

the TRACK at new balance



Middlebury's New England Small College Invitational January 26, 2025

Meet Director: Bruce Ingersoll

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Meet Information

Middlebury College Coaching Staff

| | | | |
|------------------|--------------------------|--|--------------|
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| Max Memeger | Asst. T&F Coach | mmemeger@middlebury.edu | |

ENTRIES: Meet entries will be made at Direct Athletics (www.directathletics.com). The games committee will set starting heights of HJ and PV. Unlimited entries.

- Sunday, January 19, 2025 @ 12:00 PM – Entries open on Direct Athletics
- Friday, January 24, 2025 @ noon – Entries close on Direct Athletics
- Friday, January 24, 2025 @ 8:00 pm - Entry list available to public at <https://lancertiming.com>



10/3/2024

the TRACK at new balance

SEEDING:

- Scratch deadline is 6:00 p.m. on Friday. Email Lancer Timing directly with scratches: rick@lancertiming.com
- The 200 and the 4x400 will be seeded on the afternoon of the meet. We will call for scratches, then re-seed the 200s and the 4x400 30 minutes before the events.
- No other track events will be re-seeded regardless of further scratches that occur.

FACILITIES:

- Track is World Athletics Certified
- Level 2 Multi-Purpose area used for throws (shot put and weight throw): Sector arc markings begin at 14M/45'9" (closest to throws ring) and finish at 24M/78'4". There are 6 sector lines spaced 2M apart from 14 to 24M. Approx. distance down left sector line at 95'+ and right sector line at 100'+.
- LJ takeoff board is positioned on runway at 3M/9'8" from the landing pit
- Collegiate Triple Jump boards positioned on each runway at 42'/12.8M for men and 36'/10.97M for women
- Banked track for the 200 and up
- On Level 3 and Level 4 sprint/hurdle straightaways and practice lanes for the hurdles are set as follows: these colored marks are found outside of lanes 1 and 8 running full length of each distance up the straightaway
 - 60M Hurdles – Men blue mark
 - 60M Hurdles – Women yellow mark
- The track banking is certified at 12 degrees and the turn radius at 21 degrees.
- (6) oval lanes 42" wide running counterclockwise
- (8) sprint/hurdle lanes 48" wide running east to west. This applies to the practice lanes on Level 3 behind turn #2 running south to north and the (2) sprint lanes on Level 4 warm-up
- LJ/TJ sand pit dimensions are 27'4" length/10'4" in width and 12" deep. Distance from 3M LJ takeoff board to end of pit is approx. 37'.
- LJ/TJ runways are 148' in length and are 48" wide. Runway A closest to the oval has an additional 5' run-up useable beyond this runway and Runway B closest to the sprint/hurdle straightaway has 15" additional run-up useable.
- PV runways are 148" in length and 48" wide. Runway A closest to the oval has an additional 21' run-up useable beyond this runway and Runway B closest to the sprint/hurdle straightaway has 28" additional run-up useable.
- Pole Vault will start at an inclusive height and increase at 15cm intervals hitting the D3NE qualifier heights, 3.78 and 4.8, and the current speculative height for NCAAs.
- High Jump will start at an inclusive height and increase at 5 cm intervals hitting the D3NE qualifier height, 1.56 and 1.75, and the current speculative height for NCAAs.



10/3/2024

the TRACK at new balance

- (6) sprint/hurdle warm-up lanes located behind turn #2 are 60M in length running south to north with the identical hurdle marking as indicated on the sprint/hurdle straightaway.
- Warm-up track oval is approx. 130M in length with (2) 36" wide lanes and (2) overlapping sprint/hurdle lanes running 60M on the west side of the oval.
- The 400 will be run in lanes 2-6
- The 200 will be run in lanes 3-6
- Only vinyl tape for LJ/TJ, HJ and PV take-off marks. You must supply your own vinyl tape.

SHOE/SPIKES: 1/4" pyramid spikes only. Upon entering the facility athletes will see a table for spike check. Competition spikes will be verified on site and a zip tie will be placed on the shoes declaring them eligible for competition.

EVENT CHECK-IN: There will be a table for oval event check in and a separate table for all other events.

RESULTS/TIMING: Timing and results will be provided by Lancer Timing

SPORTS MEDICINE: Official trainers located in Southwest corner of Level 3 (the competition level). 5 additional training tables located on Level 4 (oval warm-up track). Ice machine located on Level 4, bring your own bags and coolers please.

IMPLEMENT CERTIFICATION: Implement certification will take place between 7:15 and 9:00 A.M. on level 2 (throwing competition level).

DIRECTIONS/MAPS: the TRACK at new balance: 91 Guest St, Boston, MA 02135 **DROP OFF/PARKING:** All Athletes dropped off at 91 Guest Street.

LIVE WEBCAST: None



10/3/2024

the TRACK at new balance

The meet will follow a rolling schedule

Field Events

- 9:00 a.m. Weight Throw – women (seeded flights, top flight last)
11:00 a.m. Long Jump - women & men (men runway A, women runway B)
11:00 a.m. Pole Vault - women & men (men runway A, women runway B)
Weight Throw – men (seeded flights, top flight last) following men
Shot Put – women (seeded flights, top flight last) following women’s Weight Throw
High Jump – women & men (men pit A, women pit B) following 60m. dash final
Triple Jump - women & men (men runway A, women runway B) following long jump
Shot Put – men (seeded flights, top flight last) following men

Track Events: (seeded slow to fast)

- 10:00 a.m.
60m Hurdles – men (trials)
60m Hurdles - women (trials)
60 meters – men (trials)
60 meters – women(trials)
5000 meters - men
5000 meters - women
Mile - men
Mile – women
60m Hurdles – women (final)
60m Hurdles – men (final)
60 meters – men
60 meters – women (final)
400 meters – men
400 meters – women
800 meters – men
800 meters – women
200 meters - men
200 meters – women
3000 meters - men
3000 meters – women
Distance Medley - men
Distance Medley - women
4x400 meters - men
4x400 meters - women

