AU LightGiver Indoor Invitational

Tentative Information and Schedule, it may change due to entries, 12/14/22

Facility/Surface

The Niss Athletic Center features:

- 300m Track w/Mondo surface
- 8-lane Straightaway, 6-lane Oval
- 2 Horizontal Jumps Pits

**Friday, February 3rd**

**Track Events**

- 4:00 PM - DMR - Women
- 4:20 PM - DMR - Men
- 4:40 PM - 200 Meter - Women
- 5:40 PM - 200 Meter - Men
- 6:40 PM - 5,000 Meter - Women
- 7:30 PM - 5,000 Meter - Men

**Field Events**

- 2:00 PM - Weight Throw - Women
- 3:00 PM - Pole Vault - Women
- 3:00 PM - Triple Jump - Men
- 4:00 PM - Triple Jump - Women

**Heptathlon**

- 2:00 PM - 60 Meter
- ~2:45 PM - Long Jump
- ~4:35 PM - Shot Put
- ~6:15 PM - High Jump

**Saturday, February 4th**

**Track Events**

- 11:30 AM - 60 Meter - Men - Qualifier
  - 60 Meter - Women - Qualifier
- 12:30 PM - 60 Meter - Men - Semifinal
  - 60 Meter - Women - Semifinal
- 60 Hurdle - Men - Semifinal
  - 60 Hurdle - Women - Semifinal
- 200 Meter - Men
  - 200 Meter - Women
- 60 Hurdle - Men - Final
  - 60 Hurdle - Women - Final
- 400 Meter - Men
  - 400 Meter - Women
- 800 Meter - Men
  - 800 Meter - Women
- 3,000 Meter - Men
  - 3,000 Meter - Women
- 4x400 Meter - Men
  - 4x400 Meter - Women

**Field Events**

- 11:00 AM - Shot Put - Women
- To Follow - Shot Put - Men
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>~5:20 PM</td>
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<td>~6:35 PM</td>
<td>Long Jump - Women</td>
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<td>~7:55 PM</td>
<td>800 Meter</td>
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<tr>
<td>11:00 AM</td>
<td>Long Jump - Men</td>
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<td>2:00 PM</td>
<td>Pole Vault - Men</td>
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<td>11:00 AM</td>
<td>High Jump - Women</td>
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<td>To Follow</td>
<td>High Jump - Men</td>
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<td>Heptathlon</td>
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<tr>
<td>10:30 AM</td>
<td>60 Hurdles</td>
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<tr>
<td>~11:30 AM</td>
<td>Pole Vault</td>
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<td>~2:00 PM</td>
<td>1000 Meter</td>
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**Entry Fee**

- $350.00 per team
- $700.00 for Men’s and Women’s, or $30 per athlete for teams under 12 entries.

**Entry Procedure**

- ALL entries must be done through [www.DirectAthletics.com](http://www.DirectAthletics.com) with payment.

**Entry Deadline**

- Entries will close by 11:59 pm on Tuesday, January 31st, 2023.

**Heat Sheets**

- Heats/Flights will be seeded Thursday @5pm.

**Multi-Events**

- You will get 2 multi-athletes in per gender, beyond that is determined by field size.

**Check-In**

- Running Event Check-In will take place in the Southwest corner of the turf.
- Field event Check-In will take place at the site of the Field Event. **Warm-Ups for Field Events will begin 1 hour before the 1st Flight.**

**Spikes**

- Spikes will be checked and tagged at Check-In. ¼ spikes are the longest allowable spike. **NO CHRISTMAS TREE or NEEDLE** spikes are allowed.

**Implement Weigh-In**

- All implements must be weighed-in when arriving to the facility. Implement Weigh-In is located in the Storage Room, which is located through a garage door in the North corner of the facility.

**Vertical Jumps**

- Starting Height will be determined once entries close. **NO Chalk on the Mondo Surface, makers will be provided.**

**Timing/Live Results**

- All timing and results will be done with Finishtiming.com.

**Athletic Training**

- A certified athletic trainer will be on site to provide ice, water and any emergency attention that may be needed. Please send any tape or other athletic disposables with team.

**Restrooms**

- Restrooms are located on the east end of the building under the mezzanine on ground level.

**Bus Drop-Off**

- 1000 Broad Street, Ashland, OH 44805 (in front of Troop Center). Bus parking is available in University owned lots G, F, & B. Vans may park in spectator parking.

**Admission**

- $11 for Adults, $6 for Children. **NO OUTSIDE FOOD OR BEVERAGES**