Women's Shot Put – 12m

Women's Weight Throw – 14m

Women's Long Jump – 5.25m

Women's Triple Jump – 11.00m

Men's Shot Put – 14m

Men's Weight Throw – 16m

Men's Long Jump – 6.75m

Men's Triple Jump – 13.75m

Jump Boards: *We will not tape down any boards*

☐ Women's Long Jump – 12'

Men's Long Jump – 12'

☐ Women's Triple Jump – 36'

Men's Triple Jump – 41'

Pole Vault: The minimum height for the Pole Vault is 10 feet

Starting Heights: Starting Heights will be determined after the entries are finalized.

For questions please contact Vicky Pounds 406-830-5208 vpounds@clemson.edu

Please continue to check Clemson Track and Field website for any updates in meet information and final schedules.

<http://clemson.tigers.com/home-meets/>



Training Room

Storage Room

Coaches Only

Throws Area

Team Seating

Team Seating

Final
Check In

CoachesBox

Final Warm- Up Area

Spectator Seating

Spectator Seating

Team Seating

Spike Check

Athlete
Entrance

◇◇◇◇◇◇◇◇ Metal Barricade
— Rope Barrier

