

WASHBURN BE YOUR BEST MEETS

Meet:	Washburn "Be Your Best" Indoor Meets - Youth/HS/Masters
Site:	Washburn University: Indoor Athletic Facility 1785 SW Darrow Rd. Topeka, KS 66621
Date:	Saturday, December 9th, Saturday, January 13th & Saturday February 17th
General Info:	This Series is hosted by Washburn Track and Field These meets are open to youth, high school, and masters athletes. No collegiate athletes are permitted to compete.
Entries:	Entries will only be accepted through www.athletic.net Entries will close at 7:00PM on Thursday prior to the meet weekend
Entry Fee:	Individual: \$30 Club Team: \$250 per gender (9 or more athletes per gender will make a team) *This is an entry fee, not a participation fee* *Refunds will not be issued, so please double check entries before submitting*
Admission:	Spectators: \$5 at the door (2 club coaches free with team entry)
Age Divisions:	We will have divisions for the following age groups 8 and Under (no hurdles, mile, 3000m, high jump, pole vault, or weight throw) 9-10 years (no hurdles, 3000m, high jump, pole vault, or weight throw) 11-12 years (no 3000m, or weight throw) 13-14 years (no 3000m, or weight throw) High School Masters
Awards:	There will be medals for the top 3 finishers in each division Please allow 30m after the completion of each event to get the results finalized before you pick up any medals. Photos can be taken in front of a Washburn backdrop near the medal table.
Event notes:	3000m and Mile races may be seeded based on ENTRY TIMES to give athletes the best opportunity to race fast. Please enter the athletes best recent time, or a reasonable speculative time. For placement, athletes can be separated by division after the races. If there are limited entries for any given division, we may combine heats in order for athletes to avoid running alone, and speed up the competition. Results will still be separated based on age divisions.
Schedule:	The schedule is subject to change, and times listed following the session start times are estimations. Final Schedule will be based on entries and posted on www.wusports.com under the track and field team's "Home Meet Info" page. Please continue checking here for any updates to the meet schedule and entries.
Athlete Entrance:	Athletes and Coaches should enter the Indoor Athletic Facility via the front doors. You will be directed to the athlete/team check in table where coaches can pick up a track-access wristband. Doors will open 2 hours prior to the start of competition. No other doors will be open for access to the facility.
Parking:	There will be no event parking across the street from the IAF in the Art / Student Rec. Lot. Please use lots across from the baseball and / or softball fields for cars / vans. Any busses should use the large lot off of 19th and Macvicar.
Turf Field:	The turf will have three areas to be aware of. 1. Along the walls will be the team camp areas. 2. There will be barriers to designate a running lap for warm-up jogging 3. Inside the running lap lane is the warm up drill area. This area is for all sprint drills, hurdle mobility, accelerations, stretching, etc... South end of turf may be blocked off and reserved for Washburn athletics practice during the day.
Team Camps:	Team camps will only be permitted along the walls on the turf field. Please keep your team together in one camp area. Do not camp inside the warm up running lane, or drill areas

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- Warm Ups:** Warm up area will be on the turf only. Barriers will be up to separate this area from team camps. Please do not do drills or stretch inside the warmup running lane. The center of the turf is for all sprint drills, hurdle mobility, accelerations, stretching, etc...**No warmups will be allowed on the track while there are athletes competing.**
- Track Access:** Track will only be accessible to coaches with a wristband and athletes who are competing. Please help us keep non-competing athletes and non-coaching parents in the stands or on the outside of the track oval. Coaches please be aware that multiple field events and races may be going on at one time inside the oval. Please do not stand in the way of officials or athlete competition zones.
- Check In:** Running athletes must check in and get hip numbers prior to their race. Please check in to get hip numbers at least 30 minutes prior to the start of the event. Hip number table will be on the north west side of the turf. (closest to the stairs)
- Field Event athletes check in at their event.
- Clerking:** Athletes will be called for heats on the turf field near the check in table. Ushers will escort each heat to and from the start/finish areas. Please pay attention to the clerk's announcements, as we will be on a rolling schedule.
- Facilities:** 200 meter, 6-lane banked oval with 8-lane sprint straight-away housed inside our 131,000 ft² Indoor Athletic Facility. All long jump, triple jump, & pole vault runways are 'raised' runways recessed into the ground. The surface is Beynon BSS 1000, Dual Durometer, with Hobart wear layer
- Long jump/Triple Jump Board Locations**
Long Jump - 8'6" (2.6m) from sand (youth board will be taped down)
Triple Jump - 31'2" / 36'1" / 41'0" (9.5m / 11m / 12.5m) from sand
Inside runway = 200 ft / Outside runway = 178 ft
Pole Vault Runways are 147'7" (outside runway) and 151'8" (inside runway)
- Concessions:** Coaches are permitted to bring in team snacks and drinks. Please check back close to the meet to see if concessions will be available. If not, spectators are welcome to bring in personal food/drink items. If concessions are available, it will be basic hot dogs, drinks, candy, popcorn, chips, nachos.
- Implement Weigh In:** All implements will be weighed in at the throwing venue prior to the start of event.
- Spikes:** 1/8" or 1/4" pyramid spikes only please. No needle or compression spikes will be allowed.
- Heat Sheets:** Heat Sheets will be available online at www.wusports.com at the track and field home meet info page.
- Results:** Live Results will be available at www.blacksquirreltiming.com during the meet. Results will also be available at www.wusports.com and posted on the north wall as they become available.
- Additional Info:** Marshall O'Brien – marshall.obrien@washburn.edu

