

Meyo Invitational



Meet Schedule - UPDATED Draft

February 3-4, 2023 - Updated 01/19/2023

Friday, February 3

Women's Pentathlon

12:00 pm - 60 M Hurdles

High Jump

Shot Put

Long Jump

800 M Run

Field Events

4:00 pm - Long Jump (2 Flights) - Women

4:00 pm - Shot Put (2 Flights) - Women

5:00 pm - Pole Vault (1 Flight) - Men

5:00 pm - High Jump (1 Flight) - Women

6:30 pm - Long Jump (2 Flights) - Men

6:30 pm - Shot Put (2 Flights) - Men

Running Events – Women / Men (Friday Session)

4:30 pm - 60 M Hurdles – Prelim - Women

4:50 pm - 60 M Hurdles – Prelim - Men

5:10 pm - 60 M Dash – Prelim - Women

5:30 pm - 60 M Dash – Prelim - Men

5:50 pm - 600 M Run - Women

6:00 pm - 600 M Run - Men

6:10 pm - Distance Medley Relay - Women

6:25 pm - Distance Medley Relay - Men

6:40 pm - 200 M Dash - Women

7:10 pm - 200 M Dash - Men

7:40 pm - 5000 M Run - Women

8:20 pm - 5000 M Run - Men

Saturday, February 4

Field Events

11:00 am - Triple Jump (2 Flights) - Women

11:00 am - Adam Beltran Weight Throw (2 Flights) - Women

12:00 pm - Pole Vault (1 Flight) - Women

12:00 pm - High Jump (1 Flight) - Men

1:30 pm - Triple Jump (2 Flights) - Men

1:50 pm - Adam Beltran Weight Throw (2 Flights) - Men

Running Events – Men / Women (AM Session)

10:00 am - 3000 M Run (2 Heats) - Men

10:25 am - 3000 M Run (2 Heats) - Women

10:50 am - Mile Run (3 Heats) - Men

11:10 am - Mile Run (3 Heats) - Women

11:30 pm - 60 M Hurdles – Semi (3 Heats) - Men

11:40 pm - 60 M Hurdles – Semi (3 Heats) - Women

11:50 pm - 60 M Dash – Semi (3 Heats) - Men

12:00 pm - 60 M Dash – Semi (3 Heats) - Women

12:10 pm - 400 M Dash - Men

12:40 pm - 400 M Dash - Women

1:10 pm - 800 M Run - Men

1:30 pm - 800 M Run - Women

Running Events – Women / Men (PM Session)

----- ESPN Broadcast Intro -----

2:05 pm - 60 M Hurdles – Final (2 Heats) - Women

2:10 pm - 60 M Hurdles – Final (2 Heats) - Men

----- ESPN Commercial Break -----

2:15 pm - 60 M Dash – Final (2 Heats) - Women

2:15 pm - 60 M Dash – Final (2 Heats) - Men

----- ESPN Commercial Break -----

2:20 pm - 400 M Dash (2 Heats) - Women

2:25 pm - 400 M Dash (2 Heats) - Men

----- ESPN Commercial Break -----

2:30 pm - 800 M Run (2 Heats) - Women

2:40 pm - 800 M Run (2 Heats) - Men

----- ESPN Commercial Break -----

2:50 pm - Mile Run (1 Heat) - Women

3:00 pm - Meyo Mile (1 Heat) - Men

----- ESPN Commercial Break -----

3:10 pm - 3000 M Run (1 Heat) - Women

3:30 pm - Ryan Shay 3000 M Run (1 Heat) - Men

----- ESPN Commercial Break -----

3:45 pm - 4x400 M Relay (1 Heat) - Women

3:50 pm - 4x400 M Relay (1 Heat) - Men

----- ESPN Broadcast End -----

4:00 pm - 4x400m Relay – Women

4:10 pm - 4x400m Relay – Men

Meyo Invitational



Meet Information

February 3-4, 2023 **Updated – 01/19/2023**

Entry Procedure:

- All institutions will submit entries online at Direct Athletics.
- Meet Entries will close on Monday, January 30 at 1:00 pm (EST).
- Unattached Athletes wanting to be considered for competition can contact Meet Director, David Beauchem with name, event, and *valid proof of performance*. We will be very selective in accepting Unattached Entries.

Entry Fee:

- \$400 per team. Each gender will be considered a separate team.
- Institutions not bringing a full team will be charged \$30.00 per accepted student-athlete up to 13 athletes.
- Unattached athletes will be charged \$30.00.
- Entry fees can be paid via cash or check at packet pickup, or prior to competition on DirectAthletics.
- Please make all checks payable to "University of Notre Dame".
- Notre Dame Students with a valid Irish1Card and proof of performance can be accepted into the competition at no cost.

