ESU Warrior Classic
Friday January 6th, 2023
Koehler Fieldhouse

Dear Coaches,
Enclosed is the meet schedule/information on our Warrior Classic/ ESU indoor meet (Friday, January 6th). ONLY high school athletes are eligible to compete. High school athletes are eligible to compete whether or not your school sponsors a team. Incase of inclement weather, a decision will be made three hours before the meet. Best of luck with your season and please contact us with any questions.

DIVISIONS: Top seeded marks will be seeded in the Invitational section of the Running and Field events.

FACILITY:
- Doors open at 2pm.
- 200-meter euro-tan surface. Six (6) 30" lanes around the entire track.
- Five (5) lanes will be used for the hurdles.
- The Shot Put will be thrown off of a plywood circle.
- The High Jump will be on a wooden floor and the Pole Vault is conducted on the rubberized part of the infield.
- **The long/ triple jump pit is behind the sprint starting line; the runway is the same surface as the track.**

SHOES: ***Absolutely NO spikes!!*** Hard plastic spike plates are permitted. If an athlete is caught wearing spikes they will be DQ'd

ENTRY FEES: $10.00 per event per individual/ $20.00 per relay
Team entries: $200.00 per team ($400 combined boys and girls).

Make check payable to ESU Track and Field (if you're mailing it ahead of time, please send it to:
Justin Germani
ESU Track and Field Office
200 Prospect Street
East Stroudsburg, PA 18301

(DO NOT SEND CHECKS AFTER January 1st)

ALL Meet Questions : please email - **ESUTFXC@gmail.com**
ENTRY PROCEDURES: We'll be using Milesplit. Entries are due Tuesday, January 3rd by 4PM.
a. 5 max in running events
b. 4 max in field events (shot, HJ, PV, LJ, TJ)
c. relays are unlimited.
No additional entries will be accepted after 4pm on January 3rd.
THERE WILL BE NO ADDING ATHLETES/RELAYS ON MEET DAY

ACCEPTED ENTRIES: Accepted Field Event Entries: We will be accepting the top 36 entries in the field events. Accepted entries will be emailed out and posted on our website Thursday January 5th at 12pm.

LOCATION: Koehler Fieldhouse
Located on the campus of East Stroudsburg University. 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. (corner of smith and normal street)

PARKING: BUSES: Once unloaded, continue to the intersection of Normal street, and make a right and Park behind the Library (Large White Stone building on corner) in the large lots there.

SPECTATOR FEE: Adults and Children: $5

DRESSING FACILITIES: Lockers and showers are not available. Valuables should be secured.

EQUIPMENT: Bring your own implements and poles. Blocks will be provided..

Only implements that meet the following weight standards can be used in either warm-up or competition:

Discus
Boys: 1.6 kg or 3.53 lbs
Girls: 1 kg or 2.20 lbs

Shot
Boys: 12 lbs
Girls: 4 kg or 8.82 lbs

FIELD EVENTS:

Starting Heights: Boards:
HJ (G:4'6"/ B: 5'6")
PV (G: 7'/ B: 10')

TJ - only two boards will be used for competition

Horizontal Jumps
-- Entries are capped at the top 36 boys and 36 girls entered in each event;
-- Three trials per athlete and top 9 go to finals.
Throws
-- Entries are capped at the top 36 boys and 36 girls entered due to limited daylight; -- Three trials per athlete and top 9 go to finals

CLERK OF THE COURSE/ CHECK-IN: PLEASE have your athletes check-in at first call so we can keep the meet moving (field event at the site…running events clerked at tent beyond finish line) COACHES SHOULD SCRATCH ATHLETES NOT COMPETING!!!

RELAY CARDS: Fill out relay cards with complete names (girls yellow, boys blue). **AWARDS**:

Medals to the top 3 in each individual event and top 3 for relays.

OTHER INFORMATION
- Athletic Trainers will be available at the clerk tent/throwing area
- Results will be posted on bleachers after results are announced. Due to large numbers of entries only the top 3 marks in each will be posted by Monday on milesplit.
- We will have a concession stand for food/t-shirts that will be open.
- At the end of the meet please CLEAN UP your area!
- We will not hold up events for athletes in more than one (1) event at the same time.

Up-Coming Events: DETAILS AVAILABLE ON OUR WEBSITE: www.esu.edu

On Saturday, **April 22, 2023** we will host an outdoor high school meet.

ESU Warrior Classic

Friday, January 6th 2022 - 3:00 PM

Meet Schedule

Field Events: (Athletes must check in prior to the start of their event.)

3:00 PM	Boys Pole Vault
	Girls High Jump
	Boys Shot Put
	Boys Long Jump (3 Jumps)
4:30 PM (Approx)	We will start warm-ups/events immediately following the previous event. No Finals.
	Girls Pole Vault
	Boys High Jump
	Girls Shot Put
	Girls Long Jump (3 Jumps) (Followed by Boys Triple then Girls Triple)

Running Events: It will be a running schedule with girls, then boys for all track events.

Heats will run fast to slow.

3:00 PM	3200m
	55m Hurdles-Finals on Time
	55m-Trials
	1600m
	55m-Finals
	400m
	800m
	200-Finals on time (3 entries)
	4 x 200 Relay
	4 x 400 m Relay

Notes -Finals are based on time for all running events.

** Updated Final schedule will be posted after entries are submitted.