



2022 Cougar Classic Open & Invitational

January 14-15, 2022

Meet Information

Dates	OPEN – Friday, January 14 INVITATIONAL – Saturday, January 15
Location	The Podium, Spokane, WA 511 W Dean Ave, Spokane, WA 99201
Entries	<p>Entry into the 2022 Cougar Classic is open to college teams. 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.</p> <p>Unattached athletes will be accepted on a limited basis at the discretion of the meet director and must adhere to all COVID protocols. All entries will be online at DirectAthletics.com by the entry deadline of Monday, January 10 at 5:00pm.</p>
Entry Fee	<p>Collegiate Teams: \$500 per gender per team. Unattached/Individuals: \$35 due at time of registration. All entry fees are due at the time of registration on Direct Athletics before the close of entries.</p> <p>Keep in mind that the weekend has two separate meets. Teams and athletes competing on both days must pay separate entry fees for each meet.</p>
Entry Restrictions	<p>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 and COVID protocols.</p> <p>In addition, meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed.</p>
Accepted Entries	Accepted entries will be announced Tuesday, January 11 by 5:00pm. Heat sheets will be posted Thursday, January 13.

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, January 13.

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 13.

Meet Format

OPEN – Friday only. Coaches have received an invitation in Direct Athletics. Grey Bibs.

INVITATIONAL – Friday night and Saturday. Coaches have received an invitation in Direct Athletics. Crimson Bibs.

***IMPORTANT* If you have student-athletes competing in both the Open and the Invitational, you will need to pick up separate bibs at packet pickup.**

Packet Pickup

Packet Pickup is located on the main level of The Podium for the duration of the weekend. There will be a designated entrance on the exterior of the building, past the spectator entrance. Please follow signs for packet pick up once on-site.

- Thursday, January 13 from 3:00pm-6:00pm
- Friday, January 14 from 8:00am-12:00pm
- Saturday, January 15 from 8:00am-12:00pm

Coaches/Athletic Trainers to pick up wristbands at Packet Pickup.

Bibs will give student-athletes access into the building and athlete level. Please plan to distribute bibs prior to entering the facility on Friday and 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 Thursday, January 13 from 3:00pm-6:00pm for all teams.

The facility will be open for practice on Friday, January 14 between 5:30pm-7:00pm.

COVID Guidelines

Meet will follow all Washington State restrictions and guidelines.

All teams will be REQUIRED to fill out the [COVID-19 Attestation Form](#) and return to annah@spokanesports.org or bring a hard copy to packet pickup. Packets will not be given out unless attestation form is signed. Unattached athletes must show proof of full vaccination against COVID-19 OR proof of a negative FDA-approved molecular (e.g., PCR) or antigen COVID-19 test taken within 72 hours of travel or competition. Rapid at-home tests do not meet these criteria.

Once student-athletes begin actively warming up, face mask/neck gaiter is not required until competition is complete. Spectators, officials, coaches and staff are required to wear masks regardless of vaccination status.

Parking

If staying at a nearby hotel, it is encouraged to walk to the venue, to alleviate congestion. Parking at the venue is managed by Diamond Parking. Please view the [Parking Map](#) and pay the parking attendant or at the kiosk on-site.

Team Van/Spectator/Officials/Volunteer Parking: Parking Lot A + B (Located by Spokane Arena)

Bus Parking Only: Parking Lot C (located by the Civic Theater)

Pole Vault Drop Off

Access is off of Dean Ave on the east side of The Podium. Please drop off all poles through Pole Vault Drop Off and do not bring them through spectator or Athlete/Coach entrance.

Results

Timing and live results will be available through live.athletictiming.net

Live Streaming

Runnerspace will be live streaming the event.

Spectator Admission

All tickets are general admission are available for purchase [online](#) or at the exterior ticket window located on the north side of The Podium. One-day and two-day passes are available, with discounts given to students, children under 12 and first responders.

Medical

Certified Athletic Trainers from WSU will be available for limited services, including ice, acute, and urgent care of injuries. WSU Athletic 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 be accommodated in the multi-purpose room, located on the spectator level as space allows.

Warm-up Area

Warm up area is located on the athlete level of The Podium, adjacent to the competition floor and is only accessible from the stairs or main elevator located by the main entrance of The Podium. Due to COVID regulations, meet management reserves the right to limit persons in warm up space.

***IMPORTANT* Only student-athletes, coaches, officials, and designated staff will be allowed on the athlete 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 Camp Area

Team camps will be located in the upper section of bleachers on the west side of the building, past the finish line.

Implement Inspection

Implement Inspection is located on the athlete level of The Podium. Weigh in will open Friday and Saturday. Implements must meet all NCAA rules and regulations.

- Thursday, January 13: Ability to leave Implement overnight labeled with school name and it will be ready on Friday.
- Friday, January 14: 8:00am-12:00pm, 6:00pm-7:00pm

- Saturday, January 15: 9:00am-11:00am

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 bleachers. High Jump coaches WILL NOT BE ALLOWED ON THE INFIELD. No athletes are allowed on the infield except those athletes competing in a flight that is in progress. Coaches for the pole vault events will not be allowed on the infield during warm-ups. Please be respectful of these requests in order to keep the infield a safe area for all competing student-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 athlete 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 40 minutes	Flight 1 – 30 minutes before start
and Throws	Flight 2 – 20 minutes after start
	Flight 3 – 20 minutes after start of flight 2
60/60H – 4-5-3-6-2-7-1-8	200/400 – 5-6-4-3-2-1

Lane Preference

Spikes

Only 1/4" **Pyramid** spikes are allowed 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 meetchief@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.

Spectator Policies

Mask: All coaches, spectators, staff and non-competing student-athletes are required to wear a mask/neck gaiter regardless of vaccination status. Physical distancing should be employed to the extent possible.

Clear Bag Policy: 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/Officials.

Negative Test/Proof of Vaccination: Effective November 15, 2021 per state order, all spectators 12 years of age and older must show proof of full vaccination against COVID-19 OR proof of a negative FDA-approved molecular (e.g., PCR) or antigen COVID-19 test taken within 72 hours of the event. Rapid at-home tests do not meet these criteria.