

***Clemson Bob Pollock
Invitational***

Friday & Saturday, January 25th & 26th, 2019

Clemson University Indoor Track – Clemson, SC



***Clemson Bob Pollock Invitational
Friday & Saturday, January 25th & 26th, 2019
Clemson, South Carolina***

Entry Information:

Teams Attending: Clemson, Alabama, Auburn, Campbell, Florida, Florida A&M, Florida State, Georgia Tech, UCF, Virginia Tech, Vanderbilt, Tennessee, Wake Forest

Entry Process: www.directathletics.com

Entry Deadline: Tuesday, January 22nd, 2019 at Noon

Team Entry Fee: \$750 per Gender. Please bring cash or check.

* Checks can be made to the order of: CUAD

Individual Entry Fee: \$50 per Person entered – for those teams that enter less than 14 athletes.

Unattached Athletes & Olympic Development:

No High School Athletes. A limited number of unattached athletes will be allowed to enter the meet. You must enter on www.DirectAthletics.com under “Clemson Bob Pollock Invitational – Unattached” by Sunday, January 20th, 2019 at Midnight. We will notify you by e-mail by Noon on Wednesday, January 23rd, 2019 on the status of your request.

* Entry does NOT guarantee Acceptance into the meet.

* There is no entry fee for unattached athletes.

**You MUST use a verifiable mark within the past 2 years.
Enter the Meet Name & Date of your performance in the Entry Notes.**

Packet Pick Up & Information:

Thursday, January 24th from 6:00 pm – 8:00 pm

Friday, January 25th from Noon – 4:00 pm

Packets can be picked up at the concession stand in the lobby. They will include Coaches and Trainer Credentials along with Athlete wristbands. Wristbands will be issued to competing athletes for access to warm-up area, team seating, and trainers’ area. Each team will receive 8 Coaches Credentials and 2 Trainer Credentials; the coaches’ area on the backstretch is limited to coaches and trainers only.

Spike Information:

Athletes will NOT compete if they do not comply with these rules:

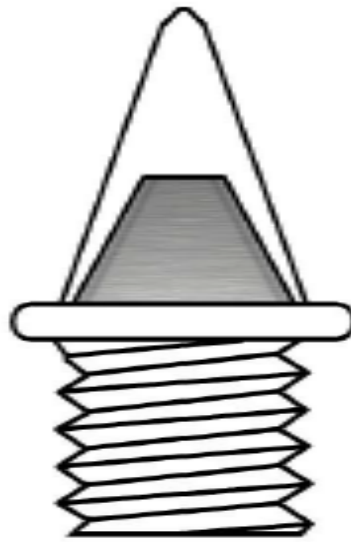
¼” Pyramid Spikes ONLY – this will be strictly enforced.

No permanent spike shoes allowed.

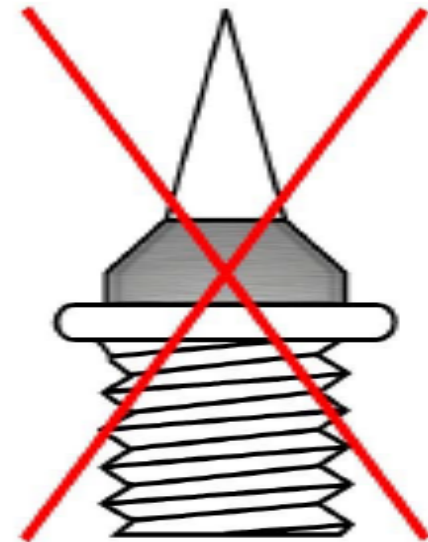
**All spikes must be checked and zip tied at the Team Entrance.
Spikes will be checked for the appropriate zip tie color to be allowed into the Clerking Area.**



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins

Shoes with permanent spikes are prohibited.

All Spikes need to be checked and tagged at initial spike check and at check- in for your event. Anyone with the wrong spikes will be disqualified from the meet and puts your team in jeopardy for returning for future meets.



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Practice Times:

Thursday, January 24th from 6:00 pm – 8:00 pm
Spikes will be checked as you are entering the facility.

Bus Drop Off/Team Parking:

Team busses and vans will be able to drop off next to the Indoor Track Facility and then park in Jervey Meadows.

Warm-up Procedure:

All warm ups will need to take place on the Outdoor Track (Weather Permitting).

- Athletes will be able to use the indoor warm up area 45 minutes prior to their event.
- Athletes in the 60m Hurdles & 60m Dash will be allowed on the straightaway 30 minutes prior to the start of their event – NO EARLIER.

Athlete Check In:

Check in for Running Events is located at the start of the homestretch - near the rollup door.
Check in for Field Events is located at the event site.

1. Athletes must check in **at least 30 minutes prior to the event.**
 - * Athletes not checked in by that time will be scratched from the event.
2. Athletes must have your spikes checked prior to event check in.
3. Athletes must be in the clerking area 15 minutes prior to the scheduled start time.

