2013 Charlotte 49er Classic & Combined Events
Irwin Belk Track & Field Center

FINAL SCHEDULE

49er Classic Combined Events
Thursday, March 14
11:30 a.m.  Heptathlon
11:45 a.m.  Decathlon

Friday, March 15
9:00 a.m.   Decathlon
10:00 a.m.  Heptathlon

49er Classic
Friday, March 15
Field Events
Noon        Hammer (35m min)  Women
1:00 p.m.   Long Jump        Women
2:45 p.m.   Javelin          Men
3:00 p.m.   Pole Vault       Women
4:00 p.m.   Hammer (40m min) Men
4:00 p.m.   Long Jump        Men
6:00 p.m.   Discus (32m min) Women

Running Events
1:00 p.m.   100m Hurdle Prelims Women
1:25 p.m.   110m Hurdle Prelims Men
1:50 p.m.   100m Dash Prelims  Women
2:20 p.m.   100m Dash Prelims  Men
2:55 p.m.   400m Dash Prelims  Women
3:25 p.m.   400m Dash Prelims  Men
4:10 p.m.   400m Hurdle Prelims Women
4:30 p.m.   400m Hurdle Prelims Men
4:55 p.m.   200m Dash Prelims  Women
5:35 p.m.   200m Dash Prelims  Men
6:10 p.m.   3000m Steeplechase Women
6:25 p.m.   3000m Steeplechase Men
6:40 p.m.   1500m Run (Sections vs Time) Women
7:20 p.m.   1500m Run (Sections vs Time) Men
8:00 p.m.   5000m Run Final Heat 1 Women
8:20 p.m.   5000m Run Final Heat 1 Men
8:45 p.m.   5000m Run Final Heats 2,3 Women
9:30 p.m.   5000m Run Final Heats 2,3 Men

Saturday, March 16
Field Events
10:00 a.m.  Shot Put       Men
10:00 a.m.  Javelin (30m min) Women
11:00 a.m.  Triple Jump    Women
Noon        Pole Vault     Men
Noon        High Jump      Men
1:00 p.m.   Discus         Men
1:00 p.m.   Shot Put       Women
1:45 p.m.   Triple Jump    Men
2:30 p.m.   High Jump      Women

Running Events
11:00 a.m.  4x100m (Sections vs Time) Women
11:15 a.m.  4x100m (Sections vs Time) Men
11:35 a.m.  200m Steeplechase Women
11:50 a.m.  200m Steeplechase Men
12:15 p.m.  100mH Final Men
12:25 p.m.  110mH Final Men
12:35 p.m.  400m Dash Final Women
12:40 p.m.  400m Dash Final Men
12:50 p.m.  100m Dash Final Women
12:55 p.m.  100m Dash Final Men
1:05 p.m.   800m Run (Sections vs Time) Women
1:15 p.m.   800m Run (Sections vs Time) Men
2:20 p.m.   400m Hurdle Final Women
2:25 p.m.   400m Hurdle Final Men
2:35 p.m.   200m Dash Final Women
2:40 p.m.   200m Dash Final Men
2:45 p.m.   300m Run (Sections vs Time) Women
3:10 p.m.   300m Run (Sections vs Time) Men
3:35 p.m.   4x800m (Sections vs Time) Women
3:50 p.m.   4x800m (Sections vs Time) Men
4:05 p.m.   4x400m (Sections vs Time) Women
4:30 p.m.   4x400m (Sections vs Time) Men

Weigh In
By 1 hour prior to start of each respective throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).
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Thursday-Saturday, March 14-16
Irwin Belk Track & Field Center

Meet Information

Entries
Entries are due by midnight **Monday, March 11**th. Unlimited entries per event for track events, two per combined event, three per other field events. Combined event fields limited to top 16 entries, other field events limited to top 50 entries. Entries will be available online at www.directathletics.com. Performance lists will be posted prior to the meet at www.flashresults.com as well as any final schedule and/or final meet information updates/changes. Please check frequently the week of the meet. In accordance with NCAA rules use non-speculative or actual entry performances.

Entry Fees
College/University/Club entry fee of $25 per athlete or $350 per team (team=14 or more) is required at packet pick up. Prior to the first event this will be in the officials’ hospitality room at the top of the bleachers, during the meet it will move to the clerk’s tent. Make all checks payable to UNC Charlotte Athletics. Men’s and women’s teams from the same institution are considered separate. Teams may also pay online through Direct Athletics if preferred. Entering clubs must designate a representative to pay the club’s entire fee. Unattached entrants accepted, fee of $25 or unlimited events must be paid online in the entry process. The fee is an entry fee not a competition fee; fees are based on the number of entries not the number that actually compete. Amount owed is set once entries are received on March 11th.

