



INLAND NORTHWEST INVITATIONAL

Hosted by WHITWORTH UNIVERSITY

PRELIMINARY MEET INFORMATION

Date	Event date is January 28, 2023, No practice time available due to facility scheduling and conflicts.
Location	The Podium, Spokane, WA 511 W Dean Ave, Spokane, WA 99201
Entries	<p>Entry into the meet is open to invited college teams only. Invited teams will be given access to enter online at DirectAthletics.com. No unattached athletes.</p> <p>There will be three elite high school events per gender and those events are by invitational only and have been filled so please do not inquire about any high school entries.</p> <p>Entries will be online at www.directathletics.com with an entry deadline of Tuesday January 24 at 8pm Pacific time.</p>
Entry Fee:	Collegiate Teams: \$450 per gender per team or \$35 per individual up to 13 per gender. All entry fees are due at the time of registration on Direct Athletics before the close of entries.
Entry Restrictions	Total rosters and per event limits will not be restricted. However, meet management reserves the right to limit entries per event in order to adhere to time schedule and maintain a manageable environment for competition. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed.
Accepted Entries	Accepted entries will be announced Wednesday January 25 by noon. Heat sheets will be posted Friday January 27 by 8pm Pacific.
Scratches	In order to provide the most competitive heats/sections, please notify Meet Director via email at tschwarz@whitworth.edu of any scratches as soon as possible, no later than Friday January 27 at 9am.

Schedule

A preliminary schedule has been posted. The time schedule will be revised based upon the entries received. The final schedule will be sent to coaches and posted on www.spokanesports.org on Thursday January 26 by 8pm Pacific Time.

Packet Pickup

Packet Pickup is located in the Multipurpose Room on the main level of The Podium. Packet Pickup is open on:

- Saturday Jan 28th at 8am-10am.

Packets contain orange wristbands for coaching staff and team medical. Bibs will give access for student-athlete into the building and warm up areas. Please make arrangements to distribute bibs prior to entering the facility on Saturday. Athletes/travel party will not be permitted to enter the facility without proper access credentials.

Practice at The Podium

The facility will not be available for practice due to facility schedule conflicts.

Team Parking

Team Van/Spectator/Officials/Volunteer Parking: [Parking Lot B \(Located by Spokane Arena\)](#). Please make sure to pay parking fee at the entrance if staffed, or at the kiosk if it is not staffed.

Bus Parking Only: Bus drop-off is on Dean Ave in front of The Podium. Dedicated bus parking in [Spokane Arena Parking Lot A](#). Surface lot parking permitted if available as well.

Pole Vault Drop Off

Access is off of Dean Street on the east side of The Podium. Please drop off all poles through Pole Vault Drop Off and do not bring them through the front doors.

Results

Live results and video attempts will be made available [here](#).

Live Streaming

The event will be livestreamed by Runnerspace.

Spectator Admission

All tickets are general admission and first come first serve. Tickets are available for purchase [online](#) or at The Podium ticket window located outside of The Podium outside main spectator entrance.

CLEAR BAG POLICY FOR SPECTATORS ONLY: Guests may carry one clear plastic or vinyl bag no larger than 14" x 14" x 6". One gallon clear plastic zip-top bags or small clutch bags no larger than 4.5" x 6.5" are also permitted. Backpacks and purses larger than 4.5" x 6.5" are not permitted. Exceptions will be made for medically necessary items or single compartment diaper bags (child must be present).

The Clear Bag Policy does not apply to Athletes/Coaches.

Medical

Certified Athletic Trainers will be available for limited services by Whitworth University. Acute and urgent care of injuries will be provided to visiting athletes. Ice available to athletes. Please direct any medical questions to Certified Athletic Trainer.

Whitworth Athletic Training Contact: Sarah Cummings
scummings@whitworth.edu

Trainers will be located in the medical room, and on the athlete level for the duration of the event. Teams opting to travel with their own medical team will have space on the competition floor, in the southwest corner adjacent to the track. Please utilize one corral per team.

Warm-up Area

Warm up area is located adjacent to the competition floor and is only accessible from the stairs or main elevator located by the entrance of The Podium.

