



TRACK AND FIELD INFORMATION SHEET
(please read entire Information Sheet carefully)

ENTRIES DUE: Thursday, March 20th

DATE OF MEET: Monday, March 24th
(Check-in between 5:30-5:45 pm – meet begins at 6:00 pm)

The 2008 Intramural Track and Field Meet will be held on Monday, March 24th on Francis Field.

Field events will begin at 6:00 pm; track events will begin immediately following the field events. All participants must have their Washington University ID's with them in order to participate.

ANYONE NOT LISTED ON THE HEAT SHEETS WILL NOT BE ALLOWED TO PARTICIPATE.

NO CHANGES TO ROSTERS WILL BE ALLOWED AFTER 12:00 NOON ON MONDAY, MARCH 24th.

This meet will be scored in divisions, but all undergrads, grads and faculty/staff will compete together—unless there are enough open competitors to warrant separate heats. Men's and women's events will be scored separately. **No current varsity Track Team or Cross Country Team members will be allowed to participate.** All regular Intramural eligibility rules will apply.

All participants must sign an Acknowledgement of Participation Statement before their first match. Those not registered in the IM Office will be considered ineligible.

Championship IM T-shirts will be given to first place winners in each event, male and female. Overall team winners in each division will also receive Championship IM T-shirts.

(continued)

Order of Event

Mon., March 24th: (6:00 pm) – Long jump (men, then women)
Triple jump (men only)
High jump (men, then women)
Shot put (men, then women)
Discus (women, then men)

Men's 400m Relay (4x100)
Women's 400m Relay (4x100)
Men's 1600 Meters
Women's 1600 Meters
Men's 400 Meters
Women's 400 Meters
Men's 100 Meters
Women's 100 Meters
Men's 800 Meters
Women's 800 Meters
Men's 200 Meters
Women's 200 Meters
Men's 3200 Meters
Women's 3200 Meters
Men's 1600 Meter Relay (4x400)
Women's 1600 Meter Relay (4x400)

For Your Information

Running events will go in the order listed. Because of the different number of heats required for various events, an exact starting time for each event cannot be predicted. We will begin each event as soon as the previous one is completed—so have your people ready. Be aware that some events may not have any women entered, so we will move directly to the next men's event.

All events 400 meters or less will be run in heats against time.

Batons and starting blocks will be provided.

The Men's and Women's 1600 Meters will be run together as will the Men's and Women's 3200 Meters (if possible).

Starting heights for the High Jump will be as follows: Men – 4’10”, Women – 3’10”.

No spiked shoes of any kind will be allowed, including spike shoes with the spikes removed!!!

Please contact Lynn Imergoot or the IM Office (935-5193) if you have any questions.

Good Luck!



2007-08 MEN'S IM TRACK AND FIELD MEET ENTRY FORM

Division (check one): Individual Team

League (check one): Point Undergrad Open

Team Name _____

Manager/Captain _____

Phone (best number to be reached) _____

Email _____

DIRECTIONS: See chart on reverse side. Place person's name in "Participants" column; then check the events in which that person will compete. PLEASE PRINT LEGIBLY AND KEEP A COPY FOR YOUR RECORDS!!!

ELIGIBILITY STATEMENT: *My signature certifies that I know and understand the Intramural Eligibility Rules and have completely checked the eligibility of all players on this roster. I assume responsibility for any discrepancies which might arise concerning this roster. I understand that failure to comply with the Eligibility Rules or other*

Intramural participation rules will result in action as outlined in the Intramural Sports Constitution and By-Laws.

Manager's/Participant's Signature

