



**Stanford University Presents the  
Stanford Track & Field Invitational  
March 25-26, 2011  
Cobb Track and Angell Field**

***COLLEGE/OPEN ENTRY INFORMATION***



**DIRECT ALL COMMUNICATION TO**

**Meet Director  
Stanford Track & Field Invitational  
641 East Campus Drive  
Stanford, CA 94305-6150  
Email: [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com)  
Website: [www.gostanford.com](http://www.gostanford.com)  
Entries: [www.directathletics.com](http://www.directathletics.com)**



Dear Coach,

On Friday, March 25<sup>th</sup> and Saturday, March 26<sup>th</sup>, Stanford University will host the 2011 Nike Stanford Track & Field Invitational. Cobb Track and Angell Field, our nationally acclaimed facility, features nine 48 inch lanes, multiple dual-direction jump runways and several throwing sites. The facility is specifically designed to take advantage of favorable wind conditions and should provide all athletes with the best opportunity for outstanding performances.

It is our goal to provide a fair and challenging opportunity for all accepted competitors. The races are fairly and consistently divided into highly competitive heats/flights. The meet begins Friday and concludes on Saturday. The distance carnival will take place solely on Friday evening. The 2011 Nike Stanford Track & Field Invitational schedule will allow athletes to compete under ideal conditions for fast early season marks. Please look at the time schedule in order to ensure proper travel planning.

Kids from ages 2 to 14 are welcome to participate in the Lori Maynard Kids Half Lapper, which will take place on Saturday, March 26<sup>th</sup>. In 2007 the race was named after Lori Maynard, a dedicated volunteer official who contributed 25 years of service to Stanford Track & Field as the field events coordinator. Lori's work ethic and contribution will always be remembered as a vital part of Stanford Track & Field's home meet success. Please visit [www.gostanford.com](http://www.gostanford.com) for more information.

Middle school kids, grades 6-8, are welcome to compete in the first Stanford Invitational Middle school 100 meter dash! The Middle school 100 meter dash will take place on Saturday, March 26<sup>th</sup> with preliminary heats and a final! Please visit [www.gostanford.com](http://www.gostanford.com) for more information.

Please note that UC Berkeley will be hosting the CAL Multi-Event Meet on March 23<sup>rd</sup> & 24<sup>th</sup> (Wednesday and Thursday). This competition will be hosted at Berkeley, CA approximately 60 minutes from Stanford. Please contact John Rembao for more information at [caltrackteam@gmail.com](mailto:caltrackteam@gmail.com).

Coaches, please make sure to read all of the enclosed information carefully, and do NOT miss our entry deadlines on [WWW.DIRECTATHLETICS.COM](http://WWW.DIRECTATHLETICS.COM). It is unlikely that late entries along with speculative marks will be accepted; late entries/speculative marks will be at the discretion of meet management. If you have any questions, please email our Meet Director, Mary Jo Pruitt at [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com). We hope that you find our policies to be positive and in the best interest of the athletes. We appreciate your support and look forward to welcoming you and your athletes to Cobb Track and Angell Field for another outstanding meet.

Thank you.

Sincerely,

*Edrick Floreal*

Edrick Floreal - The Franklin P. Johnson Director of Track and Field



## **Stanford Track & Field Invitational Important Meet Information**

### **IMPORTANT INFORMATION:**

Stanford Invitational Online Entry: [www.directathletics.com](http://www.directathletics.com)

Online entry support email: [support@directathletics.com](mailto:support@directathletics.com)

Stanford Invitational email: [stanfordinvite@gmail.com](mailto:stanfordinvite@gmail.com)

### **IMPORTANT DATES TO REMEMBER IN 2010**

Monday, January 24, 2011, 6:00AM PST – Online entry page opens for processing,

[www.directathletics.com](http://www.directathletics.com)

Monday, March 14, 2011, 5:00PM PST – Online entry page closes

Wednesday, March 16, 2011, 6:00AM PST – Declarations Open

Friday, March 18, 2011, 5:00PM PST – Declarations Close

Monday, March 21, 2011, 5:00PM PST – Revised Accepted Entry List Will Be Posted at

[www.gostanford.com](http://www.gostanford.com)

Thursday, March 24, 2011, 6:00PM PST – Entry Fee Received

### **HOW TO ENTER – [WWW.DIRECTATHLETICS.COM](http://WWW.DIRECTATHLETICS.COM)**

- Each coach must have a Direct Athletics username and password for his/her school. If you do not know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics.
- In the Collegiate divisions all athletes must be entered using a TEAM account. Individual entries made by anyone not affiliated with the coaching staff or school administration will NOT be accepted into the meet. Please designate one coach or staff member to process your entry information. Only one team account and password will be provided per team.