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DECEMBER 9, JANUARY 13, FEBRUARY 17TH

RUNNING EVENTS

Time	Event	
10:00	3000m Run	HS Girls
	(All mixed heats based on entry times)	HS Boys
		Masters Men & Women
12:00	60m Hurdles	HS Girls
	(HS Prelims)	HS Boys
		11-12 Girls
		11-12 Boys
		13-14 Girls
		13-14 Boys
		Masters Women & Men
12:40	60m	HS Girls
	(HS Prelims)	HS Boys
		8 & under Girls
		8 & under Boys
		9-10 Girls
		9-10 Boys
		11-12 Girls
		11-12 Boys
		13-14 Girls
		13 - 14 Boys
		Masters Men & Women
1:55	800m	HS Girls
		HS Boys
		8 & under Girls
		8 & under Boys
		9-10 Girls
		9-10 Boys
		11-12 Girls
		11-12 Boys
		13-14 Girls
		13 - 14 Boys
		Masters Men & Women
2:55	400m	HS Girls
		HS Boys
		8 & under Girls
		8 & under Boys
		9-10 Girls
		9-10 Boys
		11-12 Girls
		11-12 Boys
		13-14 Girls
		13 - 14 Boys
		Masters Men & Women
4:15	60m Hurdle Finals	HS Girls
		HS Boys
4:25	60m Dash Finals	HS Girls
		HS Boys
4:30	Mile	HS Girls
		HS Boys

		9-10 Boys and Girls
		11-14 Boys and Girls
		Masters Men & Women
5:45	200m	HS Girls
		HS Boys
		8 & under Girls
		8 & under Boys
		9-10 Girls
		9-10 Boys
		11-12 Girls
		11-12 Boys
		13-14 Girls
		13 - 14 Boys
		Masters Men & Women

FIELD EVENTS

Long Jump

10-11:30	HS Boys / Girls
12-1:30	11-12 and 13-14 Boys / Girls
2-4:00	8 & Under and 9-10 Boys / Girls

[4 jumps only; no finals]

Shot Put

12-1:30	All Youth - 14 & Under
2-3:30	High School Boys / Girls and Masters Men/Women

[4 throws only; no finals]

