

Wake Forest Open

March 21-22, 2008
Kentner Stadium
Winston-Salem, NC

Entry- Entries for this meet will be done on-line with our timing company, Flash Results. Go to their web site- www.flashresults.com and follow the instructions listed under the Wake Forest Open icon. Unattached entries should be e-mailed to Scott Hall- hallsa@wfu.edu. Entries will be open until 6pm on Tuesday, March 18th. We ask that you make final declarations by Wednesday, March 18th at 8pm. Entry fee is \$275 per team (men and women separately). A full team is considered 14 or more athletes. Partial teams will be charged \$25/athlete entered. Unattached, club and post-collegiate athletes will be charged a \$25 entry fee for unlimited events. Each school will have unlimited entries for all running events except relays (limited to an A and B team) but we will limit all field events to the top 48 verified entrants. To verify these marks, we will ask you to send us your team performance list from outdoor 2007 and indoor 2008. This will be the only method used to verify marks. Entries without the verified performance list will not be considered. The top 48 marks that are accepted will be posted following final declarations on Wednesday. A list of alternates will be kept to fill in any late scratches. We have designed this meet to provide great competition for athletes in Divisions I, II and III.

Facility- Kentner Stadium which hosted the record setting 2006 Atlantic Coast Conference Championships (28 ACC and one collegiate record), features an 8 lane Beynon 1000 urethane track. The track and field design allows for conducting events with the prevailing winds in all races up to and including 400m and all jumping and throwing events. The adjacent long throws complex features multiple throw venues and can accommodate all of the throw events in one location. (The 2007 Wake Forest open produced over 160 NCAA I Regional qualifying marks.) Concession stands are located on the stadium concourse and will be open during the meet. Designated warm-up areas are located proximal to the track and provide convenient access to the facility. Secured team tents are allowed only in the designated areas on the grass by the upper 8 tennis courts east of the stadium. No tents will be allowed in the stadium or on the patio level of the Miller Center. Rest rooms are located in the northeast corner of the stadium at track level and on the first and second floors of the Miller Center. If your team needs to shower at the conclusion of the meet, please notify us in advance (hallsa@wfu.edu) so we can make proper arrangements. Teams will need to provide their own towels and secure their valuables.

Packet Pick-up– Packets may be picked up and team entry fees paid at the check-in tent located at the northeast entrance to Kentner Stadium. Unattached athletes must pay their entry fees and each athlete will be given a number which must be shown to the officials upon check-in for a field event or the clerking tent for a running event. These numbers must be worn by unattached athletes while they are competing. Parking passes for vehicles other than buses will be provided at the packet pick-up tent. The packet pick-up tent will be open from 9am to 5pm on Friday. If you wish to pick up your packet at another time, please contact Scott Hall at (336) 416-2867.

Warm-Up Areas On Friday, warm-up for all other events warm-up will be confined to the roped off football practice field as well as any portion of the cross country trails. Warm-ups for all other events will be in the designated area of the football practice field. Athletes in running events will check-in at the clerking tent in the SE corner of the track. The check-in tent is only accessible from the warm-up area. Field event athletes are requested to do general warm-up activities within designated warm-up areas and do specific event warm-up at the competition site.

Spikes may not be worn in the general warm-up area and no team tents are allowed in this area. Once final clerking has been done athletes will be allowed to use the track for final strides, starts etc.

Meet Conduct- The meet will be conducted under NCAA rules and will be non-scoring. Implement weigh-ins will be done at the throws complex starting 90 minutes prior to the start of the event with the exception of the shot put which will be done in the northwest corner of Kentner Stadium by the shot put venue. Athletes in running events will need to check in at the clerking area (located in the SE corner of the track) at least 60 minutes prior to their event indicating that they will compete in their event. 45 minutes prior to the event, the final seedlings' and heats will be determined. This will eliminate open lanes, make for a better competition, and keep the meet on schedule. Field event check-in will be at the event site starting one hour prior to the event. There will be three flights starting with lowest to best performances in all events except vertical jumps. All legal throw and jump attempts will be measured. Top nine athletes will advance to the final. In the vertical jumps (High Jump and Pole Vault) athletes will be divided into A, B or C flights and will compete at the time designated for each section on the time schedule. Starting heights will be determined based on entries.

Awards- T-shirts will be awarded to the collegiate winners of each event including all four members of winning relay teams and winners of both A, B and C sections in vertical jumps.

Results- The results will be posted upon the conclusion of each event on the wall behind the press box and will be on line at www.flashresults.com under Wake Forest Open heading.

Sports Medicine- Certified athletic trainers will be available at the meet for injury evaluation, ice and hydration purposes. If you have specific training needs, please contact Anne Bradley, Wake Forest Track and Field Trainer- bradleam@wfu.edu or 336-758-4592 to make arrangements ahead of time.

Parking- Parking for such a large event is always difficult due to the size of our campus. We appreciate your cooperation with our parking system during your stay. Team vans and staff personal cars may park in the W lot just north of Kentner Stadium. A parking pass(es) will be given to you at the packet pick-up/check-in tent. Team buses must drop off your team and then will need to park at the Groves Stadium football lot. Please communicate with your bus company to allow for an effective plan for drop-off, pick-up and shuttling team members throughout the weekend.

Wake Forest Open

2008 Final Schedule

Friday, March 21

Field Events

10:00am	Hammer	(women)
11:00am	Pole Vault	(women-B section)
11:00am	High Jump	(men-B section)
1:00pm	Shot Put	(women)
1:30pm	Cliff Neal Hammer	(men)
2:00pm	Triple Jump	(men and women)
2:00pm	High Jump	(men- A section)
2:30pm	Pole Vault	(women- A section)
4:30pm	Andy Bloom Shot Put	(men)
5:00pm	Javelin	(men)

** the long throws will be run on a continuous time schedule **at close to approx. time but may move up**

Running Events- women followed by men

1:30pm	Steve Brown 100m/110m Hurdles (prelims-16 top times to final)
2:30pm	400m (sections on time)
3:45pm	100m (prelims-16 top times to final)
5:15pm	800m (sections on time)
6:30pm	Michelle Sikes 5000m (sections on time if needed)
8:00pm	3000m Steeplechase (sections on time)
8:45pm	Annie Bersagel 10,000m

Saturday, March 22

Field Events

9:30am	Pole Vault	(Men-C section)
9:30am	Javelin	(women)
10:00am	High Jump	(women-B section)
10:00am	Long Jump	(men and women)
12:00pm	Discus	(women then men)
1:00pm	High Jump	(women- A section)
12:00pm	Pole Vault	(men- A section)
3:00pm	High Jump	(women- B section)
3:00pm	Pole Vault	(men-B section)
3:00pm	Discus	(men)

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Running Events-women followed by men

12:00pm	100m/110m Hurdles (Final- two heats 16 to final)
12:20pm	1500m (sections on time)
1:25pm	400m Relay (sections on time)
1:50pm	100m (Final-two heats-16 to final)
2:05pm	400m Hurdles (sections on time)
3:05pm	200m (sections on time)
4:15pm	3000m (sections on time if needed)
5:40pm	1600m Relay (sections on time)