

GIBSON INVITATIONAL

SPONSORED BY THE TERRE HAUTE CONVENTION & VISITORS BUREAU

APRIL 13TH, 14TH & 15TH, 2023

MEET DIRECTOR: Jeff Martin Jeffrey.martin@indstate.edu 812-237-4332

TEAMS:

ENTRY LIMITATIONS & FEE: 3 athletes per event. 2 relays per school. \$350.00 entry fee per school per gender. \$25.00 per athlete for the Heptathlon & Decathlon.

ENTRY DEADLINE: Entries must be received by 3:00pm EST on **Tuesday, April 11th, 2023**

EVENTS: Heptathlon, Decathlon, 100m, 200m, 400m, 800m, 1500m, 3000 SC, 5000m, 100H (Women), 110H (Men), 400H, 4x100 Relay, 4x400 Relay, Shot Put, Discus, Hammer, Javelin, Long Jump, Triple Jump, High Jump, Pole Vault

SCORING: Individual Events & Relays will be scored (10-8-6-5-4-3-2-1)

FACILITY AVAILABILITY FOR PRE-MEET: Please contact Jeff Martin at Jeffrey.martin@indstate.edu if you pre-meet practice needs on Thursday or Friday. There will be very limited space on the track & field event areas due to the Multi Event competitions.

TEAM VEHICLE BUS PARKING DROP OFF: Parking for team vehicles will be available directly east of the facility in Lot O and Lot K. The team entrance will be the Southeast gate off of Eagle Street. This is the only gate that athletes can enter and exit.

TEAM AREA: Each team will be required to set up camp in their assigned areas. A map will be sent with the heat sheets.

WARM-UP AREA: Only athletes that are warming up for an event should be on the track. We are asking that athletes use the back stretch as much as they can. Warm ups will also be available in the grass area north of the track. The infield is off limits to all athletes and coaches. Once athletes are finished with their event(s) we are asking that they return to the team camp area.

DRESSING LOCKER ROOM FACILITY: Due to the COVID-19 Pandemic there will be no locker rooms available.

ATHLETIC TRAINERS MEDICAL: Indiana State University athletic trainers and EMT will be stationed in the athletic training tent at the southwest corner of the track. Visiting team's medical staff will have access to tables, ice, water and medical supplies if needed.

WATER: There will be emergency water only. Each team is asked to bring their own water coolers for their team camp area. There will be access for your trainers to fill the cooler.



INDIANA STATE UNIVERSITY TRACK & FIELD



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CLERKING: We will use hip numbers in all races. In non-laned races, please put hip numbers on the left chest and the left hip. In laned races, direct your athletes to put the hip number on the left hip. All runners in events 800 and above, check in with the clerk fifteen minutes before their race to receive hip numbers. Check-in will be located in the southeast corner of the track in the storage unit located beside the 100-meter start. Field event athletes should check-in at their event no later than one hour prior to the event start time regardless of what flight they are in.

STARTING HEIGHTS & INCREMENTS: Once entries close, starting highs will be determined.

IMPLEMENT WEIGH-IN: Implement weigh-in will take place at the tent located at the main entrance.

Weigh-in times:

Thursday, April 13th 8:00am – 9:00am Multi-Events Only

Friday, April 14th 8:00am – 9:00am Multi-Events Only

Friday, April 14th 1:00pm – 2:00pm Hammer & Javelin Only

Saturday, April 15th 10:00am – 11:00am Shot & Discus Only

INCLEMENT WEATHER: Teams will be asked to use their bus and vehicles FIRST if we have threatening weather. The Athletic Annex West building located south of the track will be available.

RESULTS: During the meet, results will be posted by the Finish Line Building. Final results will be available at the conclusion of the meet at the finish line. The final results will be posted on www.gosycamores.com, www.timingmd.net and at www.tfrrs.org



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UPDATED - Tentative Schedule of Events

THURSDAY APRIL 13TH, 2023

Multi Events

10:00am Men's Decathlon Day 1
(100m, LJ, SP, HJ, 400m)
10:30am Women's Heptathlon Day 1
(100H, HJ, SP, 200m)

FRIDAY APRIL 14TH, 2023

Multi Events

10:00am Men's Decathlon Day 2
(110H, DT, PV, JT, 1500)
10:30am Women's Heptathlon Day 2
(LJ, JT, 800m)

Field Events

3:00pm Men's Hammer Throw
(Women to follow 30min after)
3:00pm Women's Javelin Throw
(Men to follow 30min after)

Running Events

6:00pm 5000 meters (M)
6:40pm 5000 meters (W)

SATURDAY APRIL 15TH, 2023

FIELD EVENTS

11:30am Women's Long Jump
(men to follow 30min after)

Triple jumps will start approx. 30min after the conclusion on the women's LJ

12:00 noon Men's High Jump
(women to follow 30min after)
Men's Shot Put
(women to follow 30min after)
Men's Discus
(will start after the conclusion of the men's & women's SP)
(women to follow 30min after)

1:30pm Women's Pole Vault
(men to follow 30min after)

SATURDAY APRIL 15TH, 2023

RUNNING EVENTS

11:00am 100 meters (W) – Trials
11:20am 100 meters (M) – Trials
11:40am 100m Hurdles (W) – Trials
12:00noon 110m Hurdles (M) – Trials

~Break~

12:30pm *ISU T&F Alumni Recognition*
1:00pm 4x100 meter relay (W)
1:10pm 4x100 meter relay (M)
1:20pm 1500 meters (W)
1:40pm 1500 meters (M)
1:55pm 110m Hurdles (M) – Final
2:05pm 100m Hurdles (W) – Final
2:15pm 400 meters (W)
2:25pm 400 meters (M)
2:40pm 100 meters (W) – Final
2:45pm 100 meters (M) – Final
2:55pm 800 meters (W)
3:05pm 800 meters (M)
3:35pm 400 hurdles (W)
3:50pm 400 hurdles (M)
4:05pm 200 meters (W)
4:15pm 200 meters (M)
4:30pm 3000 meter Steeplechase (W)
4:45pm 3000 meter Steeplechase (M)
5:00pm *ISU Senior Recognition Ceremony*
5:20pm 4x400 meter relay (W)
5:30pm 4x400 meter relay (M)

