

Hilltopper Relays

April 9-10, 2010 • Charles M. Ruter Track Complex



Meet Format:

- The Hilltopper Relays will be co-hosted by Western Kentucky University and Franklin-Simpson HS
- University and High School (16 teams) Invitational
- High Schools allowed three (3) entries per event
- Universities allowed unlimited 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 and two 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 6th at 11:00pm (CDT)
- Heat sheets will be posted online at wkusports.com by Thursday, April 8th, 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 \$200 per team (men and women separate)
- Make checks payable to WKU Athletics
- Please do not mail in entry fees --- Pay day of event at Packet Pick-up

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

Weigh In:

- The weights and measures tent will be located near the main gate of the track
- Friday weigh-in will begin at 1:00pm (CDT)
- Saturday weigh-in will begin at 7:30am (CDT)
- Implements will not be impounded

Athletic Trainers:

- Contact Kyle Oldham with questions - (270)723-7283

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

Questions:

- Assistant Coach Craig Morehead
Email: craig.morehead@wku.edu
Office: (270)745-2703
- Assistant Coach Michelle Scott
Email: michelle.scott@insightbb.com
Mobile: (270)303-3489

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Friday, April 9

Field Events:

2:00pm	M Hammer	9 to final
	M/W Pole Vault	
	W High Jump	
3:30pm	M/W Long Jump	9 to final
	W Hammer	9 to final
	M High Jump	
5:00pm	M Javelin	9 to final
	W Javelin	9 to final

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 10

Running Events:

9:15am	HS G 2,000m Steeplechase
9:35am	HS B 2,000m Steeplechase
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 10

Field Events:

9:00am	W Discus	9 to final
	HS B Shot Put	9 to final
10:00am	HS B/G Long Jump	9 to final
11:00am	HS B/G Pole Vault	
	HS G High Jump	
11:30am	HS G Discus	9 to final
	M Shot Put	9 to final
Noon	M/W Triple Jump	9 to final
2:00pm	HS B/G Triple Jump	9 to final
	HS B High Jump	
2:30pm	HS B Discus	9 to final
	W Shot Put	9 to final
5:00pm	M Discus	9 to final
	HS G Shot Put	9 to final