

**NSIC INDOOR MULTI EVENT
SUNDAY/MONDAY FEBRUARY 12&13, 2012
HOSTED BY BEMIDJI STATE UNIVERSITY**

TIME SCHEDULE

Women-Pentathlon (2/12)	Men-Heptathlon (2/12)	Men-Heptathlon (2/13)
2:00pm	2:10pm	10:00am
60m hurdles	60m dash	60m hurdles
High Jump	Long Jump	Pole Vault
Shot Put	Shot Put	1000m run
Long Jump	High Jump	
800m run		

ENTRIES

Please email your entries to Craig Hougen . Please give athletes name, school, eligibility year, and opening height in the high jump. Each school is allowed 3 (Three) entries per event unless they are using some of their “wild card” entries. **Entries are due by 5:00 pm Friday February 10, 2012.** Please make sure all entered athletes are on your schools roster and have an ID number in the TFRRS system by Friday February 10, 2012. All information will be on the BSU Web page and also on www.herostiming.com. The meet program will be posted on www.herostiming.com Saturday February 11, by 6:00 pm.

COACHES PLEASE NOTE IN YOUR HANDBOOK

Section V Part E

”At all multi-events, each school will provide (other than the Head Coach) one meet worker to help with timing, measuring, etc...” Bemidji State will provide most meet workers, but other schools will be asked to help.

Section V Part F

”The NCAA uniform rule will be enforced for NSIC Championship competitions (heptathlon, decathlon, and pentathlon) with the exception of Two logos on socks.

Section V Part I

”Throwing implements will be weighed 1 ½ hours prior to the first throwing event each day.” (12:30pm on Sunday 2/12)

INFORMATION:

SPIKES – ¼” pyramid or shorter spikes are allowed in all events. Please note this will be enforced.

BLOCKS – Will be provided but, feel free to bring your own if you wish.

SHOT PUT – Wood ring.

TRAINER AND TRAINING ROOM – Available from one hour prior to competition through 30 minutes after the competition.

TIMING – Finish Lynx with hand held as back-up system.

AWARDS – Will be presented at the NSIC Indoor Championships. Medals to top 8 places.

ENTRY FEES – None. Medals will be paid for at the NSIC Indoor Championships. Each school pays equal share of cost for medals for cross country, indoor and outdoor championships.

SCORING – Points will be part of the indoor championship totals (10-8-6-5-4-3-2-1).

PRACTICE TIMES –The facility will open Until 10:00 pm on Saturday February 11, Let me know if you're coming early and need some practice time, and open at 11:00 am on Sunday February 12, 2012, and 6:00 am on Monday the 13th.