

Guidelines for Indoor Meets at Plymouth State University's ALLWell North Recreation Center

Date of Meets: Saturday, 12-16-2017 @ 10 am
Saturday, 12-23-2017 @ 10 am
Saturday, 01-06-2018 @ 10 am

GPS Address: 32 North River Road Holderness, NH 03245

Wireless Internet Connection: PSU Secure Guest - Password: [plymouth](#)

Trainer: Tom Clark, ATC, CSCS, MBA - Athletic Trainer, Certified Strength and Conditioning Specialist - will arrive 20-30 minutes early, set up, then meet with athletes accompanied by their coach.

Bus Parking: Team Buses can park at the oval in front of the AllWell North Active Learning and Fitness Center (8-9 max.) Additional bus parking is at the Hanaway Ice Hockey Rink on the opposite side of Holderness Road.

Officials and Spectator Parking: All in attendance should access the parking garage underneath the ALLWell Facility unless it is full. Depending on the day and time this is metered parking. Additional parking for spectators is at the Hanaway Ice Hockey Rink located on opposite side of of Holderness Road.

***There is absolutely no parking on North River Road (this is residential only)*

Entries: Entries deadlines for Direct Athletics are posted on www.lancertiming.com

No spikes are allowed on the track or runways.

- **1/4 inch, pyramid spikes will be allowed for the high jump only!**

No Sports Drinks - WATER ONLY!!! (Sport Drink spills stain the surface)

Timing/Results: by Speed Sporting - www.sstresults.com - for online results during the meet. Official results will be posted on lancertiming.com at the conclusion of the meet.

Runways and HJ Area: only marking tape provided by meet management will be allowed.

Point of Emphasis:

- There will be a coaches meeting at 9:40am to explain field event flights and the start time of the 55 M HH
- **Please do not enter the track facility until 9:15 am**