Medical Facilities:

The indoor track facility is equipped with an Athletic Training Center located on the west side of the backstretch. This facility will be open for the duration of the meet. All visiting trainers will have assigned spots on the adjacent corner from the training room on the east side of the Indoor facility. Power will be available.

For questions please contact Amanda Taylor, ATC, (843) 754 – 3835 or ataylo8@clemsn.edu

Dressing Room / Shower Facilities:

There are no dressing room / shower facilities available to teams. Please plan accordingly.



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Running Events:

There will be Prelims in the 60m Hurdles and the 60m Dash.

Preferred lanes: (Straightaway) 4-5-3-6-2-7-1-8 (Oval) 5-6-4-3-2-1.

All other running events will be run in sections based on time. Heats will be seeded according to submitted times on directathletics.com. These entries will be checked on TFRRS to verify at will by meet management. The fastest sections will be run first. Meet management reserves the right to adjust heats as necessary.

Field Events:

There will be Prelims & Finals in the horizontal jumps & throwing events. Each athlete will get 3 attempts in the preliminary rounds, with the top 9 advancing to the finals. They will receive 3 additional attempts in the final.

Implement Weigh-In

The weigh-in area is next to the throwing cage.

Friday, January 26th from 12:30 pm – 2:30 pm for the Shot Put.

Saturday, January 27th from 8:30 am – 10:30 am for Weight Throw.

Multi – Friday, January 26th from 9:00 am – 11:00 am.

For questions please contact Michael Porter: (540) 845 – 3904 or MPorte4@Clemson.edu

Please continue to check Clemson Track and Field website for any updates in meet information and final schedules.

