

# Prentice Gudgen High School Invitational

*hosted by Pittsburg State University*



**Saturday, January 6<sup>th</sup>, 2024**

- Site:** Harvey Dean Track / Robert W. Plaster Center -- Pittsburg State University
- Starting Time:** Field Events Noon. Running Events 1:00 p.m.
- Plaster Center Hours:** Doors open at 10:00 am for athletes and spectators
- Athletes/Team Entrances:** All Athletes and Coaches will enter the facility through the west doors of the Garfield Weede Building adjacent to Homer Street. Signage will indicate traffic flow. Doors will open 2 hours prior to the start of the competition.
- Admission:** **Admission is FREE**, please come enjoy some great high school indoor track and field.
- Meet Programs/Heat Sheets:** \$3.00 per meet program/heat sheets. They will be sold in the lobby area of the Plaster Center where tee shirts will be sold.
- Entries:** Entries open on Wednesday, Dec. 27<sup>th</sup>, and close on Wednesday, Jan. 3<sup>rd</sup> at 5 pm through [www.directathletics.com](http://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. In the **vertical events**, please do not enter a starting height for your speculative mark, enter a height you feel you are ready to jump at this time in order for us to set accurate progressions for the events. Please enter field event marks in feet and inches only.
- Please Note:** **ONLY** Direct Athletics will be used for the entry procedure. If you are on any other website doing your entries, you are on the wrong website and your entries will not be accepted. It is important to note that entries cannot be altered once entry fees are paid. Please wait to complete the payment process until all entries are entered online.
- Home Meet Info:** All info and updated documents referenced in this info and that pertaining to this meet can and will be found at the following website:  
<https://bit.ly/2CAuTaf>
- Age Restriction:** **ONLY** athletes in grades 9<sup>th</sup> through 12<sup>th</sup> will be allowed to compete as this is a High School Division only competition, no exceptions. Athletes found to be in violation of this rule will be removed from the meet.
- Entry Fee:** **\$40 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. 3<sup>rd</sup>, at 5 pm, no walk ups the day of the meet or changes/additions via email will be accepted.

**Vertical Jumps:** Starting heights for the pole vault and high jump competitions will be as followed:

**Boy's Pole Vault** – 11' 6" or 3.50m

**Girl's Pole Vault** – 8' 0" or 2.44m

**Boy's High Jump** – 5' 0" or 1.52m

**Girl's High Jump** – 4' 4" or 1.32m

**Restrooms:** Both sets of restrooms in the Weede Building, one on the West side and one on the East side, will be made available for use as well as the restrooms in the Plaster Center. Restrooms will be cleaned regularly throughout the competition.

**Check In:** Please pick up updated schedule of events at the hip number table in the Northwest corner of the Plaster Center immediately upon arrival. Heat and flight sheets along with an updated schedule will be posted throughout the Plaster Center, please locate these upon arrival. This info along with some final notes will be emailed prior to arrival to the email address used to set up your entries.

**Pole Vault Verification:** All pole vault athletes will be required to supply an accurate filled out form either signed by their coach or parent that is present with them at the meet. One athlete per form please. Forms can be found on our website and should be presented to the head pole vault judge before warmups may start.

**Implement weigh in:** All indoor implements will be weighed in at the throwing venue prior to the start of their event. Athletes need to bring indoor implements with them when they check in with the head official, please label your implements with your initials or school's acronym. **Only Indoor Implements will be allowed, and only athletes with indoor weight throw implements will be allowed to compete in that event.**

**Horizontal Field Events:** We will contest the competitions in 3 preliminary rounds with the top 9 athletes moving on to a final of 3 more attempts.

**Awards:** Top 3 placers in each High School event will receive a commemorative medal. Awards can be picked up at the tee shirt sales 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 and Long Jump 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** – 3m

**Girl's Long Jump Board** – 3m

**Boy's Triple Jump Board** – 32'

**Girl's Triple Jump Board** – 23'

**Facility Map:** Please make yourself aware of the facility and where the start/break lines are located prior to your event. Facility map is located on the home meet info page.

**Clerking:** **Running Event Athletes,** Hip numbers will be located in the Northwest corner of the arena. 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 Event Athletes**

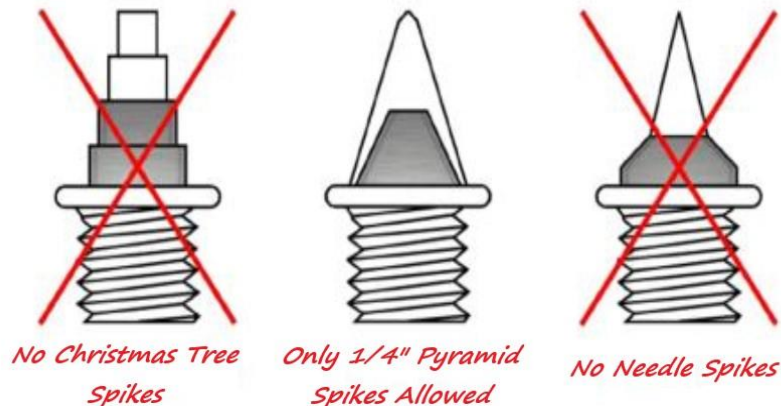
need to report to the head judge at their competition site at least **1 hour prior** to the start of the competition.

**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.**

## Approved Spikes

*ONLY 1/4" Pyramid Spikes allowed in this facility*



**Live/Final Results:** Live Results will be available at [www.midwesttiming.com](http://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](http://www.midwesttiming.com)

**Team Camp Area:** The team/athlete camp area will be located in the western most sections of the permanent bleachers and in the temporary aluminum bleachers just past the finish line. Food will not be permitted on the exposed turf and will be enforced by Plaster Center staff. Food and non-isotonic beverages are allowed in the bleachers. The walkways on the east and west ends of the track along with emergency exits must remain clear and open for traffic flow and will be marshaled and enforced. The second floor of the Plaster Center is off limits and will be closed to non-Pitt State personnel on meet days.

**Warm up Area:** The warm up area will be a designated area on the Plaster Center Turf. Team camps will not be allowed on the turf as described above. Athletes stretching should stay close to the barricades along the perimeter of the warmup area as to not encroach on the warmup area.

**Tee Shirt Sales:** Commemorative tee shirts and Pitt State team tees can be purchased in the lobby of the Plaster Center for \$20.00 the day of the competition. All sales are final, cash or check only please.

**Athletic 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 on the Plaster Center Turf right behind the finish line area adjacent to the warmup area. 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 the athletic trainer is not able to travel. Please bring your own athletics tape and other necessary supplies. Please contact our track specific athletic trainer Natasha Bieker at (620) 639-2733 for more specific meet day athletic training info.

**Additional Info:** Brian Mantooth – Pittsburg State – 620-235-4652 – [bmantooth@pittstate.edu](mailto:bmantooth@pittstate.edu)

**Parking:** Parking for the Prentice Gudgen Invitational will be in accordance with the map below. Please use the appropriate lots to help alleviate congestion. Please do NOT park buses in the Bicknell Center lot or in the Plaster Center lot. Please use the Kansas Technology Center lot.

