The event guide contains a road map for teams and families attending an event here at SPIRE. We encourage you to share this information with parents, families and spectators that may be traveling to SPIRE. This information is provided to help everyone become more familiar with the SPIRE campus, food & beverage options, local attractions, parking, hotel options and will provide a general sense of what to expect while attending an event at SPIRE.

MEET DIRECTORS:

Sue McGrath-Powell & Charlie Powell
Welcome to the SPIRE Collegiate Indoor Games Track & Field Meet. Multiple NAIA and NCAA national qualifying performances have been posted at SPIRE, and we look forward to athletes achieving many more in 2023.

**Competition Date:**
Saturday, February 11, 2023

**Entry Deadline:**
Enter the meet on Direct Athletics. Entry Deadline is on February 7, 2023 at 11:59 pm.
*Entry deadlines may change to meet the need of the meet size.*

**Entries & Fees:**
We charge an entry fee, **NOT** a competition fee
There are **NO** refunds for scratches or no-shows or non-accepted entries
due to field size limits or athletes not meeting entry standards

**Entry Fee:**
Individuals = $20 per event; or maximum entry fee of $500 per gender
(25 entries or more per gender)
**PAYMENT:** Online ONLY
*NO CASH PAYMENTS ACCEPTED. NO PAYMENTS ACCEPTED THE DAY OF THE MEET.*

**RULES/GUIDELINES:**
- We will accept scratches ONLY.
- Day of entries will **NOT** be accepted.
- Every Team or Individual who competes MUST have a signed and completed Liability Waiver. Please, complete and return in advance to expedite check-in.
- NOTE: Individuals under the age of 18 who are NOT a part of a team competing in the meet must have their waiver signed by a parent or guardian.
- **INDIVIDUAL WAIVER:** [https://spirewaiver.paperform.co/](https://spirewaiver.paperform.co/)
- **TEAM WAIVER:** Print & Return to Cheslie Kamann – ckmann@spireinstitute.com

**Entry Process:**

**Declarations:**
- Your online entry must contain **ALL** of your entries and full roster.
- There will be no additions or changes after the submission deadline for the entries.
- Depending on field size, one’s event may be redrawn and announced throughout the meet. Please listen for notices and times.

**Scratches:**
- All running event scratches need to be done at the clerk’s table. Field event scratches can be done at the event site with the head official.
**Event Check-In:**

**Track Events:**
- All athletes must check in with the clerk.
- Track Athletes must check-in at the clerk’s table approximately 45 minutes prior to the start of the race.
- Athletes who do not check-in with the clerk will be scratched from the event.

**Field Events:**
- All athletes must check-in at their event area **prior** to the first flight.
- Anyone that **does not** check in on time will be scratched from the event.

**Practice and Warm-Up times: Track area**
- Athletes may warm-up on the track prior to the start of the meet.
- Once the meet begins, athletes may use the BACKSTRETCH and/or the extra high jump apron if available.
- Additional warm-ups may be made in the corridors of the track building.

**Timing and Results:**

*Fully Automatic Timing will be provided by Lightning Timing. Live Results will be available online at [www.lightningtiming.com](http://www.lightningtiming.com). Make sure to refresh your browser to get the most up-to-date results.*

**Safety Rules:**
- In an effort to conduct a safe and quality meet for all participants, USATF - the NHSF - the NCAA strictly rule that no electronic devices, including; headphones, cell phones or radios will be permitted inside the competition areas.
- This means the **ONLY** space where these devices are allowed is the spectator stands.
- These devices present a safety risk for competitors and officials.
- Please notify your athletes in advance that they can only use these items in the stands or in the building hallways.

**ABSOLUTELY NO TEAM OR INDIVIDUAL CAMPSITES ON THE INFIELD**

**Lane Preferences:**
- For the 60m Dash and 60m hurdles, lane preferences will be as follows:
  - 10 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10, 1
  - 9 lanes – 5, 6, 4, 7, 3, 8, 2, 9, 10
  - 8 lanes – 5, 6, 4, 7, 3, 8, 2, 9
- For the 200m and 400m dashes, lane preference will be as follows: 6, 7, 8, 5, 4, 3, 2, 1.

**Spike Limitations:**
- Spike Length: Spikes no longer than ¼” (9mm) are allowed. Pyramid spikes and Omni-Lite spikes ONLY.
- NO “Claw” type spikes allowed.
- Athletes whose spikes are found to be too long will not be permitted to compete using those spikes.
Field Event Flights:
- The order of flights will flow so the best athletes will compete in the final flights.
- Athletes may be given four attempts or three attempts, with the top nine advancing to finals for three additional attempts reseeded to compete in reverse order.

