

NJCAA INDOOR TRACK AND FIELD

Championships

EASTERN ILLINOIS UNIVERSITY

Dear Coach,

As the 2008 NJCAA Indoor Track & Field Championships quickly approach I wanted to touch base with you with some final information before you arrive here in Charleston.

Eastern Illinois is proud to be the host of the 2008 championships and looking forward to serving as your host. We have a proud tradition of Track & Field here at EIU and have vast experience in hosting championship events.

Please look over all of the attached material and let me know if you have any questions.

Good luck throughout the remainder of your indoor season. See you all real soon!!

Sincerely,

Thomas L. Akers
NJCAA indoor Track & Field Championship Meet Director
Director of Track & Field and Cross Country
Eastern Illinois University

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COACHES DINNER/MEETING:

The coaches meeting will be held at O'Brien Stadium at 7:00PM. A meal will be served at 6:30pm so bring an appetite.

Please indicate on your "**Team Roster Verification**" form how many coaches will be attending the Coaches Dinner and Meeting on Thursday Night. Head Coaches can eat for free.

EVENT TIMES:

Thursday March 6 th	6:00-11:00pm 6:30pm	Fieldhouse is open for practice Coaches dinner/meeting
Friday March 7 th	7:00am 9:00am-3:30pm	Facility opens for Multi Athletes Pentathlon
	3:00pm 4:00pm	Field events begin Track events begin
Saturday March 8 th	9:00am Noon 4:00pm	Field events begin Track events begin Awards Ceremony

BLUE CARD and WHITE CARD ENTRIES

WHITE CARD: Each team is permitted one (1) "white card" entry per division, male and/or female, in the NJCAA National Meet.

BLUE CARD: Each team is permitted two "blue card" entries from each division, male, and female. If a participant has qualified for the meet in an individual event, and competes in their "qualifying event", they may be entered in the "blue card" event.

WARM-UP PROCEDURES:

Warm-ups will take place in the REC Center around the upper level jogging track. **NO SPIKES are to be worn in the REC Center Facility!!** No coaches, athletes or spectators will be allowed on the infield or the track during competition unless they are involved in the competition.

A diagram of the warm-up area is enclosed. Please have your athletes aware of the flow and traffic areas. Check in will take place in the REC Center and hip numbers will be issued at the clerking table before entering the fieldhouse.

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MEET ITINERARY

Date	Time	Item
March 1, 2008 (Saturday)	6:00pm CST	<u>Pentathlon Entries Due!</u> Entries and fees must be received by this date in the meet director's office. FAX: (217) 581-7192
March 2, 2008 (Sunday)	afternoon	Accepted Pentathlon entry list will be confirmed via e-mail and posted.
March 3, 2008 (Monday)	6:00pm CST	Final Entries due via www.directathletics.com
March 6, 2005 (Thursday)	6:00-7:00 pm	Packets may be picked up in Lantz Pool Lounge
	6-11:00pm	Lantz Fieldhouse open for practice
	6:30-9:00pm	Coaches and Officials meeting.
March 7, 2008 (Friday)	7:00am	Track open for Multi athlete warm-ups and practice.
	8-8:30am	Pentathlon Weigh-in
	9:00am	Start of the Pentathlon -- TRACK CLOSED
	2:00-3:00pm	Weigh in of all throwing implements
	3:00pm	Field events begin
	4:00pm	Running events begin
March 8, 2008 (Saturday)	8:00am	Track open for warm-ups and practice.
	9:00am	Field events begin
	Noon	Running events begin
	immediately following the meet	Awards Ceremony

Entry Procedure & Team Roster Verification

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NATIONAL JUNIOR COLLEGE INDOOR CHAMPIONSHIPS

Men _____

Women _____

Please fill in the information on this form, sign and FAX with the "Team Roster Form" by February 25, 2008. FAX # 217-581-7192.

I, _____ of _____,
(name) (institution)

have read and understand the entry and declaration procedures and accept responsibility for fulfilling these terms.

(signature)

Contact Information and Travel Party

Head Coach: _____ Assistant Coach: _____

Coach's Office Phone: _____ Assistant Coach: _____

Coach's Cell Phone: _____ Athletic Trainer: _____

Coach's FAX: _____

Coach's e-mail: _____

Lodging

Hotel where you will be staying: _____

Number of rooms reserved: _____

Date arriving in Charleston/Mattoon area: _____

Departure date: _____

Number of Coaches attending Dinner Meeting: _____

PENTATHLON
ENTRY FORM

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EASTERN ILLINOIS UNIVERSITY

Athlete's Name: _____

School: _____

Male: _____ Female: _____

	Entry Marks	Points
55MH/60MH	_____	_____
Long Jump	_____	_____
Shot Put	_____	_____
High Jump	_____	_____
800M / 1000M	_____	_____
	TOTAL POINTS	_____
	DATE ACHIEVED	_____
	MEET ACHIEVED	_____

2008 REGIONAL CHAMPION (Circle one) YES NO REGION _____

Coach's Certification _____

Coach's Email _____

Coach's Cell Phone _____

Date Submitted _____

FAX to: NJCAA Indoor Championships
Eastern Illinois University
(217) 581-7192

Entries must be received by Saturday, March 1st, 2008 by 6:00pm. You must FAX your entries to (217) 581-7192. Only the top sixteen (16) entries will be accepted. You will be contacted by email on Sunday, March 2nd with the accepted entry list. **PLEASE BE SURE TO PROVIDE A VALID EMAIL ADDRESS!**

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EASTERN ILLINOIS UNIVERSITY

Department of Athletic Training

TO: Participating schools in the 2008 National Junior College Indoor Track & Field Championships, March 7 - 8, 2008

FROM: Emily Schilling ATC, LAT
Graduate Assistant Athletic Trainer, EIU

DATE: February 12, 2008

RE: Athletic Training Services

We are pleased to host the 2008 Men's and Women's National Junior College Indoor Track & Field Championships this spring, March 7 - 8. We will have a certified athletic trainer in attendance. You are advised to bring an athletic trainer with you, preferably a certified one. The following services will be available to you during this meet:

1. One certified athletic trainer in attendance.
2. The following equipment will be available on the track:
 - a. Moist heat packs
 - b. Electrical stimulation unit
 - c. Ultrasound
 - d. Ice
 - e. Emergency equipment: Spine board, vacuum splints, crutches, AED.
3. A written acknowledgement from an ATC or a physicians prescription must accompany an athlete needing any of the electrical modalities.
4. **Important phone numbers:**
MEDICAL EMERGENCY: 911
Sarah Bush Lincoln Health Center: 348-2525
Emergency Room: 348-2551
University Health Service: 581-3013
Lantz Training Room: 581-7616
Emily Schilling, ATC, LAT: Cell: 217-649-0519
5. The above services will be available on the track 2 hours before scheduled start times and until events for each day are concluded.

Welcome to Charleston! If we can be of any assistance to you concerning the healthcare needs of your athletes just let us know.