



Cornell University Track & Field



CORNELL UPSTATE CHALLENGE SATURDAY, JANUARY 25, 2020

INVITED TEAMS:

Albany
Army
Binghamton
Buffalo
Canisius
Colgate
Cornell
Cortland
Ithaca College
Siena
Syracuse

Please read the following material carefully. If there are any questions after that, please contact Megan Knoblock at mk2583@cornell.edu or Justin Byron at jb2633@cornell.edu

COLLEGIATE TEAM ENTRY INFORMATION:

Eligibility: This meet is open to all athletes that are currently eligible at your institution. Open athletes may be entered unattached in this meet. See below for unattached athlete entry information.

Fee: The team entry fee is \$400.00 per gender. Schools entering both men's and women's teams will pay \$800.00 total. The individual entry fee is \$30 per person.

Payment: All payments must be submitted online via credit card through DirectAthletics at the time you submit your entries.

UNATTACHED ATHLETES:

1. Your entry fee (\$30) must be paid online through direct athletics or your entry will not be processed for entry into the meet.
2. Cornell meet management assumes no responsibility for how your participation as an unattached athlete in our meet may impact your eligibility as a high school or college athlete. It is your responsibility to know the rules and regulations of your state federation as well as how competing unattached may impact your NCAA eligibility.

ENTRY PROCEDURES:

We will be using DirectAthletics for meet entries again this year. We will be utilizing Leone Timing for the entry process, timing, and posting of results.

Entries will be due at NOON on Wednesday, January 22. No additions are allowed after the entries are received.

Relay Entry Seeds:

Please be as accurate as possible concerning your relay seed times. Please list times you think will be run with the personnel on each individual relay. Additional B and C relay teams will be allowed to enter.

Field Events:

-Men's high jump will start at 1.85m, women's high jump at 1.55m.

-Men's pole vault will start at 4.20m, women's pole vault at 3.05m.

-Eight will advance to finals in all field events

**THE MEET DIRECTOR RESERVES THE RIGHT TO CHANGE THESE
MINIMUM MEASUREMENTS DUE TO LARGE FIELD SIZES!!!**

Dash and Hurdles:

Cornell will provide the only starting blocks that may be used. Fastest eight times will advance to a final.

5000 Meters:

If there is enough interest, we can add this event back into the program as a scored event.

Spikes measuring no more than 1/4 inch may be worn.

RESULTS:

All results will be posted following each race and field event. Please check the following web-sites for the full Cornell Relays results on Saturday evening:

<http://cornellbigred.com>

<http://www.leonetiming.com>

MEET SCHEDULE:

The tentative meet schedule is listed below. A final meet schedule will be sent out after entries have closed.

FRIDAY – JANUARY 24, 2019

4:00 pm	Men's 60 meters Heptathlon
4:15 pm	Women's 60m Hurdles Pentathlon
4:35 pm	Men's Long Jump Heptathlon
4:55 pm	Women's High Jump Pentathlon
5:35 pm	Men's Shot Put Heptathlon
6:35 pm	Men's High Jump Heptathlon
6:45 pm	Women's Shot Put Pentathlon
7:30 pm	Women's Long Jump Pentathlon
9:00 pm	Women's 800 meters Pentathlon

SATURDAY – JANUARY 25, 2019**FIELD EVENTS**

9:00 AM	MEN'S 60M HURDLES HEPTATHLON
9:45 AM	MEN'S POLE VAULT HEPTATHLON FOLLOWED BY MEN'S 1000 METERS HEPTATHLON
11:00 AM	MEN'S 35 lb. WEIGHT followed by WOMEN'S 20 lb. WEIGHT followed by MEN'S SHOT PUT followed by WOMEN'S SHOT PUT
1:00 PM	MEN'S LONG JUMP followed by MEN'S TRIPLE JUMP – East Pit
1:00 PM	WOMEN'S LONG JUMP followed by WOMEN'S TRIPLE JUMP – West Pit
1:00 PM	MEN'S POLE VAULT followed by WOMEN'S POLE VAULT
2:00 PM	WOMEN'S HIGH JUMP followed by MEN'S HIGH JUMP

TRACK EVENTS

10:30 AM	HEPTATHLON 60 METER HURDLES
1:00 PM	60 METER HURDLES – men (trials)
1:15 PM	60 METER HURDLES – women (trials)
1:30 PM	60 METER DASH – men (trials)
1:45 PM	60 METER DASH – women (trials)
2:00 PM	MILE RUN – men (final)
2:20 PM	MILE RUN – women (final)
2:35 PM	60 METER HURDLES – women (final)
2:40 PM	60 METER HURDLES – men (final)
2:45 PM	500 METER RUN – men (final)
2:55 PM	500 METER RUN – women (final)
3:05 PM	400 METER RUN – men (final)
3:15 PM	400 METER RUN – women (final)
3:30 PM	60 METER DASH – men (final)
3:35 PM	60 METER DASH – women (final)
3:40 PM	800 METER RUN – men (final)
3:50 PM	800 METER RUN – women (final)
4:00 PM	1000 METER RUN – men (final)
4:10 PM	1000 METER RUN – women (final)
4:20 PM	200 METER DASH – men (final)
4:40 PM	200 METER DASH – women (final)
4:55 PM	3000 METER RUN – men (final)
5:20 PM	3000 METER RUN – women (final)
5:45 PM	DISTANCE MEDLEY RELAY – men (final)
6:00 PM	DISTANCE MEDLEY RELAY – women (final)
6:15 PM	4 X 800 RELAY – men (final)
6:30 PM	4 X 800 RELAY – women (final)
6:40 PM	4 X 400 RELAY – men (final)
6:45 PM	4 X400 RELAY – women (final)