

Dear Coach,

Listed below is the general information about the 14th Annual All-American Invitational/Open Meet. (Saturday, April 20, 2019).

1. **Entry Procedure:** No additions on the day of the meet!! Direct Athletics. Entries are due by Wednesday, April 17th at 8pm. Our timer will have event sheets for coaches to do scratches before and during meet. NO ADDITIONS ON MEET DAY!!!
2. **Entry Fee:** \$275 per team (\$550 for both men and women). Individual entries will be \$15 per entry and \$20 for relays. Make checks payable to East Stroudsburg University...Payment due day of the meet. (If you would like to mail it ahead of time, please send it to: Joe Koch, Track and Field office, ESU, E. Stroudsburg Pa 18301)
3. **Location:** Leave Rt. 80 at exit 308; proceed through the light and take the first right onto Centre St. Go to the second stop sign and the stadium is on your right.
4. **Facility:** 400-meter euro-tan surface track. Eight 42” lanes around the entire track. We have dual long/triple jump pits. Javelin is thrown off of an all-weather runway.
5. **Awards:** T-shirts to event winners (individuals and relays).
6. **Concessions:** Our stand will be open.
7. **Results:** Posted throughout the meet behind stands next to men’s restroom. Complete results available at <http://www.wil-time.com> after the meet. Final results will be both on that site and our own www.esuwarriors.com .
8. **Lockers** and shower facilities will be available at Koehler Field House. Bring your own towel and lock...Valuables should be secured.
9. **Fully Automatic Timing. WHILE WARMING UP STAY AWAY FROM FINISH LINE!!!!**
10. **Please USE OUR STARTING BLOCKS**
11. **Opening Heights:** HJ 4’6” w, 5’8” m, PV 8’ w, 12’ m (May change due to field size)
12. **Throws/Horizontal jumps:** 3 trial attempts/3 final attempts...Top 6 to the finals (minimum measurements will be used due to field sizes ... Thur, april 18 minimum measurements will be posted/emailed)

13. Women's Throws:

Shot Put: measure nothing under 30ft, minimum 10 meters, measure one legal throw

Discus: measure nothing under 90 feet, minimum of 30 meters, measure one legal throw

Hammer: nothing under 100 ft, minimum 33 meters, measure one legal throw

Javelin: nothing under 90 feet, minimum of 33 meters, measure one legal throw

14. Men's Throws:

Shot Put: measure nothing under 11 meters, minimum 12 meters, measure one legal throw

Discus: measure nothing under 33 meters, minimum of 35 meters, measure one legal throw

Hammer: nothing under 33 meters, minimum 35 meters, measure one legal throw

Javelin: nothing under 33 feet, minimum of 40 meters, measure one legal throw

15. **Field** events check in at the site...Running events will be clerked at the tent beyond the finish line. (Please scratch athletes not competing and have your runners check in at first call, so we can keep meet moving).

16. **THROWS AT THE FIELD LOCATED BEHIND DANSBURY COMMONS
CAFETERIA (CORNER OF NORMAL ST. & GREEN ST.)**

****Any questions, please contact Joe Koch at 570-422-3054 or jkoch@po-box.esu.edu****

All-American Invitational

Saturday, April 20, 2019

TRACK EVENTS

*Running Events start @ 10:00am
& we'll be working on a running schedule*

3000 M
3000 W
5000 W
3000 Steeplechase M
3000 Steeplechase W
4x100 M W (approx. 11:45 am)
4x100 M M
1500 W
1500 M
100HH W
110HH M
400 M W
400 M M
100 M W
100 M M
800 M W
800 M M
400 IH W
400 IH M
200 M W
200 M M
5000 M M
4x400 M W
4x400 M M

THROWING EVENTS

9:30 am Hammer **W** Men to follow
9:30 am Shot Put **M** Women to follow
9:30 am Javelin **M** Women to follow
1:30 pm (approx.) Discus **W** Women
1:30 pm (approx.) Discus Men

**We will have two separate cages for the discus

JUMPING EVENTS

10:00 am Long Jump **M** Women to follow
10:00 am Pole Vault **M** Women to follow
10:30 am Triple Jump **W** Men to follow
11:00 am High Jump **W** Men to follow

*THROWS ARE LOCATED AT THE FIELD BEHIND DANSBURY COMMONS (AT THE CORNER OF NORMAL ST. AND GREEN ST.) Walk out the main stadium gate straight ahead towards the large smoke stack. At Normal Street slight right and then left down the hill between power plant and Dansbury Common's. Throwing fields will be on your right beyond the large parking area. 5 min walk(1/4 mile away)