*If you already have a Direct Athletics account of your track and field team and know your username and password:*

1. Go to [www.directathletics.com](http://www.directathletics.com)
2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive).

*If you do NOT know your username and password, proceed as follows:*

1. Go to [www.directathletics.com](http://www.directathletics.com)
2. Click on the link “New User” Click Here”

3. Follow the onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.
- Most coach accounts control a school's men's AND women's team. You control ONLY one gender at a time, so you complete the below steps for your men and then switch to your women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.
  - Important notes regarding online entries:
    - For each relay squad, you must enter at least four and up to six relay athletes (four + two alternates).
    - You must enter ALL athletes online in order for them to compete. This includes relay only athletes and relay alternates.
    - All schools must enter athletes through a TEAM account.
    - No unattached athletes maybe entered through a TEAM account.
  - Entries are due by Monday, March 14, 2011, 5:00PM PST.
    - You may edit and update your entries online anytime before the entry deadline.
    - All submitted entries in the system at the entry deadline listed above will be considered FINAL.
    - Please be sure to print a copy of your team's entries and bring it to the meet as confirmation.
    - Please pay special attention to the spelling of your athlete's names, there respective events and marks submitted.
    - Be sure to list ALL potential alternate names by the respective deadlines.
  - A list of those athletes that have qualified for the 2011 Stanford Invitational will be posted on [www.gostanford.com](http://www.gostanford.com) on Monday, March 21, 2011, 5:00PM PST.
  - IF YOU ARE NOT LISTED, YOU HAVE NOT QUALIFIED.

### **TO ENTER AN OPEN ATHLETE or CLUB TEAMS**

1. Meet management will accept a LIMITED number of open athletes to enhance the fields. All open athletes should have met the published entry standards within the last 12 months to be considered for acceptance. 3K indoor times from this year can be used for the 5K entry. **Entry is not guaranteed. Please note that meet management reserves the right to make exceptions, which will need to be in writing and approved by the meet director, Mary Jo Pruitt.**
2. Please visit [www.directathletics.com](http://www.directathletics.com). You must create an INDIVIDUAL athlete account.
3. If you are entering a club/open relay or are a coach submitting multiple club/open entries from one club affiliation, you should create a team account at [www.directathletics.com](http://www.directathletics.com) and select "Club" as the team type.
4. Open/club relays must be entered through a TEAM account – not an individual account.

5. **IMPORTANT:** Valid times/marks must be provided for proper seeding. Participant's times/marks that cannot be verified will be moved to slower sections or subject to non-acceptance into the meet.
6. Coaches must **ONLY** enter **VERIFIABLE** times and marks in the space provided. In the box titled "Speculative Times/Marks" coaches have the option to use **SPECULATIVE** times/marks in that event and/or other events in addition to their **VERIFIABLE** time/mark already provided. This will give meet management additional information for seeding. For example. An athlete without a 10K time may use a current 5K time or a speculative 10K time in the speculative times/mark box. However, they still must also provide their verifiable mark. Speculative times/marks do **NOT** guarantee acceptance into the meet. Seeding will be determined by meet management.
7. Please review the **ENTRY STANDARDS** for **OPEN/CLUB** athletes. Meeting the event standard **DOES NOT GUARANTEE ENTRY**.
8. Please note the minimum measurements and opening heights listed on the page of this packet. They **WILL** be followed.
9. All entries must be completed online at [www.directathletics.com](http://www.directathletics.com) by 5:00PM PST on Monday, March 14, 2011, 5:00PM PST – Online entry page closes
10. Please remember to declare your athletes on March 16-18, 2011. It is imperative that you declare your athletes, as it helps assist meet management in creating the best possible competitive situation for each race. Declare/Scratch your athletes so that we have accurate entry information.
11. **ENTRY FEE:** Entry fee's for unattached/open athletes must be paid on site @ [www.directathletics.com](http://www.directathletics.com) via a credit card.
  - a. Entry fee is \$25.00 per athlete per event.
  - b. Entries will not be accepted without payment via [www.directathletics.com](http://www.directathletics.com)
  - c. Payment online does **NOT** guarantee acceptance into the Stanford Invitational.
  - d. **No REFUNDS.** The \$25.00 is an entry fee and will need to be paid at the time of entry – and a refund will not be given if the entry is not accepted.

