

VCU

TRACK & FIELD

2006 Ram Invitational
 Thursday - Saturday, March 16-18, 2006
 ROLLING SCHEDULE

Thursday, March 16th:

MULTI EVENTS

12 pm 100m Decathlon (men)
 12:20 100H Heptathlon (women)
 @ 12:35 Long Jump Decathlon (men)
 @ 12:55 High Jump Heptathlon (women)
 @ 2:05 Shot Put Decathlon (men)
 @ 2:25 Shot Put Heptathlon (women)
 @ 3:25 High Jump Decathlon (men)
 @ 5:05 400m Decathlon (men)

Friday, March 17th:

FIELD EVENTS / MULTI

9 am Long Jump Heptathlon (women)
 100m Hurdles Decathlon (men)
 @ 9:45 Discus Decathlon (men)
 @ 10:30 Javelin Heptathlon (women)
 @ 11 am Pole Vault Decathlon (men)
 11 am Hammer (women)
 @ 12 pm 800m Heptathlon (women)
 @ 1 pm Javelin Decathlon (men)
 2 pm Hammer (men)
 @ 2:30 pm 1500m Decathlon (men)
 4 pm Javelin (women)
 7 pm Javelin (men)

RUNNING EVENTS

4PM 400H (women)
 4:20 400H (men)
 4:40 400m HS Inv (Girls)
 4:45 400m HS Inv (Boys)
 4:50 800m Inv (men)
 4:55 1500m HS Inv (Girls)
 5:05 1500m HS Inv (Boys)
 5:10 1500m (women)
 5:30 1500m (men)
 5:50 100m HS Inv (Girls)
 5:55 100m HS Inv (Boys)
 6:00 3k HS Inv (Girls)
 6:15 3k HS Inv (Boys)
 6:30 3k steeplechase (women)
 6:45 3k steeplechase (men)
 7:00 4 x 800m HS Inv (Girls)
 7:15 4 x 800m HS Inv (Boys)
 7:30 5k (women)
 8:15 5k (men)
 9 pm 10k (combined women & men)

Saturday, March 18th:

FIELD EVENTS

9 am High Jump (women)
 Discus (women)
 Shot Put (men)
 10 am Long Jump (men)
 (Triple Jump men to follow @ 12:30)
 Triple Jump (women)
 (Long Jump women to follow @ 12:30)
 11:30 am High Jump (men)
 12 pm Discus (men)
 Shot Put (women)
 1:30pm Pole Vault (women)
 4pm Pole Vault (men)

RUNNING EVENTS

12 pm 4 x 100m Relay (women)
 12:15 4 x 100m Relay (men)
 12:30 800m (women)
 12:45 800m (men)
 1:20 100H Trials (women)
 1:40 100H Trials (men)
 2:00 100m Trials (women)
 2:20 100m Trials (men)
 2:40 400m (women)
 2:55 400m (men)
 3:10 100m Finals (men)
 3:15 100m Finals (women)
 3:35 100H Finals (women)
 3:45 100H Finals (men)
 3:55 200m (women)
 4:25 200m (men)
 4:55 4 x 800m Relay (women)
 5:10 4 x 800m Relay (men)
 5:25 4 x 400m Relay (women)
 5:40 4 x 400m relay (men)

2006 Ram Invitational
Thursday, March 16– Saturday, March 18, 2006
Virginia Commonwealth University's Sports Backers Stadium
Richard A. Hollander Track & Field Facility
Richmond Virginia

Dear Coach,

The 2006 Ram Invitational will be held on March 16–18, 2006 at Sports Backers Stadium in Richmond VA. The Richard A. Hollander Track & Field facility features a 400 meter , all weather (martin rubber surface) track with eight 48 inch lanes, all weather runways and concrete throwing circles.

Past competing teams have included VCU, Richmond, Washington & Lee, VMI, William & Mary, U of Charleston, Lafayette College, Bloomsburg, Williams College, McDaniel College, Otterbein College, Mary Washington, East Stroudsburg, Cuyahoga Community, Towson Univ, Shippensburg, Hampton Univ, Mount St Mary's, Longwood, UMBC, Duquense, Loyola, Rowan, Howard, JMU, and Eastern Mennonite.

