

# WU BE YOUR BEST MEETS

- Meet:** Washburn "Be Your Best" Indoor Meets - Youth/HS/Masters
- Site:** Washburn University: Indoor Athletic Facility  
1785 SW Durrow Rd.  
Topeka, KS 66621
- Dates:** Saturday, December 13th, Saturday, January 17th & Saturday February 21nd
- General Info:** This Series is hosted by Washburn Track and Field  
These meets are open to youth, high school, and masters athletes. No collegiate athletes are permitted to compete.
- Entries:** Entries will only be accepted through [www.athletic.net](http://www.athletic.net)  
Entries will close at 7:00PM on Thursday prior to the meet weekend
- Entry Fee:** Individual: \$35 for two events  
Each additional event registration is +\$10  
Please NOTE: \*This is an entry fee, not a participation fee\*  
\*Refunds will not be issued, so please double check entries before submitting\*
- Admission:** Spectators: \$5 at the door (2 club coaches free with team entry)
- Age Divisions:** We will have divisions for the following age groups  
8 and Under (no hurdles, mile, 3000m, high jump, pole vault, or weight throw)  
9-10 years (no hurdles, 3000m, high jump, pole vault, or weight throw)  
11-12 years (no 3000m, or weight throw)  
13-14 years (no 3000m, or weight throw)  
High School  
Masters
- Awards:** There will be medals for the top 3 finishers in each division  
Please allow 30min after the completion of each event to get the results finalized before you pick up any medals.  
Photos can be taken in front of a Washburn backdrop near the medal table.
- Event notes:** 3000m and Mile races may be seeded based on ENTRY TIMES to give athletes the best opportunity to race fast. Please enter the athletes best recent time, or a reasonable speculative time. For placement, athletes can be separated by division after the races.  
If there are limited entries for any given division, we may combine heats to avoid athletes running alone, and speed up the competition.  
Results will still be separated based on age divisions.
- Schedule:** The schedule is subject to change, and times listed following the session start times are estimations.  
Final Schedule will be based on entries and posted on [www.wusports.com](http://www.wusports.com) under the track and field team's "Home Meet Info" page. Please continue checking here for any updates to the meet schedule and entries.
- Athlete Entrance:** Athletes and Coaches should enter the Indoor Athletic Facility via the front doors. You will be directed to the athlete/team check in table where coaches can pick up a track-access wristband. Doors will open 2 hours prior to the start of competition. No other doors will be open for access to the facility.
- Parking:** **There will be no event parking across the street from the IAF in the Art / Student Rec. Lot. Please use lots across from the baseball and / or softball fields for cars / vans. Any busses should use the large lot off 19th and Macvicar.**