### **MANDATORY DECLARATION PROCESS**

1. A list of accepted entries will be posted to [www.gostanford.com](http://www.gostanford.com) by 6:00AM PST on Wednesday, March 16, 2011. In order to establish appropriate sections/flights, meet management asks that **ALL** coaches with athletes or relay teams that have qualified for the Stanford Invitational to scratch athletes or relay teams that will **NOT** be competing, via [www.directathletics.com](http://www.directathletics.com) (same as entries).
2. Declarations will take place online at [www.directathletics.com](http://www.directathletics.com) from 6:00AM PST on March 16<sup>th</sup> until 5:00PM PST on March 18<sup>th</sup>.
3. No additions or updates may be made at this time – scratches **ONLY!** This will help with the heating and seeding of the events.
4. If athletes are **NOT** scratched, meet management will assume that they will be competing in the events that they have qualified in. If you have no scratches, no action is necessary and all qualifiers will be considered declared.

5. Updates and changes will be posted on [www.gostanford.com](http://www.gostanford.com) after 5:00PM PST on March 21<sup>st</sup>. Check the website for updates or changes in the days prior to the meet.

### **ENTRY CONFIRMATION PROCEDURE**

- You may edit and update your entries online anytime before the entry deadline.
- All submitted entries in the system at the entry deadline listed above will be considered FINAL.
- Please be sure to print a copy of your team's entries and bring it to the meet as confirmation.
- Please pay special attention to the spelling of your athletes' names, their respective events and marks submitted.
- Meet Management will attempt to accept all college entries submitted by the deadline and place them into appropriate sections or flights. Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted.
- On March 21<sup>st</sup>, a revised entry list will be posted. If an athlete is not on the list, they **are not in the meet** unless you have an email from the meet director that states otherwise.
- All entry fees must be paid in full before your packet is issued.
- Meet management will distribute the team packet to the first coach who arrives at the packet pickup booth. This packet will contain the access credentials for the entire team.
- Packets will be available on Thursday, March 24<sup>th</sup> ONLY from 3:00PM – 5:00PM at the packet pick-up location at Cobb Track and Angell Field.
- Packets will be available beginning at 9:45AM on Friday, March 25<sup>th</sup>.

### **VERIFICATION OF ENTRIES**

- The entry committee will review performances before making decisions on which athletes have been accepted into the meet.
- Any mark that cannot be verified is NOT guaranteed acceptance and will be accommodated only if space permits.

### **ENTRY FEES and PAYMENT PROCEDURE**

- Your entry fee is calculated based upon the status of your accepted entries at 5:00PM PST on Monday, March 21, 2011.
- Teams and/or athletes accepted into the meet and are NO SHOWS the day of the meet:
  - o A letter will be sent to the school's athletic director indicating that your team and/or individual athletes did not show for the Stanford Track and Field Invitational. Therefore, in the future, your school maybe excluded from future Stanford home meets.
- Entry fees or proof of a requested payment must be received by 6:00PM PST on Thursday, March 24, 2011.

- **Individuals: \$20.00 per person per event entered**
- **Relays: \$40.00 for each relay team entered**
- **Teams: (14 or more student-athletes) \$400 per gender per team**
- Please make checks payable to Stanford Invitational.
- Send the entry receipt from the [www.directathletics.com](http://www.directathletics.com) website and fees to:
  - Meet Director
  - Stanford Track and Field Invitational
  - 641 East Campus Drive
  - Stanford, California 94305-6150
- There will be no refunds for scratches or no-show athletes.
- Please send your entry fee by Overnight Mail.
- We strongly recommend that you pay your entry fee in advance. We realize this is not possible for some schools, so those wishing to pay when they pick-up their team packets, please make sure to have the correct amount on your checks. No refunds will be issued.
- **Unattached/Open/Club Athletes** must pay via Credit Card on [www.directathletics.com](http://www.directathletics.com). Entry Fee is \$25.00 per athlete per event.
  - o **No REFUNDS.** The \$25.00 is an entry fee and will need to be paid at the time of entry – and a refund will not be given if the entry is not accepted.