High Jump

10:00 **(2 Pits - High / Low starting heights)**

Pole Vault

10:00 **(2 Pits - High / Low starting heights)**

Triple Jump

4:00 **Cafeteria Style [4 jumps only; no finals]**

Weight Throw

4:00 **Cafeteria Style [4 jumps only; no finals]**

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ATHLETIC TRAINING

TEAM CAMPS



WARM UP AREAS

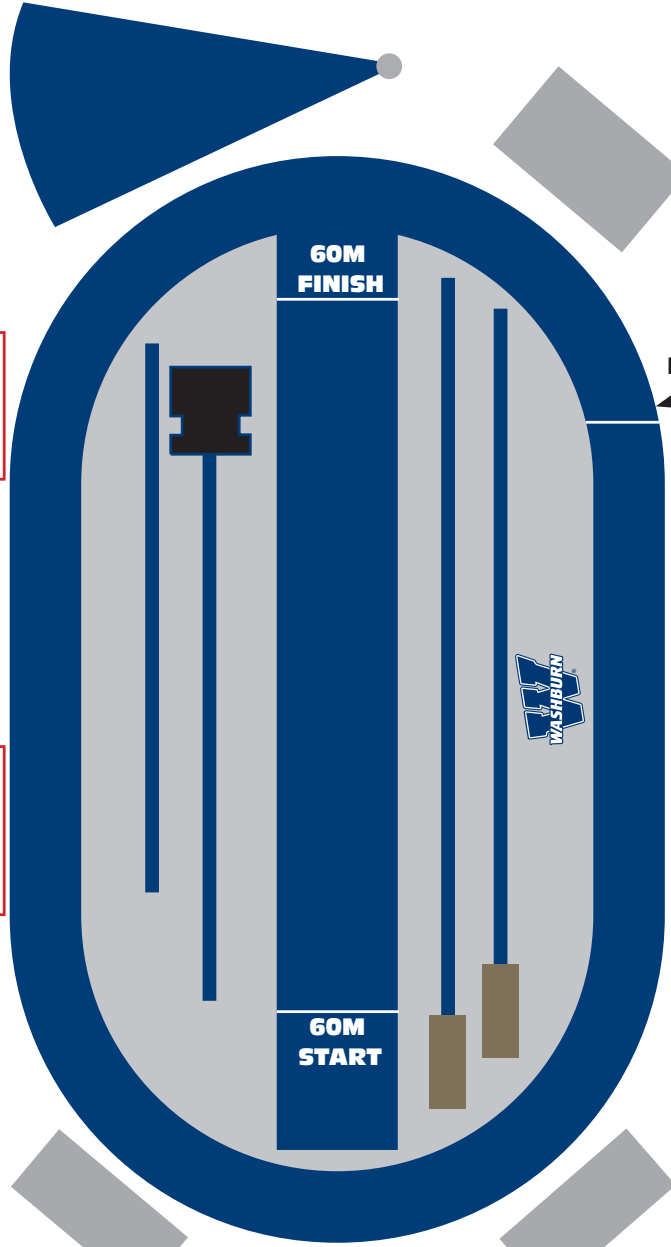


TEAM CAMPS

PV
COACHES
BOX

EVENT
CHECK IN

TEAM CAMPS



START/
FINISH LINE

LJ/TP
COACHES
BOX

RESULT
POSTINGS

BATHROOMS

WASHBURN BE YOUR BEST MEETS

WASHBURN UNIVERSITY CAMPUS MAP

1700 SW College Ave., Topeka, Kansas 66621 785.670.1010

- AB - Art Building
- BE - Benton Hall
- BP - Bianchino Pavilion
- BT - Bennet Computer Center
- BTAC - Bradbury Thompson Alumni Center
- CA - Carnegie Hall
- CH - Carole Chapel
- FF - Fally Field
- FS - Facilities Services
- GF - Gahnstrom Field
- GC - Garvey Fine Arts Center
- HC - Henderson Learning Center
- IAF - Indoor Athletic Facility
- IH - International House
- KBI - KBI Forensic Science Center
- KH - Kuehne Hall
- LA - Law School

- LD - Lincoln Dining
- LEE - Lee Arena
- LH - Lincoln Hall
- LLC - Living Learning Center
- MA - Mabee Library
- MB - Moore Bowl
- MO - Morgan Hall

- MU - Mulvane Art Museum
- NG - Neese Gray Theatre
- PC - Petro Allied Health Center
- RB - Rita Blitt Gallery
- SC - Stauffer Commons Food Court
- SR - Student Recreation & Wellness Center
- ST - Stoffer Science Hall
- TC - Tennis Courts
- TV - KTWU Television Studio
- UN - Memorial Union

- WC - White Concert Hall
- WFH - Whiting Field House
- WH - West Hall
- WUF - Washburn University Foundation
- WV - Washburn Village
- YS - Yager Stadium

- ΑΔ - Alpha Delta
- ΑΦ - Alpha Phi
- ΔΓ - Delta Gamma
- ΦΔΘ - Phi Delta Theta
- ΣΦΕ - Sigma Phi Epsilon
- ΖΤΑ - Zeta Tau Alpha

- Accessible Entrance
- Entrance Closed
- Street/Parking Closed



#1 - ADA 0	#8 - ADA 4	#A - ADA 0	#P - ADA 0
#2 - ADA 7	#9 - ADA 4	#D - ADA 2	#R - ADA 12
#3 - ADA 5	#10 - ADA 11	#E - ADA 5	#S - ADA 10
#4 - ADA 2	#11 - ADA 0	#H - ADA 3	#IAF - ADA 7
#5 - ADA 13	#16 - ADA 8	#J - ADA 3	#IH - ADA 6
#6 - ADA 4	#18 - ADA 9	#K - ADA 0	#TV - ADA 2
#7 - ADA 8		#LA - ADA 6	

A Team drop off area ...enter on east side of Indoor Athletic Facility

B Bus Parking

WASHBURN BE YOUR BEST MEETS



Jason's Deli

Address: 6121 SW 12th St., Topeka, KS 66604.

Approximately 4 miles from campus.

Phone: 785-478-4144



Jefferson's
WINGS • BURGERS • OYSTERS

Washburn athletics & visiting teams
\$10 BOXED LUNCHES
(785) 286-7113
2915 SW Wanamaker Rd

- CHEESEBURGER & FRIES
- 10 TRADITIONAL & FRIES
- 12 BONELESS & FRIES
- 5 TENDERS & FRIES
- BUFFALO CHICKEN SALAD
- CHICKEN SANDWICH & FRIES



Subway

Address: 2518 SW 17th St. Topeka, KS 66604

Approximately 1 mile from campus.

Phone: 785-232-5400



Hy-Vee

Address: 2951 SW Wanamaker Rd., Topeka, KS 66614

Approximately 5 miles from campus.

Phone: 785-272-1763



Johnny's Tavern

Address: 2821 SW Fairlawn Rd., Topeka, KS 66614

Approximately 3 miles from campus.

Phone: 785-329-5541



Papa John's

Address: 1700 SW Washburn Ave., Topeka, KS 66604

Approximately a quarter mile from campus.

Phone: 785-357-7272



Hog Wild Pit BBQ

Address: 5330 SW 21st St., Topeka, KS 66604

Approximately 3 miles from campus.

Phone: 785-783-7071



Specks

Address: 2105 SW Mission Ave., Topeka, KS 66614

Approximately 2 miles from campus.

Phone: 785-329-5595