# WU BE YOUR BEST MEETS

Turf Field:	The turf will have three areas to be aware of. 1. Along the walls will be the team camp areas. 2. There will be barriers to designate a running lap for warm-up jogging 3. Inside the running lap lane is the warm up drill area. This area is for all sprint drills, hurdle mobility, accelerations, stretching, etc... South end of turf may be blocked off and reserved for Washburn athletics practice during the day.
Team Camps:	Team camps will only be permitted along the walls on the turf field. Please keep your team together in one camp area. Do not camp inside the warm up running lane, or drill areas
Warm Ups:	Warm up area will be on the turf only. Barriers will be up to separate this area from team camps. Please do not do drills or stretch inside the warmup running lane. The center of the turf is for all sprint drills, hurdle mobility, accelerations, etc...No warmups will be allowed on the track while there are athletes competing.
Track Access:	Track will only be accessible to coaches with a wristband and athletes who are competing. Please help us keep non-competing athletes and non-coaching parents in the stands or on the outside of the track oval. Coaches please be aware that multiple field events and races may be going on at one time inside the oval. Please do not stand in the way of officials or athlete competition zones.
Check In:	Running athletes must check in and get hip numbers prior to their race. Please check in to get hip numbers at least 30 minutes prior to the start of the event. Hip number table will be on the north west side of the turf. (closest to the stairs) Field Event athletes check in at their event.
Clerking:	Athletes will be called for heats on the turf field near the check in table. Ushers will escort each heat to and from the start/finish areas. Please pay attention to the clerk's announcements, as we will be on a rolling schedule.
Facilities:	200 meter, 6-lane banked oval with 8-lane sprint straight-away housed inside our 131,000 ft <sup>2</sup> Indoor Athletic Facility. All long jump, triple jump, & pole vault runways are 'raised' runways recessed into the ground. The surface is Beynon BSS 1000, Dual Durometer, with Hobart wear layer
Long jump/Triple Jump Board Locations	Long Jump - 8'6" (2.6m) from sand (youth board will be taped down) Triple Jump - 31'2" / 36'1" / 41'0" (9.5m / 11m / 12.5m) from sand Inside runway = 200 ft / Outside runway = 178 ft Pole Vault Runways are 147'7" (outside runway) and 151'8" (inside runway)
Concessions:	Coaches are permitted to bring team snacks and drinks. Concessions will be available for spectators.
Implement Weigh In:	All implements will be weighed in at the throwing venue prior to the start of event.
Spikes:	1/8" or 1/4" pyramid spikes only please. No needle or compression spikes will be allowed.
Heat Sheets:	Heat Sheets will be available online at <a href="http://www.wusports.com">www.wusports.com</a> at the track and field home meet info page.
Results:	Live Results will be available at <a href="http://www.blacksquirreltiming.com">www.blacksquirreltiming.com</a> during the meet. Results will also be available at <a href="http://www.wusports.com">www.wusports.com</a> and posted on the north wall as they become available.
Additional Info:	Marshall O'Brien – <a href="mailto:marshall.obrien@washburn.edu">marshall.obrien@washburn.edu</a>