### **PACKET PICKUP**

- All entry fees must be paid in full before your packet is issued.
- Meet management will distribute the team packet to the first coach who arrives at the packet pickup booth. This packet will contain the access credentials for the entire team.
- Please make arrangements to meet your team at a designated location outside the facility to distribute your team's credentials if you are planning to arrive at different times.
- We CANNOT hold the team packet at the packet pickup booth.
- Packets will be available beginning at 9:45AM on Friday Morning
  - o Hours of Operation for Packet Pickup
    - Thursday, March 24<sup>th</sup> ONLY from 3:00PM – 5:00PM
    - Friday, March 25<sup>th</sup> – 9:45AM – 8:00PM
    - Saturday, March 26<sup>th</sup> – 7:00AM – 4:00PM

### **INFORMATION FOR COLLEGIATE SECTIONS**

- Athletes in the B section of the Long Jump and Triple Jump will receive 4 jumps ONLY.
- Athletes in the B section for the Shot Put, Discus, and Hammer will receive 4 throws ONLY.

## ENTRY STANDARDS FOR OPEN/CLUB ATHLETES

- It is our hope to accept a LIMITED number of entries of open athletes to enhance the quality of our fields. Entry is NOT guaranteed.
- Open athletes should have met the standards listed below within the last 12 months or provide a reasonable speculative time/mark along with their actual time/mark in order to be CONSIDERED for acceptance.
- NO entries will be accepted on the day of the meet without approval from the meet director, Mary Jo Pruitt.
- Meet management reserves the right to limit the entry of open athletes in an event due to field size.

<b>Running Events</b>	<b>Men</b>	<b>Women</b>
100 Meters	10.34	11.50
200 Meters	20.80	23.50
400 Meters	46.20	53.50
110/100 Hurdles	14.00	13.65
400 M Hurdles	51.20	59.20
800 Meters	1:49.50	2:08.50
1500 Meters	3:45.00	4:23.50
3000 M Steeplechase	8:54.00	10:50.20
3K Time for 5K Entry	8:09.00	9:36.00
5000 Meters	14:00.00	16:30.00
10,000 Meters	29:00.00	34:00.00

<b>Field Events</b>	<b>Men</b>	<b>Women</b>
Shot Put	18.00	15.00
Discus	56.50	51.50
Hammer	61.00	56.00
Javelin	67.30	46.50
Long Jump	7.65	6.20
Triple Jump	15.70	12.60
High Jump	2.18	1.79
Pole Vault	5.30	3.75

## AWARDS

- In the case of multiple sections, final results will be based on the best performances across all sections. No awards are presented to college/open athletes in the B sections.
- In individual events, an award will be presented to the winner.
- In relay events, awards will be presented to the winning team.



## **WEIGHTS AND MEASURES**

- Please advise your athletes that they must have their implements weighed and measured one hour prior to the event's start. Weights and measures will close 30 minutes prior to the event. The specific location for the weigh-ins will be posted on a facility map the week of the competition. The facility map can be downloaded from the Stanford Track & Field page at [www.gostanford.com](http://www.gostanford.com).

## **IMPORTANT SAFETY RULES**

- In order for us to conduct a safe and quality meet for everyone, NO headphones, cell phones or radios will be permitted inside Cobb Track and Angell Field. These devices present a safety risk for everyone since several competitions will be contested simultaneously. Please notify your athletes in advance that they must confine these items to the areas outside the facility. All safety rules are in accordance with the Pac-10 and NCAA rules.

## **COMPETITION ACCESS TO THE FACILITY**

- Only athletes will be permitted inside the facility. Coaches and spectators MUST remain outside the fences at all times. Contestants will be escorted on and off the facility.

## **SPIKE LENGTH**

- Pyramid spikes NO longer than 1/4" (9mm) must be worn on the track for ALL events, excluding the javelin and high jump. We will check the spike length of all contestants prior to escorting them onto the facility. Athletes whose spikes are too long will not be permitted to compete with those spikes.

