

Hilltopper Relays

April 10-11, 2009 • Charles M. Ruter Track Complex



- Meet Format:**
- The Hilltopper Relays will be co-hosted by Western Kentucky University and Bowling Green High School
 - University (8 teams) and High School (16 teams) Invitational
 - High Schools allowed three (3) entries per event
 - Universities allowed Four (4) entries per event
 - All track events will be finals in sections against time
 - No "B" relay teams allowed in the High School section
 - University Section "B" relays allowed
 - All eight lanes will be utilized for curved sprint races in the High School section
 - Lanes one, two and three will NOT be utilized for curved sprint races in the University Section
 - Throws and horizontal jumps, top nine advance to final
 - Heats and flights will be seeded worst to best according to entries
 - Please submit accurate marks from the 2008 or 2009 season
- Entry Procedure:**
- All team entries must be done online via www.directathletics.com
 - Please contact Craig Morehead for access to the meet entry
 - Entries are due by Tuesday, April 7th at 11:00pm (CDT)
 - Heat sheets will be posted online at wkusports.com by Thursday, April 9th, 6:00pm
 - Unattached entries will be considered at the host's discretion, contact Craig Morehead if interested
- Entry Fee:**
- High Schools will be charged \$75 per team (men and women separate)
 - Universities and Colleges will be charged \$150 per team (men and women separate)
 - Make checks payable to WKU Athletics
- Schedule:**
- Tentative Meet schedule can be found on next page
 - Schedule will be adjusted once all entries have been received
- Warm Ups:**
- Warm ups will be conducted at the football stadium
 - There will be a dedicated shuttle for the athletes to take to and from the warm up area
- Weigh In:**
- The weights and measures tent will be located on the southeast corner of the track
 - Friday weigh-in will begin at 12:30pm (CDT)
 - Saturday weigh-in will begin at 7:30am (CDT)
 - Implements will not be impounded
- Minimum Marks:**
- Minimum marks can be found on the meet schedule next to each event
- Athletic Trainers:**
- Contact Matt Rice with questions - (270)799-6918
- Directions:**
- From I-65: Take Exit 28 near the Corvette Museum. Get in the left-hand lane and follow the Duncan Hines Highway (US-31w) to campus. Turn right onto Old Morgantown Road (Registry Apartments, University Textbook and Supply). Turn left at Forrest Drive and follow to track.
 - From Natcher Parkway: Take Exit 5 East to WKU. Turn left onto University Blvd at the baseball stadium ("Welcome to Hilltopper Country" Sign). Turn left at the first stoplight onto Old Morgantown Road (Registry Apartments, University Textbook and Supply). Turn left at Forrest Drive and follow to track.
- Parking:**
- There will be no parking at the track and field complex
 - Team busses will be parked in the parking lot behind the Service and Supply Building
 - Parents and Fans may park in the parking structures on either side of Diddle Arena and take a shuttle to and from the track, which will run approximately every 10 mins from the new Parking Structure.
- Questions:**
- Contact Assistant Coach Craig Morehead
Email: craig.morehead@wku.edu
Office: (270)745-2703

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Friday, April 10

Field Events:

2:00pm	M Hammer	9 to final	120'
	M/W Pole Vault		12' / 9'
	W High Jump		4'10"
3:30pm	M/W Long Jump	9 to final	18' / 15'
	W Hammer	9 to final	100'
	M High Jump		5'8"
5:00pm	M Javelin	9 to final	100'
	W Javelin	9 to final	75'

Running Events:

3:30pm	W 1,500m
3:50pm	M 1,500m
4:15pm	W "Gainey Special" (100m, 100m, 200m, 400m)
4:25pm	M "Gainey Special" (100m, 100m, 200m, 400m)
4:45pm	W Shuttle Hurdle
5:00pm	M Shuttle Hurdle
5:20pm	W 3k Steeplechase
5:45pm	M 3k Steeplechase
6:10pm	W 5,000m
6:35pm	M 5,000m

Saturday, April 11

Running Events:

10:00am	HS G 4x100m Relay
10:05am	HS B 4x100m Relay
10:10am	W 4x100m Relay
10:20am	M 4x100m Relay
10:30am	HS G 4x800m Relay
10:55am	HS B 4x800m Relay
11:20am	G 100m Hurdles
11:30am	W 100m Hurdles
11:40am	B 110m Hurdles
11:50am	M 110m Hurdles
Noon	G 100m
12:10am	B 100m
12:20pm	W 100m
12:30pm	M 100m
12:40pm	G 1,600m
1:05pm	B 1,600m
1:30pm	G 4x200m
1:40pm	B 4x200m
1:50pm	G 400m
2:05pm	B 400m
2:20pm	W 400m
2:30pm	M 400m
2:40pm	G 800m
2:55pm	B 800m
3:10pm	W 800m
3:20pm	M 800m
3:35pm	G 300m Hurdles
4:05pm	B 300m Hurdles
4:25pm	W 400m Hurdles
4:40pm	M 400m Hurdles
4:55pm	G 200m
5:10pm	B 200m
5:25pm	W 200m
5:35pm	M 200m
5:45pm	G 3,200m
6:15pm	B 3,200m
6:40pm	G 4x400m Relay
6:50pm	B 4x400m Relay
7:00pm	W 4x400m Relay
7:10pm	M 4x400m Relay

Saturday, April 11

Field Events:

9:00am	W Discus	9 to final	100'
	HS B Shot Put	9 to final	No min.
10:00am	HS B/G Long Jump	9 to final	No min.
11:00am	HS B/G Pole Vault		9' / 6'
	HS G High Jump		4'0"
11:30am	HS G Discus	9 to final	No min.
	M Shot Put	9 to final	37'
Noon	M/W Triple Jump	9 to final	42' / 35'
2:00pm	HS B/G Triple Jump	9 to final	No min.
	HS B High Jump		5'0"
2:30pm	HS B Discus	9 to final	No min.
	W Shot Put	9 to final	34'
5:00pm	M Discus	9 to final	115'
	HS G Shot Put	9 to final	No min.