<http://clemsontigers.com/home-meets/>



Training Room

Storage Room

Coaches Only

Throws Area

Team Seating

Team Seating

Final Warm- Up Area

Spectator Seating

Spectator Seating

Team Seating

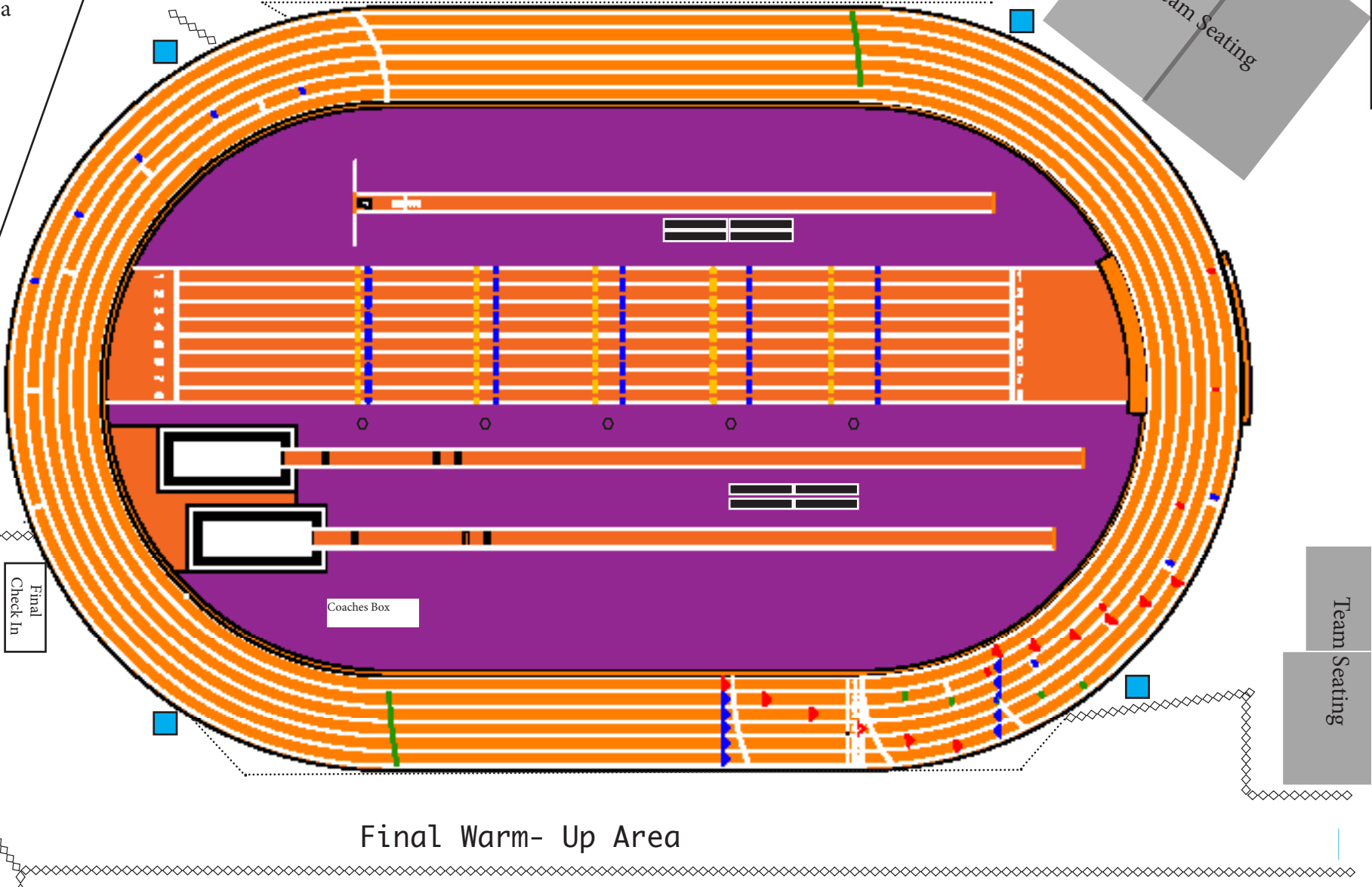
Spike Check

Athlete Entrance

Coaches Box

Final Check In

◇◇◇◇◇◇◇◇◇◇ Metal Barricade
..... Rope Barrier



2019 Clemson Bob Pollock Invitational

CLEMSON UNIVERSITY INDOOR COMPLEX

TEAMS: Clemson, Alabama, Auburn, Campbell, Florida, Florida A&M, Florida State, Georgia Tech, UCF, Virginia Tech, Vanderbilt, Tennessee, Wake Forest

Tentative Schedule: Friday, January 25th, 2019

MULTI – DAY 1: The times below are ESTIMATES on start times for each event of the Multi.

9:30 AM	Men	60 Dash
~10:10 AM	Men	Long Jump
~11:10 AM	Men	Shot Put
~12:10 PM	Men	High Jump
10:00 AM	Women	60m Hurdles
~10:40 AM	Women	High Jump
~12:10 PM	Women	Shot Put
~1:10 PM	Women	Long Jump
~2:10 PM	Women	800M

FRIDAY FIELD

2:30 PM	Women	Long Jump	Trials & Final
2:30 PM	Men	Shot Put	Trials & Final
2:30 PM	Women	Pole Vault	Final
4:30 PM	Men	Long Jump	Trials & Final
4:30 PM	Women	Shot Put	Trials & Final

FRIDAY TRACK

~2:10 PM	Women	800M Pentathlon	Final
2:30 PM	Women	60M Hurdles	Prelim
2:45 PM	Women	5000M Run	Final
3:15 PM	Men	60M Hurdles	Prelim
3:30 PM	Men	5000M Run	Final
4:00 PM	Women	60M Dash	Prelim
	Women	<i>Olym. Dev. 60M Dash</i>	<i>Prelim</i>
4:20 PM	Women	Mile Run	Sections vs. Time
4:35 PM	Men	Mile Run	Sections vs. Time
4:55 PM	Men	60M Dash	Prelim
	Men	<i>Olym. Dev. 60M Dash</i>	<i>Prelim</i>
5:15 PM	Women	400M Run	Sections vs. Time
5:45 PM	Women	60M Hurdles	Final
5:50 PM	Women	<i>Olym. Dev. 60M Hurdles</i>	<i>Final</i>
5:55 PM	Men	60M Hurdles	Final
6:00 PM	Men	400M Run	Sections vs. Time
6:30 PM	Women	60M Dash	Final
6:35 PM	Women	<i>Olym. Dev. 60M Dash</i>	<i>Final</i>
6:40 PM	Men	60M Dash	Final
6:45 PM	Men	<i>Olym. Dev. 60M Dash</i>	<i>Final</i>
6:50 PM	Women	Distance Medley Relay	Final
7:05 PM	Men	Distance Medley Relay	Final

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Tentative Schedule: Saturday, January 26th, 2019

MULTI – DAY 2: The times below are ESTIMATES on start times for each event of the Multi.

9:00 AM	Men	60M Hurdles	Final
~9:40 AM	Men	Pole Vault	Final
~11:45 PM	Men	1000M Run	Final

SATURDAY FIELD

11:00 AM	Women	Weight Throw	Trials & Final
11:00 AM	Women	High Jump	Trials & Final
11:00 AM	Men	Triple Jump	Final
12:30 PM	Men	Pole Vault	Final
1:00 PM	Women	Triple Jump	Final
1:00 PM	Men	Weight Throw	Trials & Final
1:00 PM	Men	High Jump	Trials & Final

SATURDAY TRACK

~11:45 PM	Men	1000M Run Heptathlon	Final
12:00 PM	Women	600m Run	Sections vs. Time
12:10 PM	Men	600m Run	Sections vs. Time
12:15 PM	Women	800M Run	Sections vs. Time
12:25 PM	Men	800M Run	Sections vs. Time
12:35 PM	Women	200M Dash	Sections vs. Time
1:10 PM	Men	200M Dash	Sections vs. Time
1:45 PM	Women	3000M Run	Sections vs. Time
2:10 PM	Men	3000M Run	Sections vs. Time
2:35 PM	Women	4x400m Relay	Sections vs. Time
3:00 PM	Men	4x400m Relay	Sections vs. Time