## **FACILITY SPECIFICATIONS**

Track	9 Lanes on both oval and straightaway Lanes are 48 inches wide
LJ/TJ (Women)	185 foot artificial surface runway
LJ/TJ (Men)	215 foot artificial surface runway
Pole Vault	140 foot artificial surface runway
High Jump	Artificial surface runway
Javelin	100 foot artificial surface runway
Shot Put	Contested on Chandler Field
Discus	Contested on Chandler Field
Hammer	Contested on Hammer Field next to track (Note: impact area on Hammer Field is Crushed brick dust)

## PRACTICE SCHEDULE

- Cobb Track and Angell Field will be available to College/Open athletes for practice on the Thursday, March 24<sup>th</sup> before the Stanford Invitational at designated practice times ONLY. To assure the safety of all athletes, practice times will be strictly enforced. Headphones are NOT permitted at any time inside the facility.
- If you have a need for practice times before Thursday, please write [stanfordinvite@gmial.com](mailto:stanfordinvite@gmial.com) and request times.
- The weight room is available by appointment only. Please contact Brandon Marcello at 650-721-1187 or email him at [bmarcello@stanford.edu](mailto:bmarcello@stanford.edu).

## PRACTICE TIMES

▪ Track & Hurdles	1:00PM – 7:00PM
▪ LJ/TJ/HJ	3:00PM – 5:00PM
▪ Javelin/Hammer	3:00PM – 5:00PM
▪ PV/Shot Put	4:00PM – 6:00PM
▪ Discus	5:00PM – 7:00PM

## ADDITIONAL INFORMATION

1. Trainers: Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race on both days of competition, Friday March 25<sup>th</sup> and Saturday March 26<sup>th</sup>.
2. Showers: There are no dressing rooms or shower facilities at Cobb Track and Angell Field. Meet management encourages all teams to make use of the facilities available at their hotel.
3. Parking: Please refer to the enclosed map for directions to the track and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
4. Admission: Spectators may purchase admission tickets for **the Stanford Invitational** on the day of the meet only at Cobb Track and Angell Field.
5. Concessions will be available the day of the meet.

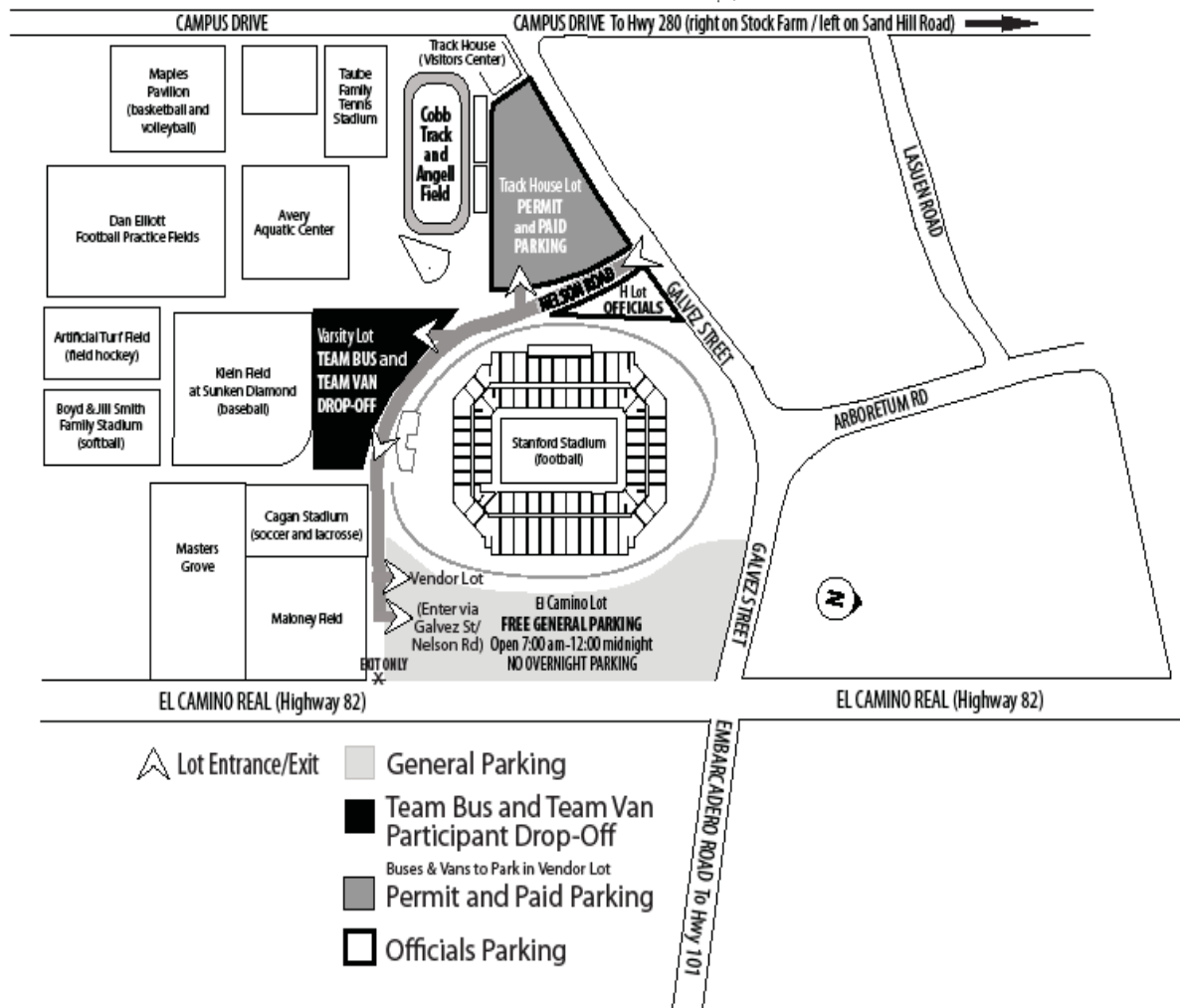
## **SPORTS MEDICINE AND TRAINING ROOM**

