

SPOKANE INVITATIONAL

FINAL MEET INFORMATION



Date	Saturday, December 9, 2023
Location	The Podium, Spokane, WA 511 W Joe Albi Way, Spokane, WA 99201
Entries	<p>Entry into the 2023 Spokane Invitational is open to college teams and student-athletes. Teams will be given access to enter online at DirectAthletics.com. We will accept as many athletes and teams that we can accommodate in a reasonable schedule. Teams and unattached individuals interested in competing must contact the Meet Director meetdirector@spokanesports.org for permission to enter. Entries will open on November 1.</p> <p>Unattached athletes will be accepted on a limited basis at the discretion of the Meet Director. Entries will be online at www.directathletics.com with an entry deadline of Monday December 4 at 5:00pm PST.</p>
Entry Fee:	<p>Collegiate Teams: \$500 per gender per team. Unattached/Individuals: \$35 charge due at time of registration. All entry fees are due at the time of registration on Direct Athletics before the close of entries.</p>
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 Tuesday, December 5 by 5:00pm PST. Heat sheets will be posted Thursday December 7.
Scratches	In order to provide the most competitive heats/sections, please notify Meet Director via email of any scratches as soon as possible, no later than Thursday December 7.
Sanction	The 2023 Spokane Invitational is sanctioned through World Athletics and is shown on the World Athletics calendar HERE .

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 December 7.

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

- Friday from 2:00pm–6:00pm
- Saturday from 7:00am–9:00am

If you cannot make the packet pickup hours, please email Jessie Ward jessie@spokanesports.org ahead of time to arrange for pickup outside of the posted hours.

Packets contain wristbands for coaching staff. Bibs will give access for student-athlete into the building and warm up areas on competition day. 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 be open for practice on Friday, December 8 from 2:00pm–6:00pm.

Team Parking **Team Van/Spectator/Officials/Volunteer Parking:** [Parking Lot B](#) (Located in the Spokane Veterans Memorial Arena parking lot). Please note that this is a paid lot.

Bus Parking Only: [Parking Lot A](#)

Pole Vault Drop Off Access is off of Joe Albi Way on the east side of The Podium. Please drop off all poles through Pole Vault Drop Off. Poles will not be permitted to come in through the main entrance doors.

Results Timing and live results are available [HERE](#).

Live Streaming Runnerspace will be live streaming the event [HERE](#).

Spectator Admission All tickets are general admission and first come first serve. Tickets are available for purchase online [HERE](#) or at The Podium ticket window located outside of The Podium outside main spectator entrance. Senior, student and police/military/fire special pricing available at ticket window only.

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.

OUTSIDE FOOD & DRINK POLICY: Participating athletes are permitted to bring in snacks and water for competition inside their backpacks/bags. Outside catered meals and drink are not permitted in the facility.

PROHIBITED ITEMS: Please look [HERE](#) for full list of prohibited items at The Podium.

Medical

Certified Athletic Trainers will be available for limited services. Acute and urgent care of injuries will be provided to visiting athletes. Ice available to athletes.

Trainers will be located in the medical room, located 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 on the south side of the facility in team corrals. One corral is permitted per team.

Implement Inspection

Implement Inspection is located on the Warmup Level of The Podium. Weigh in will open Friday and Saturday. All implements must meet all NCAA rules and regulations.

Implement Check-In times to be distributed in final meet information.

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**

Field events will check in at the clerk and be escorted to the competition site prior to the start of the event for warmups. Vertical field events shall utilize a general warm up for all competitors. Horizontal jumps and throws shall utilize a 20-minute flight specific warm up. Athletes may check in with the Clerk, but not later than the following times before the scheduled start. Athletes will be escorted to the field of play at the report times listed below.

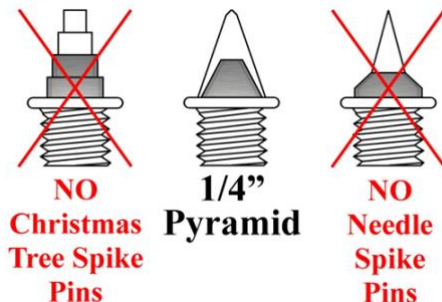
Check In		Report Time
High Jump	65 minutes	65 minutes
Pole Vault	90 minutes	90 minutes
Horiz Jumps and Throws	40 minutes	Flight 1 – 30 minutes before start Flight 2 – 20 minutes after start Flight 3 – 20 minutes after start of flight 2

Lane Preference

60/60H – 4-5-3-6-2-7-1-8 200/400 – 5-6-4-3-2-1

Spikes

Only **1/4" Pyramid** spikes permitted on all running and jumping surfaces. Spikes will be checked and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition floor or warm-up area. Please be courteous and bring your own replacement spikes.



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 at meetdirector@spokanesports.org.

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.

Concessions

All efforts have been made to provide healthy snacks for purchase at The Podium. Please note that all concessions are cashless; all major credit cards, Apple Pay, and Google Pay are accepted.