Entry Limits:

Long Jump – 32	Triple Jump – 32	Pole Vault – 16	High Jump – 16
Weight Throw – 32	Shot Put – 32	60M Dash – 48	60M Hurdles – 48
200M Dash – 48	400M Dash – 48	600M Run – 18	800M Run – 48
Mile Run – 60	3,000M Run – TBD	5,000M Run – TBD	4x400M Relay – TBD
Distance Medley - 12			

Facility Overview:

- Meyo Field is located inside Loftus Sports Center. A 320-meter Mondo track will provide athletes an opportunity to race on the nation's largest NCAA legal indoor track.
- Pole Vault / Long Jump / Triple Jump will be contested on a raised Mondo runway.
- High Jump will be contested on a plywood/Mondo surface placed on top of the turf infield.
- Weight Throw / Shot Put will be contested on a wood circle with the sector lying within the turf infield.
- Preferred Lanes:
 - 60 M Dash / 60M Hurdles (Prelims): 4 – 3 – 5 – 2 – 6 – 1
 - 60 M Dash / 60M Hurdles (Final): 4 – 3 – 5 – 2
 - 200 M Dash: 5 – 6 – 4 – 3 – 2
 - 400 M Dash / 600M Run / 800M Run / 4x400M Relay: 4 – 5 – 6 – 3 – 2 – 1

Facility Restrictions:

- ¼" Pyramid Spikes **ONLY**. We ask that coaches please make sure all athletes have the correct spikes. Shoes may be checked at check in or at pre-race clerking. If spikes are not in compliance, the athlete will be disqualified.
- **ONLY** athletic tape may be used on high jump aprons, long/triple jump runways, and all other track surfaces. No duct tape is allowed.
- No electronic devices are allowed inside the competition area at any time.

Parking/Directions:

- Parking information will be made available to all coaches and operation personnel one week prior to competition.

Team Camps:

- Please set up team camps on the predetermined areas along the inside of the track.

Scoring:

- This competition will not be scored.

Team Practice / Pre-Meet Workout:

- Team Practice times for Thursday (4:30-6:30 pm) Track Only (No Field Events).
- Team Practice times for Friday (12:30-2:30 pm) Track Only (No Field Events).

60 M. Dash & 60 M. Hurdle Advancement:

- We will follow rule 7.10 Article 2b as it pertains to Prelims / Semi-Final / Final advancement
 - We will contest a 3-section semi-final (6 per section) to take place on Saturday morning.
 - We will contest a 2-section final (4 per section) to take place Saturday afternoon.

Clerking Procedures:

- Running Event Competitors must report to the Hip Number table, located near the 40-yard line, at least 60 minutes prior to the start of their event to check-in and receive their Hip Numbers. Running Event Competitors will then report to their respective start line no later than 10 minutes prior first Heat of their event.
- High Jump / Pole Vault Competitors must report at least 60 minutes prior to start of your event.
- Weight Throw / Shot Put Competitors must report at least 45 minutes prior to first Flight of your event.
- Long Jump / Triple Jump Competitors must report at least 30 minutes prior to first Flight of your event.

Implement Weigh-in:

- All implements will be weighed in at the site of competition beginning 60 minutes prior to the start of competition.

Opening Heights & Progressions:

- Final opening heights and progressions will be determined by meet management and will be included in FINAL HEAT SHEETS on February 2.

4x400 Relay:

- Institutions will be allowed to enter up to 3 relays. Relay Heats will NOT be assigned until check in, 60 minutes prior to the event to allow for full, competitive heats.
- Relay Cards are due 30 minutes prior to the first Heat of each relay at the timing table located at the finish line.
- We will race the top Women's Heat / top Men's Heat first, followed by the remaining Women's Heats / Men's Heats.

Shower & Restroom Facilities:

- No locker room or shower facilities will be available.
- Limited indoor restrooms will be available within Loftus Sports Center. Additional restrooms will be available in the portable restroom trailer outside of the southwest corner of the track.

Sports Medicine:

- Athletic Trainers will be available 90 minutes prior to the first event, until 30 minutes after the conclusion of competition.
- Trainers will be located in the Northeast corner of the facility.
- All other Sports Medicine questions can be directed to Morgan Buchs via email at mbuchs@nd.edu.

Food & Drinks:

- Outside food is prohibited in the Loftus Sports Center. No food, Gatorade, or soft drinks are allowed. Teams wishing to cater in meals will be asked to eat in the hallway.

Results:

- Live results will be available at www.enduranceracetiming.com.

Media Information:

- All media related questions can be sent to Nicole Kirk at nleighty@nd.edu.

Questions or Further Information:

- Please contact Meet Director David Beauchem 850-228-1916 / dbeauch2@nd.edu with any additional questions.

Updated – 01/19/2023