Starting Heights: (Approximate TBD at a later date)
- Men’s Pole Vault - 3.98m/13’3/4” - 15 cm increments
- Women’s Pole Vault - 2.92m/9’7” - 15 cm increments
- Men’s High Jump - 1.86m/6’1.25” - 5 cm increments
- Women’s High Jump - 1.48m/4’10.25” - 5 cm increments

Implement Weigh-Ins:
- Saturday 8:00 am - 9:45 am
- Implement weigh-in can be found at the North end of the track near the high jump/clerking area.
- All shots and weights MUST be weighed in and certified legal prior to warm-ups.

Pole Shipping:
- Please ship all poles to: SPIRE Academy
  Attn: Tim Mack
  5201 SPIRE Circle
  Geneva, Oh 44041

Locker Rooms:
- There are locker rooms with full shower facilities available for athletes.
- Towels and locks must be provided by athletes.

Trainer:
- SPIRE may provide a certified athletic trainer, who will be stationed near the finish line.
- All other trainers please only allow those athletes that need to utilize the trainers in your area. This area also has access to the pole vault runways and finish line.
- Each participating team should provide its own taping supplies.

Training Facilities / Amenities:
- Ice will be available during the course of the meet in the training area, south of the Finish Line.
- Please call ahead to request any additional modalities needed for your athletes.

Tickets:
- Saturday: General Admission $10
- Children under 6 are Free

Participant Seating:
- Athletes are permitted to sit in the lower bleacher sections of the spectators seating.
- Teams are asked to save the red captain’s chairs for spectators!

Spectator Seating:
- Only spectators are allowed to sit in the red captain’s chairs for the meet.
- To view the Pole Vault, only spectators, not athletes, are allowed to sit in the temporary bleachers.
SCHEDULE OF EVENTS

All schedules are tentative and subject to change. Finalized schedule will be circulated in early February.

Saturday, February 11
8:00 am - Track Venue open for Team Warm-ups and Implement Weigh-in
8:30 am - Track Venue opens to Spectators
9:00 am - Track and Field Events begin

Saturday, February 11 – FIELD EVENTS
10:00 am Men’s Shot Put (Women to follow)
10:00 am Women’s Weight Throw (Men to follow)
10:00 am Women’s High Jump (Men to follow)
10:00 am Women’s Pole Vault (Men to follow)
10:00 am Men’s and Women’s Long Jump
1:30 pm Men’s and Women’s Triple Jump
Men’s and Women’s Triple Jump follows Long Jump

Saturday, February 11 – TRACK EVENTS
9:00 am Men’s and Women’s Unseeded 3000m (cut-off times TBD)
9:30 am Men’s and Women’s Seeded 5000m
*Rolling Time Schedule Begins with the completion of the 5K races - approximately 10:15am*

Women’s 60m Hurdle Prelims
Men’s 60m Hurdle Prelims
Women’s 60m Dash Prelims
Men’s 60m Dash Prelims
Women’s Mile
Men’s Mile
Women’s 400m
Men’s 400m
Women’s 60m Hurdle Final
Men’s 60m Hurdle Final
Women’s 60m Dash Final
Men’s 60m Dash Final
Women’s 800m
Men’s 800m
Women’s 200m
Men’s 200m
Women’s Seeded 3000m
Men’s Seeded 3000m
Women’s 4x400m Relay
Men’s 4x400m Relay
Women’s DMR
Men’s DMR

Contact:
Sue McGrath-Powell (spowell@spireinstitute.org) (440) 466-1002 x122
SPIRE Academy is a “Stay to Play” venue. This means, if your team plans to stay overnight, we ask that you make reservations in one of our partner hotels.

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
<th>Distance from SPIRE</th>
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<tr>
<td>Holiday Inn Express &amp; Suites</td>
<td>1831 Austinburg Rd, Austinburg, Oh 44010</td>
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<td>The Lodge &amp; Conference Center - GOTL</td>
<td>4888 North Broadway, Geneva, Oh 44041</td>
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<td>11200 Gold Court, Painesville, Oh 44077</td>
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<td>8434 Mentor Avenue, Mentor, Oh 44060</td>
<td>24 Miles</td>
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<td>16 Rooms</td>
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