The enclosed information package can be accessed at www.vcurams.vcu.edu/track. All entries, as well as any necessary changes , can only be made on-line through Direct Athletics at www.directathletics.com. I have included instructions to assist you with set-up, registration and entry changes. The registration period will begin in early February and end on Friday, March 10, 2006. Heat sheets and meet schedules will be placed on our website no later than Wednesday, March 15, 2006. If you have any questions or need any additional information, please contact me at daharris@vcu.edu or 804-828-4050.

Have a great season and we hope to see you in March.

Sincerely,

DeTrese Harrison
Meet Director



VCU

TRACK & FIELD

2006 Ram Invitational

Thursday, March 16- Saturday, March 18, 2006

Virginia Commonwealth University's Sports Backers Stadium

Richard A. Hollander Track & Field Facility

Richmond, Virginia

MINIMUM STANDARDS: In the field events each athlete will have their first legal attempt measured and the next marks must make these standards listed below:

- Women – Long jump (17'0), Triple Jump (35'0), Shot Put (35'0), Discus (105'0), Javelin (100'0),
- Men – Long Jump (21'0), Triple Jump (44'0), Shot Put (45'0), Discus (125'0), Javelin (155'0)

STARTING HEIGHTS:

- Women – High Jump (5'0), Pole Vault (9'6)
- Men – High Jump (5'10), Pole Vault (12'6)

ENTRY INFORMATION: Entry fee is \$250 per team and \$500 for both teams, \$20 for each unattached athlete for an unlimited number of events. No entry fee will be transferred or refunded. If an athlete is entered in too many events, meet management reserves the right to reject the athlete from one or more events without notification.

ENTRY PROCESS: Entries are ONLY ACCEPTED on-line through DIRECT ATHLETICS (www.directathletics.com). Go to the website and follow the entry instructions. Entries and changes can be made through Direct Athletics until the deadline of Friday, March 10, 2006. Faxed, emailed or phone entries and/or changes will not be accepted. Notice of performance lists will be emailed to you and posted on www.vcurams.vcu.edu/track by Thursday, March 16, 2006.
FIELD EVENT LIMIT = 3 PER EVENT

Make checks payable to VCU Athletics & Mail entry fees to: VCU | ATTN: DETREASE HARRISON, MEET DIRECTOR
PO Box 843013 | RICHMOND, VIRGINIA 23284

****ENTRY FEES CAN BE PAID THE DAY OF MEET AT PACKET PICK-UP**

RELAYS: A maximum of 1 relay team per relay event. There will be a \$20 fee for each additional relay team beyond the 1st. Relays count towards event maximums. Relay uniforms must conform to NCAA rules.

EQUIPMENT: Athletes must use the starting blocks provided by meet management. Relay batons will not be provided. Throwers must provide their own implements. Throwing implements will be weighed in at the yellow shed on Friday, March 17 from 9 – 10 am for Hammer and 2-3 pm for Javelin and Saturday, March 18 from 7:30 – 10 am for all implements.

SANCTION: NCAA

SPONSORS: Virginia Commonwealth University's men's and women's track teams.

RULES: NCAA rules of competition apply.

FACILITIES: 400 meter all – weather (Martin rubber surface) track with 8 (48") lanes, all weather runways and concrete throwing circles. 1/4 " or smaller spikes are allowed on track and jumping surfaces. Concession stands will be open during the meet. No Tents will be allowed in the stands. PLEASE ADVISE YOUR ATHLETES TO REMOVE THEIR SPIKES BEFORE ENTERING THE STANDS.

TEAM PACKETS: Information will be available for pick-up at Sports Backers Stadium upon arrival.

LODGING:

Mary Kay Ayscue
Quality Inn West
8008 West Broad Street
Richmond, Va. 23294
phone: 804-346-0000
fax: 804-527-0284

Rate is \$62 plus tax (double occupancy), when making arrangements have the school mention they are running in the VCU track meet.

Mr. David Becker
Holiday Inn Central
3207 North Boulevard
Richmond, VA 23230
804-359-9441
fax 804-359-1524

Rate is \$59.00 plus tax (double occupancy), when making arrangements have the school mention they are running in the VCU track meet.