

SPRING INVITATIONAL
@MIT
APRIL 17, 2010

Dear Coach,

MIT will be hosting a spring coed meet for interested teams. The meet will be short (**5 hours we hope**), competitive and well run. Of course, we will be running Finish Lynx and getting results to you within minutes of the event. We plan on using the FieldLynx system as well to give you complete and immediate field event information. We are equipped with two wind gauges, which interface with finishlynx.

The two advantages our facility holds are that we can always sprint, hurdle and jump with the wind and we can run the LJ, TJ, SP, DT/HT for both men and women at the same time, which cuts down on the length of the meet. We can also warmup, and jump indoors if weather dictates, and the indoor track is adjacent to the outdoor track for easy access.

ENTRY INFORMATION:

Intent to participate is due as soon as possible. Final entries are due on April 13 via **Direct Athletics**. While scratches are permitted without penalty, **no additions can be made after the 13th**.

ENTRY FEE:

\$10.00 per athlete, per event, (\$300.00 maximum per team - **men's and women's considered separate**). Please make checks payable to MIT Track and **bring** the check or cash with you to the meet.

FACILITY:

1. 400 meter Mondo Super X Directional rubber track (8 lanes) (1/4" spikes maximum)
2. 8 dash and 8 hurdle lanes, either direction, either side
3. Mondo approaches for PV, HJ, LJ, TJ, JT (1/4" spikes maximum)
4. Two shot put circles, two discus circles, one hammer circle

ADDITIONAL INFORMATION:

1. Meet to be conducted by NCAA Rules.
2. Throwing implements will be weighed prior to competition.
3. All running events will be conducted in sections on time with the fastest section last
4. Due to the size of the fields we will only be taking 8 to the finals in the jumps and throws
5. Starting Heights in the PV, and HJ will be decided by the meet director
6. Seeding and Lane assignments will be done by computer
7. Upon arriving at the Steinbrenner Track, please come to the press box to announce any scratches.

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LOCKERS AND SHOWERS:

You should come dressed for the meet. Showers are available upon request, but please send those requests at least one week in advance. Please bring your own towels. MIT is not responsible for lost or stolen items.

TRAINERS:

A trainer will be available at the meet approximately 1 hour before the start of the meet. Please bring your own tape and any other supplies your athletes might need.

PARKING

Parking information will be forwarded closer to the start of the meet and can be accessed on the track and field web page.