

MVC WOMEN'S INDOOR TRACK MEET

INFORMATION SHEET

Date: March 16, 2009

Time: 4:00pm Track available for warm-ups
4:30pm Field Events
4:30pm Running Events

Place: UNI Dome; University of Northern Iowa, Cedar Falls, IA

Admission: \$5.00 Adults
\$4.00 Students
Mississippi Valley Conference Passes will be honored.

Entries: Individual Events: ***4** competitors per school, with the following **exceptions:**
6 competitors in the Long Jump and Shot Put
10 competitors in 200 Meter Dash
Unlimited 3000 and the 1500 Meter Run
Relays: ***2** entries per school, with the following **exceptions:**
Unlimited entries per school for the 4X800m. Relay and the 4X400m. relay.

Time Schedule: The time schedule is tentative. If we get ahead of schedule, we will stay ahead.

Locker Room: There will not be locker rooms available. Restrooms will be available in the Dome.

Towels and Valuables: No towels are available and there are no provisions to protect valuables.

Shot Put and Long Jump: All contestants will be given 4 attempts.

Timing and Picking: Done by the coaches.

Results: Typed results will be available on the infield shortly after the conclusion of the last event.

Coaches Meeting: There will be a coaches meeting on the infield at 4:15pm.

Scoring and Awards: Team scoring will not be kept, and no awards will be given.