

# 2010 NIN Final Instructions

## REGISTRATION

REGGIE LEWIS CENTER Upper Level – follow signs to registration (Friday 11:30am-8pm, Saturday 8am-6pm, Sunday 7am-noon)

- ∞ Your packet is filed alphabetically via school name. Since biographical information is now included in the entry blank, there is no necessity to fill out a bio card.
- ∞ USATF card - you must have a valid USATF card in order to pick up your packet. If you do not have one, you may purchase one at registration or at the USATF web site, [www.usatf.org](http://www.usatf.org). If you have a valid USATF card, but for some reason do not have it with you, you may fill out a waiver stating that fact.
- ∞ Each school receives one coach's admission bracelet for coach or adult accompanying athlete. Any additional passes may be purchased at Registration on Friday night, or at the Admission area during and before competition hours.

COMPETITOR NUMBERS/IDENTIFICATION ARE TO BE WORN ON THE FRONT ONLY, EXCEPT FOR POLE VAULT AND THE ANCHOR OF THE RELAYS. RELAY ANCHORS WILL BE GIVEN A TEAM NAME BIB TO WEAR ON THE FRONT, AND THEIR INDIVIDUALLY NAMED BIB IS TO BE WORN ON THE BACK.

Each competitor bib comes with a customized tear off wristband and a customized tear off luggage tag, both with your name and number on it. Make sure that you attach the luggage tag to your gift bag. And your wristband must be worn at all times.

## RELAY CARDS

- ∞ All coaches must fill in relay cards prior to their teams' relay check-in. This allows for accuracy in reporting relay members in the results.

## ADMISSION TO THE REGGIE LEWIS CENTER

- ∞ ATHLETES - Admission is via the competition number AND wristband (which is attached to competition bib). Athletes are to enter only through the door marked "ATHLETES".
- ∞ COACHES - Enter through normal admission gate and show admission bracelet.
- ∞ All others must purchase admission bracelets.

## SPIKES - ¼" Only

- ∞ All ¼" spikes are allowed except for the "Christmas tree" design.

## WARMUP

- ∞ Athletes may warm up in gymnasium directly across the hall from the track. Please use that track only within 1 hour of your event. The entrance is via the door nearest

- the pole vault pit and will be clearly marked. Hurdles will be provided in a special area in that facility.
- ∞ Flats ONLY are allowed on the warm-up area. NO STARTING BLOCKS are allowed in that room.
  - ∞ Warm-up will also be permitted at the Reggie Lewis facility on Friday, March 12 from 9am until noon. ALL POLE VAULTERS MUST BE SUPERVISED BY THEIR RESPECTIVE COACHES.

## **FINALISTS AND AWARDS**

- ∞ Immediately after your race, please go to the awards area. Unless you feel that you were definitely not in the top 6, you must proceed to the awards area.
- ∞ Championship rings will be awarded to each winner (including relays). Medals will be issued to the first six places. The first six places will be named NSSF All Americans. All-American Certificates will be distributed at the awards ceremony.

## **LUGGAGE STORAGE ON SUNDAY, MARCH 14**

- ∞ Those who wish to store their luggage, may do so in the area provided in the Reggie Lewis Center. The luggage area will be prominently marked. While there will be security in the luggage storage area, the NSSF is not responsible for lost/stolen articles. ELECTRONIC EQUIPMENT (CDs, Radios, cameras, etc) ARE NOT ALLOWED IN THE COMPETITION AREA. Please make sure you affix your luggage tag (detachable from your bib) to your luggage.