Calvin College Tune-up
Friday/Saturday, April 28/29, 2017

Objective: Provide a quality competition within compacted time frame the weekend before conference championships. Please be aware of the compressed nature of schedule and enter athletes appropriately.

Jumping: Separate LJ/TJ pits for men and women. Pole Vault and High Jump will be held outdoor unless weather dictates changes due to safety concerns.

Throws: Discus, Shot Put, Hammer and Javelin are contested within 50 meters of track and 15 meters of each other.


Locker Rooms: Locker rooms will be available. There are smaller facilities in the Tennis & Track building with more available in the Pool locker rooms.

Food: Team areas will be located by the track unless weather dictates.

Parking: Teams will be dropped off and buses parked in Lot 7.

Entry Fee: $200.00/team, Men and Women combined is $400.00. A team is any school with 14 or more student-athletes. Unattached student-athletes from a competing school may enter as unattached. Post High School aged athletes must enter and pay on directathletics.com. High School athletes are not allowed to compete in college or open meets.

Warm-up Area: We will use the south half of the field to the west of the outdoor track for warm-ups.

Meet Info: Team and individual information will be distributed at the north end storage area of the indoor track. Teams please pay by check or cash at packet pick-up.

**In case of inclement weather**

- We will open up the indoor track facility as a warm-up area. No food will be allowed in the indoor track and field facility.
- A room will be made available for team camp/eating area.

Additional Meet Information

Entries: directathletics.com, Wednesday, April 26th by 11:59 PM.

Spikes – ¼ inch or less spikes will be allowed on the track. Spikes are not to be worn in the Fieldhouse. No Christmas Tree or Needle spikes will be allowed. We will check for spike type and size at the start of events.

- Spectator Admission is FREE.
- Trainers will be on hand to help with basic needs like ice and tape. Some access to heat will be available.
- To ensure your team is included, please contact Bret Otte about your interest in this meet.

Throwing Events
Note that men’s and women’s javelin and hammer will be contested on Friday, April 28 starting at 4:00 PM.

Bret Otte
Head Coach
Men’s and Women’s Track & Field
Cell Phone 616.485.4737
botte@calvin.edu
Calvin College Tune-Up  
April 28/29, 2017

Friday, April 28 Schedule
FIELD EVENTS

4:00 PM  Women's Javelin, Men's Javelin to follow
4:00 PM  Men's Hammer, Women's Hammer to follow

Saturday, April 29 Schedule
FIELD EVENTS

1:00 PM  Women's Long Jump – Men to follow
Women's Pole Vault - Men's Pole Vault to follow 30 minutes after Women's competition
Men’s High Jump – Women’s High Jump to follow 30 min.
Men’s Shot Put – Women to follow
Women's Discus – Men to follow

3:00 PM  Women’s Triple Jump – Men to follow

TRACK EVENTS

Women will start all track events. All races will be seeded and timed finals

1:30 PM  3000 Meter Steeple
         4x100 Meter Relay
         1500 Meters
         100/110 Hurdles
         400 Meters
         100 Meters
         800 Meters
         400 Meter Hurdles
         200 Meters
         3,000 Meters (Women)
         4x400 Meter Relay
Calvin College Tune-Up
2017

Vertical Jumps Starting Heights
Women’s High Jump – 1.35m (4’5”)
Women’s Pole Vault – 2.30m (7’6 ½”)

Men’s High Jump – 1.65m (5’5”)
Men’s Pole Vault – 3.50m (11’5 ¾”)

Women’s and Men’s High Jump will use height increments of 5cm until two competitors remain. The remaining two can continue with 5cm increments or conclude with 3cm increments until one competitor remains.

Women’s Pole Vault will use height increments of 15cm until the height of 3.20m (10’6”) then continue with 10cm until two competitors remain. The remaining two can continue with 10cm increments or conclude with 5cm increments until one competitor remains.

Men’s Pole Vault will use height increments of 15cm until the height of 4.05m (13’3 ½”) then continue with 10cm until two competitors remain. The remaining two can continue with 10cm or conclude with 5cm increments until one competitor remains.