

2006 INDOOR



**TERRAPIN
INVITATIONAL**

2006 INDOOR TERRAPIN INVITATIONAL MEET INFORMATION

FROM: Katrina Allen Assistant Coach
Mike Garrison Assistant Coach

MEET DATE: Saturday January 21, 2006
START TIME: Weigh-Ins 9:00am- 10:00am
10:30am Throwing Events 1:00pm Track Events

1. MEET FORMAT

Only 3 athletes are allowed per event to compete in the running events and field events and 1 relay team per gender per event. Athletes must check in with the clerk 60 minutes before their race and 20 minutes before their race for reseeding and lane assignments. Field events participants report 30 minutes before their event at the event site. If you do not check in you will be scratched from that event.

2. ENTRIES

Entry fee is \$225.00 per team per gender. Fees for unattached athletes are \$20.00 per athlete. Entries are due to Direct Athletics no later than Tuesday January 17, 2006. Please submit entries on the internet at the following web site: www.directathletics.com

3. DRESSING ROOMS/ SHOWER FACILITIES

Shower facilities will be provided for athletes and officials.

4. BATHROOMS

Restrooms are located at the entrance to the stadium, at the top of the bleachers.

5. TRAINING ROOMS

Training facilities will be located at the second turn on the track.

6. CONTACTS

Katrina Allen (301) 314-7457
Mike Garrison (301)314-3330

Enclosures: Meet Information
Event Schedule
Driving/ Parking Directions to PG Sports and Learning Complex
Parking Map
Hotel Accommodation's and Restaurant Guide

MEET INFORMATION

Contact Information:

Katrina Allen Assistant Coach kallen6@umd.edu (301)314-7457
Michael Garrison Assistant Coach mgarriso@umd.edu (301)314-3330

- 1. Three athletes can be entered per event.**
2. Numbers must be worn on the front for all athletes, unless specified otherwise (EG: pole-vaulters will wear numbers on their backs).
3. Official results will be FAT and the results will be available at the conclusion of the meet.
4. On the track, the women's sections will run first with the men's sections to immediately follow.
5. The 800M run will use a one turn stagger, or waterfall. The 4x400M Relay will use a three turn stagger.
6. LJ, TJ, Weight, and Shot Put: Top 8 from trials advance to the finals.
7. In the field events, the first mark will be measured. Subsequent tries after the first attempt, that does not exceed the minimum will not be measured. The following are the minimum standards for the field events:

Long Jump	Women 16'0"	Men 19'0"
Triple Jump	Women 35'0"	Men 44'0"
Shot put	Women 38'0"	Men 46'0"
Hammer	Women 120'0"	Men 150'0"
Javelin	Women 100'0"	Men 160'0"
Discus	Women 120'0"	Men 130'0"
High Jump	Women 4'10"	Men 6'2"
Pole Vault	Women 9'0"	Men 13'0"

MEET INFORMATION

8. Implement weigh-in will be an hour prior to each event.
9. A full staff of trainers will be present. Additional information will be provided by the athletic training staff.
10. All Coaches, spectators and parents must stay off the track and infield.
11. Athletes warming up must not interfere with meet. Coaches please keep your athletes away from the finish line while the meet is in progress!
12. Athletes must check in with the clerk 60 minutes before their race. We will reseed the running events, so athletes need to check in 20 minutes before their event for their lane assignment. Field events participants report 30 minutes before their event at the event site.
13. All competitors must wear ¼” spikes or shorter.
14. Please make entries at the direct athletics website. The following is the address to the direct athletics website: www.directathletics.com
15. Entry deadline: Tuesday January 17, 2006 by 6:00 PM. All late entries will be rejected!
16. Confirm entries: Thursday January 19, 2006 by 6:00 PM. Please refer to the direct athletics web site.
17. Please seed your athlete’s realistically so we will ensure even competitive heats.
18. Only one relay is allowed per team. Pick up team packets on the infield.
19. The clerk of the course for running events is located at the 60m start at the North End of the track.
20. The entry fee is \$225 per gender and \$450 for both genders. There is a \$10 fee for any extra entries beyond three per event per team in a single event. \$20 for each open entry.

DRIVING/ PARKING DIRECTIONS

The Prince George's Sports & Learning Complex is located adjacent to FedEx field in Landover, Maryland.

DRIVING

Points North or South on I-95

- Take exit 17B (202 West Landover Road towards Bladensburg).
- Immediately get into the left turning lane.
- Make a left onto Brightseat Road.
- Make a right onto Sheriff Road.
- Make left at the first light (Harvey Drive).
- Drive up the hill towards the main entrance of the Complex.
- Drop off athletes at the rear walkway to enter the field house.

PARKING

Buses

Buses park in Lot B.

Athletes (not arriving via bus)

Use FedEx Stadium Green Lots D3 and D4 for all parking. These lots are only accessible off of Redskins Road. Enter at the Rear entrance of the Field House.

Spectators

Use FedEx Stadium Green Lots D3 and D4 for all parking. These lots are only accessible off of Redskins Road. It is only a 300 yard walk to the main entrance.

