

Dear Coach,

Listed below is the general information the 20th Annual DeSchraver Invitational (Saturday, February 2nd 2019).

1. **Entry Procedure:** Log onto DIRECT ATHLETICS for entries (will be up in De.). Please have your entries done by Wednesday Jan 30th @ 8pm...Our timer will have event sheets at the meet for coaches to do scratches. Please keep in mind entry limits. To keep meet moving NO additions at the meet you have Thursday and Friday to make corrections (minor ones)...send to Joe.

2. **Entry Limits:** 200m (There is a 4x200m) – 2 per school; 5,000m – 3 per school; Field Events – 4 per school; all other running events – 5 per school; relays – unlimited. Due to the size of the meet, we ask ALL coaches to adhere to these limits!

3. **Clerking: Running events check in 1st call...we'll then put heats together and hand out Hip #'s. Those who do not check in after first call will be scratched.**

4. **Entry Fee** \$275 per team (\$550 for both men and women). Individual entries will be \$15.00/person \$20 for 2 events and \$25 for 3 events and \$25.00 for relays. Make checks payable to East Stroudsburg University...Payment due on meet day. (If you would like to mail it ahead of time please send it to: Joe Koch, Koehler Fieldhouse, ESU, East Stroudsburg, PA 18301)

5. **Location:** Leave Route 80 at Exit 308; proceed 1 block north to East Brown St. and turn right at the traffic signal. Continue on East Brown Street to the south edge of campus. Turn left on Smith Street at the tennis courts. The Field House is one block on the left.

6. **Facility:** 200-meter Eurotan surface. Six 30" lanes around the entire track. Five lanes for the 55m and hurdles. The high jump and pole vault conducted on the rubberized part of the infield (no spikes). Running, LJ/TJ events ¼" or less spikes (*Please instruct your athletes to carry spikes to clerk area and change out of spikes immediately following their race.*) Our long jump pit is behind the sprint starting line; the runway is the same surface as the track. Shot Put and Weight Throws will be held at Zimbar Gym (Next to our outdoor stadium). Maps will be available when you arrive. (Women's SP may be contested at Koehler depending on # of entries) HJ/PV flats only (NO SPIKES)

NO SPIKES ALLOWED ON CARPETED BASKETBALL COURT/BLEACHERS (we have a new basketball floor)

7. **AWARDS:** T-Shirts to event winners (individuals and relays)

8. **CONCESSIONS:** Our stand will be open.

9. **RESULTS:** Posted throughout the meet. Complete results available at www.esu.edu after the meet. Live results will be available at www.wil-time.com

10. **LOCKERS** facilities are available. Bring your own lock...Valuables should be secured.

11. **Fully Automatic Timing, WHILE WARMING UP STAY AWAY FROM THE FINISH LINE!**

12. **PLEASE USE OUR STARTING BLOCKS!**

13. **OPENING HEIGHTS:** HJ 4'8" (W), 5' 10" (M), PV 8' (W), 11'6" (M). (May change due to field size)

14. **HORIZONTAL JUMPS/THORWS:** 3 attempts, No Finals. 4 entries per event. First legal jump will be measured then these minimums will be enforced: LJ-Women/ 15' Men/19' TJ-Women/30' Men/40'
SP – Women/30', Men/36'; Weight – Women/31', Men/36'

15. **SCRATCHES:** Before & during the meet please scratch athletes who won't be competing to keep the meet moving!! Do this at the clerk table (running) or field event site.

16. **Implements** will be weighed for national qualifiers.

17. We'll run slow to fast in events with multiple heats

18. Buses should be parked in the lot behind the library (corner of Smith & Normal Streets) or down by the outdoor stadium.

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DESCHRIEVER INVITATIONAL

10:00 AM	20# Weight (Zimbar gym)	I/F	35# Weight (Zimbar Gym)
	Men's Long Jump	I/F	Women's Long Jump
	Women's Pole Vault	I/F	Men's Pole Vault
10:00 AM	Women's High Jump	I/F	Men's High Jump
1:00 PM (Approx)	Women's Shot Put (After Men's Wt./ Zimbar)	I/F	Men's Shot Put (Zimbar)
1:30 PM (Approx)	Men's Triple Jump (After Women's LJ)	I/F	Women's Triple Jump
10:00 AM	5000 (1 Heat)	Women	
	4 x 200	Women	
	4 x 200	Men	
	5000 (1 Heat/ 3 Entries)	Men	
	DMR	Women	
	DMR	Men	
	55 Hurdles	Women	Final on Time
	55 Hurdles	Men	Final on Time
	55	Women	Final on Time
	55	Men	Final on Time
	Mile	Women	
	Mile	Men	
	"Drew Davis Alumni Mile"		
	400	Women	
	400	Men	
	600	Women	
	600	Men	
	800	Women	
	800	Men	
	1000	Women	
	1000	Men	
	200 (2 entries only)	Women	
	200 (2 entries only)	Men	
	3000	Women	
	3000	Men	
	4 x 400 Relay	Women	
	4 x 400 Relay	Men	

- Seeded heats will be last
- 3 Jumps in the Long Jump and Triple Jump (No Finals)
- Runners **MUST** check in at **FIRST CALL** or will be scratched, to keep the meet moving smoothly.