Only student-athletes, coaches, officials and designated staff will be allowed on warm-up level. If you are not actively warming up for your event, please stay out of warm up area. Warm up lanes are for actively warming up ONLY. No bags or team camping on warm up lanes. Warm up lanes are to be used from South to North ONLY.

Team Camps

Team camps will be located in the upper section of bleachers on the southwest side of the facility, past the finish line or on the competition floor in team corrals located on the south side of the facility.

Implement Inspection

Implement Inspection is located on the Warmup Level of The Podium. Implements will be at the event site no later than 30 minutes prior to the start.

Implement Inspection will be available on meet date. All implements must meet all NCAA rules and regulations.

Coaching Boxes

Coaches' areas will be clearly marked around the perimeter of the track for the field events. Only coaches for that event will be allowed in coaching boxes to reduce the number of people in one spot. Student athletes not participating must be in the stands. High Jump coaches will not be permitted on the infield. Athletes are not permitted on the infield except those athletes competing in a flight that is in progress. Coaches for the pole vault events will not be permitted on the infield during warm-ups. Please be respectful of these requests in order to keep the infield a safe area for all competing athletes.

Entering & Exiting the Field of Competition

Only competing student-athletes and track & field officials are allowed in the competition area. Medical personnel are allowed to enter the competition area in the event of an injury or illness to provide medical assistance. Coaches are not permitted into the competition area at any time. Coaching boxes will be indicated surrounding the track. Field event athletes can view video, taken outside the competition area and not brought in the competition area, between attempts. Under the direction of an official they are permitted to cross the track.

Check-In Running Events

The clerking check-in is located on the Warm-Up Level of The Podium. Final declarations for all events will occur at the check in with the clerk at least 30 minutes prior to the start of the running event. Athletes must report back to the clerking area no later than 10 minutes before the scheduled start time for instructions and to be escorted to the field for competition.

Check-In Field Events

Event	Check In	Report Time
High Jump	65 minutes	65 minutes
Pole Vault	90 minutes	90 minutes
Horiz Jumps and Throws	40 minutes	Flight 1 – 30 minutes before start Flight 2 – 30 minutes after start Flight 3 – 30 minutes after start of flight 2

Lane Preferences

60/60H – 4-5-3-6-2-7-1-8

200/400 – 5-6-4-3-2-1

Triple Jump/Long Jump Boards

Boards will be defined in final info.

Spikes

With the exception of athletes competing in the high jump, athletes may only use **1/4" Pyramid** spikes permitted on all running and jumping surfaces. Spikes will be checked and those not meeting the regulations must be replaced. Pin/needle/Christmas tree spikes will not be permitted on the competition floor or warm-up area.

Meet Logistics

Jump Progressions and up-to-date logistics will be sent directly to competing teams/athletes the week of competition. For additional information/scratches contact the meet director.

Media Rights

Photography and videography by Spokane Sports/The Podium will be taken throughout the event. Content may be utilized for marketing and promotional efforts.

Outside Food

Outside Food & Drink Policy: No outside food or drink is allowed. Participating athletes may bring in water and/or snacks needed for participation in their bags. The Podium Powered by STCU has worked diligently to provide healthy food options for athletes and spectators. Coolers will not be allowed in the facility.

Spectator Admission

All tickets are general admission and first come first serve. Tickets are available for purchase online or at The Podium ticket window located outside of The Podium outside main spectator entrance.

Clear Bag Policy (Spectators Only): Guests may carry one clear plastic or vinyl bag no larger than 14" x 14" x 6". One gallon clear plastic zip-top bags or small clutch bags no larger than 4.5" x 6.5" are also permitted. Backpacks and purses larger than 4.5" x 6.5" are not

permitted. Exceptions will be made for medically necessary items or single compartment diaper bags (child must be present).

Outside Food & Drink Policy: Outside food and drink is not permitted at the facility. Participating athletes may bring in necessary water and a snacks for competition inside their bags. The Podium has worked diligently to provide healthy food options for athletes and spectators.

The Clear Bag Policy does not apply to Athletes/Coaches.