Schedule
The event schedule is to be considered tentative until entries are received at which time if there is a change it will be posted on Flashresults.com please check the site frequently in the days leading up to the meet. Running event check in is at the tent in the grass outside turn 1 near the end of the straightaway, check in at least 30’ prior to the start of the event. Field events check in at the event site as soon as officials are available.

Results
Results will be posted on the brick wall at the top of the bleachers and will be available live at www.flashresults.com

Location & Parking
The Irwin Belk Track & Field facility is located on the Charlotte campus. The best campus access point will be via Institute Circle from Tryon Blvd. (Hwy 29) which runs along the north side of campus. Van parking will be available in surface lots at the intersection of Cameron and Craver Roads northeast of the track, on the **bottom** level of the West Parking Deck across from the stadium main entrance, the lot between the first turn of the track and the adjacent tennis courts, and the lots around the football stadium. Team drop off is at the driveway at track level near the first turn; parking services personnel will direct drivers to park once passengers have disembarked. Do not load/unload in front of the main pedestrian entrance on Cameron Blvd.

Facilities
Eight 48” lanes with Beynon surface with two bi-direction horizontal jump runways, two shot and discus rings, and bi-directional vaulting boxes available. The hammer area is located immediately adjacent to the track stadium to the southwest; access is through the gate near the south pole vault pit or via the greenway (no vehicles) outside the west fence line of the track.

Equipment
Spike length will be 1/4” maximum for pole vault, horizontal jumps and running events; up to 3/8” permitted for javelin and high jump shoes with inset spike holes only. UCS starting blocks will be provided. Implement weigh in will be done in association with/prior to the check-in of each throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

Head Coach Bob Olesen 704-687-0426 rjolesen@uncc.edu
Asst Coach Ed Schlichter 704-687-0428 etschlic@uncc.edu
Asst Coach Ray Brewer 704-687-0427 rbrewer1@uncc.edu
Asst Coach Kyle Helf 704-687-0429 k.helf@uncc.edu
**General**  Prelims and finals will be run in the dashes and hurdles, all other events are finals with sections against time. Horizontal jumps and throws will feature 3 preliminary rounds with the top 9 plus ties advancing to a 3 round final. This is an open meet, unattached competitors may displace collegiate from finals. Starting heights in the vertical jumps will be set based on entries. In horizontal jumps and throws if field sizes are very large, minimum standards for measurement may be set with the first legal effort measured and subsequent attempts only measured if further than the minimum. If field event field sizes are very large additional alternate venues (additional pits/rings) may be used in horizontal jumps, discus and shot put; with earlier flight(s) at alternate site and later flights and final on primary site. If this is the case be aware that two flights will begin at scheduled start time. Minimums, flight locations and opening heights will be publicized with the final schedule.

**Sports Med.**  Athletic trainers will be available, please bring any supplies necessary. Visiting certified athletic trainers will have access to ice, stim, and sound if necessary. See enclosed letter for more details.

**Warm-up**  Clerk area and fields outside the softball and baseball outfield fences adjacent to the track as well as the greenway that runs alongside the creek behind the track are to be used for general warm up.
Dear Visiting Track and Field Athletic Trainer,

On behalf of Charlotte Athletics, I would like to welcome you to the University of North Carolina at Charlotte for the 2013 outdoor season. If at any time you are in need of assistance, feel free to contact me.

Home track competitions are held at Irwin Belk Track and Field Complex. Located inside the track is a medical tent which will be open for use 2 hours prior to event as well as 30 minutes post event. Other additional arrangements can be made prior to event if requested.

During your visit, modalities available for use will include: electrical stimulation, ultrasound, ice, and other first aid equipment. If your team is traveling without a Certified Athletic Trainer please notify me before hand. If traveling without an athletic trainer please send all supplies needed for your athletes along with any special instructions and prescriptions for modalities with your team, coaching staff or student athletic trainer. Treatment WILL NOT be provided for athletes with no information regarding their injury or treatment needed.

The track will be equipped with 10-gallon coolers filled with water around each designated area. The Automated External Defibrillator (AED) will be located at the medical tent during the meet which also include a splint bag and crutches. In the case of an emergency, an ambulance will be on site during all Track events. Our team physician will also be on call in the event an emergency should occur.

If you have any questions please contact me; and again welcome to the University of North Carolina at Charlotte.

Best of luck!

Sincerely,

Elizabeth Medlin MS, LAT, ATC
Assistant Athletic Trainer,
Track and Field
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