- Please email Juanita (Nina) D. Holley at [jdholley@stanford.edu](mailto:jdholley@stanford.edu) or call her at 650-723-1214 for your medical or training room questions.
- If your trainer requires a credential they must contact Nina Holley before Wednesday, March 23<sup>rd</sup> by 1:00PM.
- Credentials will be placed in coaches packets and can be picked up at check-in on March 25<sup>th</sup> and 26<sup>th</sup>.
- Please note: Each participating team should provide its own taping supplies
- If a Certified Athletic Trainer will not be traveling with your team, please make arrangements for treatments and other needs prior to your team's arrival
- Please be sure to bring or fax ahead the Authorization for Modality Application form for modality use from a Certified Athletic Trainer or team physician if a non-certified athletic trainer will be accompanying your team.
- In case of emergency during athletic participation at Stanford University, the athlete will be transported to the Stanford University Hospital. Please have your insurance information available.
- The team physician will also be on call or present during competition.

## **PARKING**

- Team Buses and Vans: May drop off in Varsity Lot, in front of the flag poles. After drop off, vehicles are directed to park in Vendor Lot (Adjacent to Lot 2).
- Officials Parking: Officials are directed to park in H Lot (see map below).
- Permit and Paid Parking: Track House Lot and Varsity Lot are paid/permit lots. Vehicles without a permit will be ticketed. Parking Permit Machines are available in Track House Lot for purchase of day permits. Permits will be valid in Track House Lot and Varsity Lot.
- Free Parking: Free Parking is available in El Camino Lot, which can be accessed from Nelson Rd.

## STANFORD TRACK & FIELD INVITATIONAL PARKING MAP - March 25-26, 2011



### FUTURE DATES FOR TRACK AND FIELD 2010

**Payton Jordan Cardinal Invitational  
Saturday, April 30, 2011**

The Payton Jordan Cardinal Invitational has developed into one of the premier Track and Field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a packed Cobb Track and Angell Field stadium. Annually, this exciting meet produces some of the top performances in the NCAA, the USA, and the World.

## **FUTURE DATE FOR CROSS COUNTRY 2011**

### **Stanford Cross Country Invitational Saturday, September 24, 2011**

The 38<sup>th</sup> edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 24, 2011. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.

## **FUTURE DATES FOR TRACK AND FIELD 2012**

### **Stanford Track and Field Invitational Friday, March 30<sup>th</sup> and Saturday, March 31<sup>st</sup>, 2012**

The 39<sup>th</sup> Annual Stanford Track and Field Invitational will be held on Friday March 30<sup>th</sup> and Saturday March 31<sup>st</sup>! Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce incredible results. The schedule is thoughtfully constructed to provide the best opportunity for performance. We have exciting events for all athletes in the jumps, throws and on the track. Make sure to be a part of the action! It's a meet you surely don't want to miss!