

2008 Case Track and Field Invite

- To:** Track Coaches
- From:** Steve Rubin and Kathy Lanese
Track and Field Coaches
- Re:** **Case Invite – Friday, February 1**
- Entries:** They will be processed through www.directathletics.com
If you are not familiar with the on-line entry system I will be happy to send you information.
Entries will be due by Wednesday, January 30, at 8:00 pm
- Please have athletes wear **1/4"** pyramid spikes for running and jumping venues. Entrance to Veale Center is located on Adelbert Rd. between the visitors parking and One to One Fitness Center.
- Lockers:** A locker room will be available
- Contact:** If you have any questions please feel free to call:
Steve Rubin
Head Men's and Women's Track and Field
(216) 368-2419
- Entry Fee** **\$150.00 per gender per team or \$20.00/individual up to 6 competitors**
- Parking:** Please consult university parking map for the Veale Center. Van Parking can go in the Veale Center lot. Bus Parking will in the lot, over the bridge on Adelbert Rd. Enter the building by the flagpoles if you park in Veale Garage. Bus drop off will be off Cedar Rd. in the rear of the Veale Center. Bus drop off will be at the Emerson doors off Cedar in the loop. Emerson is attached to the Veale Center. Refer to the I-271 marking on the lower left area of the map. <http://parking.cwru.edu/map/map.htm>

Case Invitational Friday, February 1st 2008
Time Schedule

3pm: M- WT followed by W- WT
M- SP-followed by W SP (30 min between events)
3 throws, 3 to finals

M- LJ followed by W- LJ,
M- TJ, W- TJ—(30 min between events - 4 attempt final for horizontal jumps)

6pm M- PV (followed by W- PV w/ 1 hr. between events)
M- HJ (followed by W- HJ w/45 min between)

6pm: DMR,
55H PrIm
55D PrIm
55H Final
55D Final
Mile
400
800
200
3k
4x4