Indoor Terrapin Invitational Saturday - January 21, 2006 Tentative

Field Events

10:30 PM	Weight Throw	men
12:00 PM	Weight Throw	women
1:30 PM	Long Jump	women & men (2 pits)
	High Jump	women
	Pole Vault	men
	Shot Put	men
3:00 PM	Shot Put	women
3:30 PM	High Jump	men
	Pole Vault	women
	Triple Jump	women & men (2 pits)

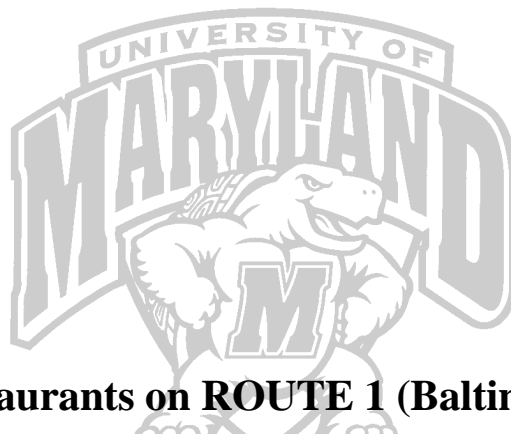
Running Events

1:00 PM	DMR	women
1:15 PM	DMR	men
1:30 PM	60 H Heats	women
1:40 PM	60 H Heats	men
1:55 PM	60 M Heats	women
2:05 PM	60 M Heats	men
2:15 PM	Mile	women
2:30 PM	Mile	men
2:45 PM	60 H Finals	women (2 section final)
2:55 PM	60 H Finals	men (2 section final)
3:05 PM	60 M Finals	women (2 section final)
3:15 PM	60 M Finals	men (2 section final)
3:25 PM	400 M	women
3:40 PM	400 M	men
3:55 PM	800	women
4:10 PM	800	men
4:25 PM	200 M	women
4:40 PM	200 M	men
4:55 PM	3000 M	women
5:10 PM	3000 M	men (2 sections)
5:30 PM	4x400	women
5:45 PM	4x400	men



LODGING IN COLLEGE PARK

Best Western Inn	8601 Baltimore Blvd College Park, MD 20740	1.800.442.1644	301.474.2800
Comfort Inn and Suites	9020 Baltimore Blvd College Park, MD 20740	1.800.228.5150	301.441.8110
Days Inn	9137 Baltimore Blvd College Park, MD 20740	1.800.328.7466	301.345.5000
Econo Lodge	9624 Baltimore Ave College Park, MD 20740	1.877.424.6423	301.474.0003
Hampton Inn	9670 Baltimore Blvd College Park, MD 20740	1.800.426.7866	301.345.2200
Holiday Inn	10000 Baltimore Blvd College Park, MD 20740	1.800.465.4329	301.345.6700
Howard Johnson Express	9113 Baltimore Ave College Park, MD 20740	1.800.446.4656	301.513.0002
Inn & Conference Center UMUC	Adelphi Rd at University Blvd College Park, MD 20740	1.800.228.9290	301.985.7300
Quality Inn	7200 Baltimore Blvd College Park, MD 20740	1.800.221.2222	301.345.4900
Ramada Limited	9113 Baltimore Blvd College Park, MD 20740	1.800.272.6232	301.345.4900
Super 8	9150 Baltimore Ave College Park, MD 20740	1.800.800.8000	301.474.0894



Restaurants on ROUTE 1 (Baltimore Ave)

Applebee's	(301)864-6118	7272 Baltimore Ave	American
Bagel Place	(301) 779-3900	7423 Baltimore Ave	Deli
Boston Market	(301) 779-1820	7316 Baltimore Ave	Chicken
California Tortilla	(301) 927-8500	7419 Baltimore Ave	Mexican
Chipotle Mexican Grill	(240) 582-0015	7332 Baltimore Ave	Mexican
Cluck-University Chicken	(301) 699-0345	7415 Baltimore Ave	Chicken
Cornerstone Grill & Loft	(301) 779-7044	7325 Baltimore Ave	American
Domino's Pizza	(301) 852-3030	7312 Baltimore Ave	Pizza
English Tea House	(301) 927-8333	4513 College Ave	Tea House
Jerry's Subs & Pizza	(301) 474-3364	8136 Baltimore Ave	Pizza
Jungle Grille	(301) 441-3321	8145 Baltimore Ave	Deli/ Grill/ Yogurt
Marathon Deli	(301) 927-6717	4429 Lehigh Rd	Greek/ Deli
Noodles and Company	(301) 779-5300	7320 Baltimore Ave	Specialty
Panda Carryout	(301) 209-9080	4439 Lehigh Rd	Chinese
Papa John's Pizza (Delivery)	(301) 277-7722	4509 College Ave	Pizza
Potbelly Sandwich Works	(301) (301) 209-0635	7422 Baltimore Road	American
Ratsie's	(301) 864-8220	7400 Baltimore Ave	Pizza
R.J. Bentley's	(301) 277-8898	7323 Baltimore Ave	American
Santa Fe Cafe	(301) 779-1345	4410 Knox Rd	Southwestern
Smoothie King	(301) 277-2771	7403 Baltimore Ave	Specialty
Subway Sandwiches	(301) 864-1311	7411 Baltimore Ave	Fast Food
TCBY	(301) 277-8229	7314 Baltimore Ave	Ice Cream Shoppe