# WU BE YOUR BEST MEETS

Youth/HS/Masters

December 13, January 17, February 21

Washburn Indoor Athletic Facility

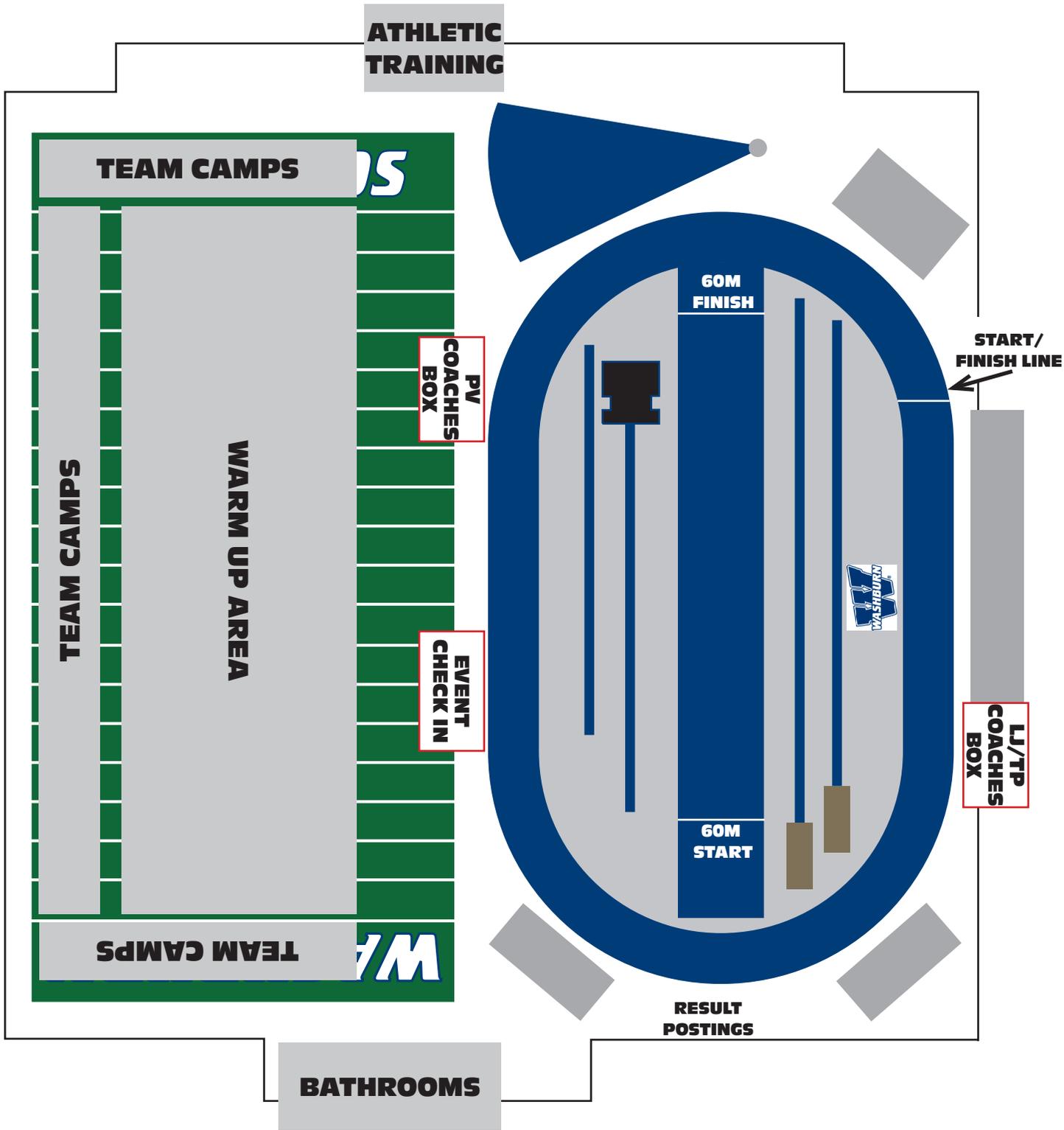
## Schedule of Events

### Saturday

10:00 3000m Run (All mixed heats based on entry times)	HS Girls HS Boys Masters Men & Women	4:15 60m Hurdle Finals	HS Girls HS Boys
12:00 60m Hurdles (HS Prelims)	HS Girls HS Boys 11-12 Girls 11-12 Boys 13-14 Girls 13-14 Boys Masters Women & Men	4:25 60m Dash Finals	HS Girls HS Boys
12:40 60m (HS Prelims)	HS Girls HS Boys 8 & under Girls 8 & under Boys 9-10 Girls 9-10 Boys 11-12 Girls 11-12 Boys 13-14 Girls 13 - 14 Boys Masters Men & Women	4:30 Mile	HS Girls HS Boys 9-10 Boys and Girls 11-14 Boys and Girls Masters Men & Women
1:55 800m	HS Girls HS Boys 8 & under Girls 8 & under Boys 9-10 Girls 9-10 Boys 11-12 Girls 11-12 Boys 13-14 Girls 13 - 14 Boys Masters Men & Women	5:45 200m	HS Girls HS Boys 8 & under Girls 8 & under Boys 9-10 Girls 9-10 Boys 11-12 Girls 11-12 Boys 13-14 Girls 13 - 14 Boys Masters Men & Women
2:55 400m	HS Girls HS Boys 8 & under Girls 8 & under Boys 9-10 Girls 9-10 Boys 11-12 Girls 11-12 Boys 13-14 Girls 13 - 14 Boys Masters Men & Women	<h3>Field Events</h3> <p><b>Long Jump</b> 10-11:30 HS Boys / Girls 12-1:30 11-12 and 13-14 Boys / Girls and Masters 2-4:00 8 &amp; Under and 9-10 Boys / Girls [4 jumps only; no finals]</p> <p><b>Shot Put</b> 12-1:30 All Youth - 14 &amp; Under 2-3:30 High School Boys / Girls and Masters Men/Women [4 throws only; no finals]</p> <p><b>High Jump</b> 10:00 11 years old + (2 Pits - High / Low starting heights) Not necessarily Boys/Girls. We will split competitors based on starting height</p> <p><b>Pole Vault</b> 10:00 11 years old + (2 Pits - High / Low starting heights)</p> <p><b>Triple Jump</b> (High School and Masters Only) 4:00 Cafeteria Style [4 jumps only; no finals]</p> <p><b>Weight Throw</b> (High School and Masters Only) 4:00 Cafeteria Style [4 throws only; no finals]</p>	

\* Estimated times for event starts, but we will follow a rolling schedule for running events

