The Meet

1. The meet will take place inside Historic Hayward Field
2. On-site registration is 5:00–5:30 p.m. and the meet beings at 5:30 p.m.
3. Participants must register on-site, present their UO ID card, and sign the waiver prior to competition.
4. Track meet staff will measure and time events
5. For running events, all distance races are finals. Heats will be run in shorter events if necessary.
6. For field events, all competitors will be allowed four attempts for long jump, triple jump and shot put. For high jump, the bar will be raised by two inch increments. Competitors may have up to three attempts per height or until three consecutive misses.
7. Two false starts by an individual will result in disqualification.
8. Championship t-shirts will be awarded to the top male and female participants in each event

Order of Events: Each event will start when the previous event ends. Keep the order of events in mind when selecting your events.

Track Events:
3000m
400m
100m
Jogger mile/predicted mile
4 x 400m
800m
4x100m
1500m and triple jump

Field Events:
High jump, long jump, and shot put will begin at the start of the meet. Triple jump will start once the long jump ends.

Eligibility

1. Current UO students, faculty, staff, and spouses
2. Players must bring valid UO ID to check in for the competition. You may not participate without a UO ID
3. Running club members may participate but cannot win a Championship t-shirt unless there are no other participants in that particular event
   a. Members must tell the IM staff they are in the Running Club
4. Current varsity cross country and track members are not eligible to participate in their respective or alike intramural sport, activity, or event until a period of one year has passed following completion of all activities for the Department of Athletics. After the period has passed, former intercollegiate athletes must participate at the highest level of competition offered in their respective sport.

5. Professional athletes, current or former, may not participate in their respective or alike sport, activity, or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team or was compensated for trying out for a team.

Equipment

1. Short spikes (1/4”) may be worn.

2. Relay batons and shot puts will be provided.

3. All participants are responsible for bringing their UO ID cards to check in.

Sportsmanship

1. The University of Oregon Intramural Sports Department requires teams to demonstrate good sportsmanship. Anyone in violation of sportsmanship issues may be asked to forfeit the tournament by request of the Intramural Sports Supervisor on duty.

NO ALCOHOLIC BEVERAGES permitted on university property.
Anyone believed to be under the influence of alcohol or drugs may be asked to forfeit the tournament and be removed from the field.

Questions? Contact Intramural Sports Coordinator Sean Graninger seangran@uoregon.edu

Updated 4/25/2017 AD