Entries: Due by Thursday, January 17, 2019 – 7:00 p.m. All entries must be done online through [http://raceberryjam.com/cobberonlineentry.php](http://www.raceberryjam.com/cobberonlineentry.php). Unattached entries may be made at <http://raceberryjam.com/trackform.php>. Please wait until the day entries are due to enter as it will limit the number of changes/scratches/adds. If you have additions for track events on meet day, please stop by the North Balcony to list them on the add sheet and have your runners report early to the clerk to be assigned a lane. Field event additions may be made with the Event Judge.

Entry Fee: $15.00 per person or $200.00 per team, men and women separately. Unattached athletes no charge.

Eligibility: Collegiate and open athletes. No high school athletes. Unlimited entries. No limit on the number of relay teams.

Scoring: No team scoring will be kept.

Declaration: Section/Flight sheets may be picked up in the North Balcony. Confirm your entries at the Scorer's Table in the North Balcony overlooking the finish line prior to the start of the meet. A limited number of additions may be made prior to the meet at the Scorer’s Table.

Schedule: Tentative time schedule enclosed. The schedule may be adjusted based on the number of teams/entries. Check at the Scorer's Table prior to the meet for any changes in the schedule.

Running Events: Six lane, flat 200M EPDM encapsulated surface (resurfaced in 2004) - **1/8-1/4" non-pin spikes.**  4x200 Meter Relay Men will be run with an eight turn stagger, running lanes the whole way. 4x200 Meter Relay Women will be run with a three turn stagger. New NCAA rule using 30 meter exchange zones will be enforced. All events run as timed finals. Events will be seeded by time. Please make accurate entries. The best performances will compete in the first section for all running events except the 4x400 Meter Relay. The 200 Meter will be seeded at the Start Line 15 minutes prior to the start.

Field Events: Throwing events will be 3 preliminary attempts with top 9 collegiate athletes to finals, plus additional open athletes in the top 9.

LJ and TJ will be 4 jumps and no finals.

LJ and TJ off EPDM surface - **1/8-1/4" non-pin spikes**, must be pyramid type.

Pole Vault off synthetic surface - **1/8-1/4" non-pin spikes**, must be pyramid type.

HJ off tartan surface - **1/8-1/4" non-pin spikes**, must be pyramid type.

Shot Put and Weight Throw off raised wood surface.

The highest seeds will compete in the last flight for all field events.

Spikes: **1/8-1/4" non-pin spikes**, must be pyramid type. **NO SPIKES ALLOWED ON THE INFIELD.**

Starting Blocks: Standard starting blocks will be provided.

Specialty blocks will be allowed but must be furnished by athlete's institution.

Disqualifications: Athletes will be disqualified for unsportsmanlike behavior, including but not limited to foul language, taunting opponents, berating officials, disrespectful treatment of facilities and/or equipment. NCAA rules apply.

Team Camps: May be on the infield or in the balcony.

Locker Room: Facilities are available in the adjacent Memorial Fieldhouse.

Please supply your own towels and locks. Take care of your own valuables.

Athletic Training: A certified athletic trainer and student athletic trainers will be on site one hour prior to the first event until 30 minutes after the last event has concluded. If any treatments are needed please bring instructions signed by your institution's certified athletic trainer. Please bring your own athletic training kit with supplies.

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