# WU BE YOUR BEST MEETS



# WU BE YOUR BEST MEETS

## WASHBURN UNIVERSITY CAMPUS MAP

1700 SW College Ave., Topeka, Kansas 66621 785.670.1010

- AB - Art Building
- BE - Benton Hall
- BP - Bianchino Pavilion
- BT - Bennet Computer Center
- BTAC - Bradbury Thompson Alumni Center
- CA - Carnegie Hall
- CH - Carole Chapel
- FF - Fally Field
- FS - Facilities Services
- GF - Gahnstrom Field
- GC - Garvey Fine Arts Center
- HC - Henderson Learning Center
- IAF - Indoor Athletic Facility
- IH - International House
- KBI - KBI Forensic Science Center
- KH - Kuehne Hall
- LA - Law School

- LD - Lincoln Dining
- LEE - Lee Arena
- LH - Lincoln Hall
- LLC - Living Learning Center
- MA - Mabee Library
- MB - Moore Bowl
- MO - Morgan Hall

- MU - Mulvane Art Museum
- NG - Neese Gray Theatre
- PC - Petro Allied Health Center
- RB - Rita Blitt Gallery
- SC - Stauffer Commons Food Court
- SR - Student Recreation & Wellness Center
- ST - Stoffer Science Hall
- TC - Tennis Courts
- TV - KTWU Television Studio
- UN - Memorial Union

- WC - White Concert Hall
- WFH - Whiting Field House
- WH - West Hall
- WUF - Washburn University Foundation
- WV - Washburn Village
- YS - Yager Stadium

- ΑΔ - Alpha Delta
- ΑΦ - Alpha Phi
- ΔΓ - Delta Gamma
- ΦΔΘ - Phi Delta Theta
- ΣΦΕ - Sigma Phi Epsilon
- ΖΤΑ - Zeta Tau Alpha

- Accessible Entrance
- Entrance Closed
- Street/Parking Closed



#1 - ADA 0	#8 - ADA 4	#A - ADA 0	#P - ADA 0
#2 - ADA 7	#9 - ADA 4	#D - ADA 2	#R - ADA 12
#3 - ADA 5	#10 - ADA 11	#E - ADA 5	#S - ADA 10
#4 - ADA 2	#11 - ADA 0	#H - ADA 3	#IAF - ADA 7
#5 - ADA 13	#16 - ADA 8	#J - ADA 3	#IH - ADA 6
#6 - ADA 4	#18 - ADA 9	#K - ADA 0	#TV - ADA 2
#7 - ADA 8		#LA - ADA 6	

**A** Team drop off area ...enter on east side of Indoor Athletic Facility

**B** Bus Parking

# WU BE YOUR BEST MEETS



## DINING PARTNERS



### Spin Pizza

**Address:** 2811 SW Fairlawn Rd, Topeka, KS 66614  
Approximately 4 miles from campus.  
**Phone:** 785-414-7746

### Johnny's Taven

**Address:** 2821 SW Fairlawn Rd, Topeka, KS 66614  
Approximately 4 miles from campus.  
**Phone:** 785-239-5541



### Hog Wild Pit BBQ

**Address:** 5330 SW 21st St., Topeka, KS 66604  
Approximately 3 miles from campus.  
**Phone:** 785-783-7071



### Hy-Vee

**Address:** 2951 SW Wanamaker Rd., Topeka, KS 66614  
Approximately 5 miles from campus.  
**Phone:** 785-272-1763



### Subway

**Address:** 1151 SW Gage Blvd, Topeka, KS 66604  
Approximately 1 mile from campus.  
**Phone:** 785-271-0782



### Jason's Deli

**Address:** 6121 SW 12th St., Topeka, KS 66604.  
Approximately 4 miles from campus.  
**Phone:** 785-478-4144



### Goodcents

**Address:** 4210 SW 21st St, Topeka, KS 66604  
Approximately 2 miles from campus.  
**Phone:** 785-272-4747



**WU BE YOUR BEST MEETS**



**DINING PARTNERS**

**Wings Etc.**

**Address:** 2139 SW Fairlawn Plaza Dr, Topeka, KS 66614

Approximately 3 miles from campus.

**Phone:** 785-271-9464

