



2024 NEICAAA Outdoor Track & Field Championships

May 10-11

College of the Holy Cross Final Meet Info

- ***NO SPIKES ARE ALLOWED ON ANY TURF FIELD!*** Please notify your SA's they will be removed from the infield if they try to warm up with spikes. This is a new turf and spikes can cause thousands of dollars in damage. Please be respectful of Holy Cross' facilities.
- Team Camp – lower field. We WILL NOT use the Indoor Football Facility given that there is no rain in the forecast. If that changes, we will notify coaches.
- Implement Weigh In
 - Friday 930-230 – At throws field
 - Saturday 930-12pm – At throws field
- We will re-seed events if scratches make that necessary.
 - Note there are TWO Sections of women's 5000 so the ONE section of the men's 5000 will start slightly later than scheduled.
- The schedule is final as posted to the NEICAAA website.
- Relay Cards are in your packet. Please turn them into the clerk when checking in.
- Check in will be on the infield near the HJ D Zone.
- Triple Jump boards at 32/36ft for women and 36/40ft for men.
- Progressions
 - WHJ: 1.54m - 1.59m - 1.64m - 1.69m - 1.72m - 1.75m - 1.78m - continue by 3cm
 - WPV: 3.32m - 3.47m - 3.62m - 3.77m - 3.87m - 3.97m - 4.04m - 4.09m - continue by 5cm
 - MHJ: 1.86m - 1.91m - 1.96m - 2.01m - 2.06m - 2.09m - 2.12m
 - MPV: 4.12m - 4.27m - 4.42m - 4.57m - 4.72m - 4.87m - 4.97m - 5.06m - 5.15m - 5.20m - continue by 5cm
- Athletic Trainers will be set up under a tent at midfield.
- Live Results Link – please share with media relations!
 - <https://live.harrierrace.com/meets/37050>
- Spectator ticketing – please share with parents!
 - <https://www.neicaaa.net/shop>
- We can PV indoors if needed but it looks like we will be outdoors. As of now HJ will definitely be outdoors.
- Holy Cross Visiting Team Guide is posted with all other meet info here:
 - <https://www.neicaaa.net/outdoor2024>

