



# 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

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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

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

### Heptathlon

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

### Pentathlon

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2:30 PM - 60  
Hurdles  
~3:20 PM - High Jump

## Saturday, February 4th

### Track Events

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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  
Mile - Men  
Mile - Women  
60 Meter - Men - Final  
60 Meter - Women - Final  
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

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11:00 AM - Shot Put - Women  
To Follow - Shot Put - Men

~5:20 PM - Shot  
Put  
~6:35 PM - Long Jump  
~7:55 PM - 800 Meter

11:00 AM - Long Jump -  
Women  
11:00 AM - Long Jump - Men  
2:00 PM - Pole Vault - Men  
11:00 AM - High Jump -  
Women  
To Follow - High Jump - Men

#### Heptathlon

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10:30 AM - 60 Hurdles  
~11:30 AM - Pole Vault  
~2:00 PM - 1000 Meter  
• 1 Pole Vault Runway

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 <a href="http://www.DirectAthletics.com">www.DirectAthletics.com</a> with payment.
Entry Deadline	Entries will close by 11:59pm on Tuesday, January 31 <sup>st</sup> , 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. <b>Warm-Ups for Field Events will begin 1 hour before the 1<sup>st</sup> Flight.</b>
Spikes	Spikes will be checked and tagged at Check-In. ¼ spikes are the longest allowable spike. <b>NO CHRISTMAS TREE or NEEDLE</b> 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. <b>NO Chalk on the Mondo Surface, makers will be provided.</b>
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. <b>NO OUTSIDE FOOD OR BEVERAGES</b>