




Prentice Gudgen HS Invitational

Hosted by Pittsburg State University

Meet Information

Saturday, January 19, 2019

 @GorillasTrack
@PlasterCenterPSU

 @GorillasTrack
@Plaster_Center

 @gorillastrack
#GudgenPSU

- Site:** Harvey Dean Track / Robert W. Plaster Center -- Pittsburg State University
- Starting Time:** Field Events Noon. Running Events 2:00 p.m.
- Plaster Center Hours:** Doors open at 10:00 am for athletes and spectators
- Admission:** \$5.00 per person, 12 & Under and PSU College Students with a Valid Student ID are Free
- Entries:** Entries open on Thursday, Dec. 27th, and close on Wednesday, Jan. 16th at 5 pm through www.directathletics.com. Please use our Direct Athletics Assistance Sheet on our website to help navigate through this process. At time of payment, entries are final and considered entered and declared. **Once payment has been submitted you will NOT be able to make entry adjustments.** Please enter a mark you feel you are capable of performing at this time. Please enter field event marks in feet and inches only.
- Age Restriction:** All competing athletes must currently be in grades 9-12.
- Entry Fee:** \$25 per athlete. **Entry Fees will be paid through Direct Athletics ONLY, all entry fees are NON-REFUNDABLE. Payment must be received before the entry deadline for entries to be accepted.** All athletes will compete "unattached" in order to avoid conflict with High School activities association rules. Club coaches can enter their team, but will pay the individual rate per athlete. No team fees. Entries are final Wednesday, Jan. 16th, at 5 pm, no walk ups the day of the meet or changes/additions via email will be accepted.
- Check In:** Please pick up updated schedule of events at the registration table located in the lobby of the Plaster Center immediately upon arrival. Heat and flight sheets along with an updated schedule will be posted in the Plaster Center, please locate immediately upon arrival.
- Awards:** Top 3 placers in each event will receive a commemorative medal. Awards can be picked up at the check in table located in the lobby of the Plaster Center 30 minutes after the conclusion of their event. Please pick up awards the day of the meet, as medals will not be mailed after the day of competition.
- Facilities:** 300 meter Mondo Super X surface with 6 lanes on the oval and 8 on the straights. Jumping areas are Mondo Super X. **Athletic Tape Only** for jump marks on runway, Chalk and Cones will not be permitted. Pole Vault will be contested on a Mondo raised runway on the infield. Shot put will be off of wooden platforms on the infield.
Boy's Long Jump Board – 10'
Boy's Triple Jump Board – 32'
Girl's Long Jump Board – 10'
Girl's Triple Jump Board – 23'
- Clerking:** Hip numbers will be located in the Northwest corner of the arena in the overhead door. Please check in to this location to get your hip numbers **30 minutes prior** to the start of each running event you are entered in. You must have your spikes approved at this same location before you will be given your hip numbers. All field events need to report to the head judge at their competition site at least 1 hour prior to the start of the competition.

Spikes: 1/8" or 1/4" pyramid spikes only, please. No needle or compression spikes will be allowed. Shoes must be checked and approved with the attachment of a zip-tie at the hip number station for all events where spikes are worn. Athletes will not be allowed to compete with shoes that have not been approved. Spike sales will take place at the tee shirt sales table in the lobby of the Plaster Center for those needing 1/4" pyramid spikes.

Tee Shirt Sales: Commemorative tee shirts can be purchased in the lobby of the Plaster Center for \$15.00 the day of the competition. All sales are final, cash or check only please.

Live/Final Results: Live Results will be available at www.midwesttiming.com during the meet and will be announced throughout the day in the venue. Results will also be posted in the lobby area of the Plaster Center as they become available. Results will also be available on the following website:

www.midwesttiming.com

Trainer: Athletic trainers will be available during the meet to administer first aid. The athletic trainers will have a satellite Sports Medicine Center in the Plaster Center located in the North West hallway. Treatments available are primarily heat and ice, and any bandaging. Athletes need to have a note from their athletic trainer with details of their specific treatment needs if their athletic trainer is not able to travel. Please bring your own athletic tape and other necessary supplies. Please contact our track specific athletic trainer Alex Winter at (620) 235-4538 for more specific meet day athletic training info.

Additional Info: Brian Mantoath – Pittsburg State – 620-235-4652 – bmantoath@pittstate.edu