



Fitchburg State University

Jim Sheehan Memorial Track & Field Meet

Welcome

April 6, 2024

Dear Coaches,

Welcome to the annual Jim Sheehan Memorial Track and Field Meet. We are looking forward to another great day of competition.

This meet is in memory of Jim Sheehan, long-time coach and faculty member of Fitchburg State University. Jim passed away in May 2006 after a long and courageous battle with cancer and this is our way of honoring him for all that he gave to Fitchburg State.

Our beautiful facility was fully renovated in the summer of 2022 and we are looking forward to hosting on it. We will run all events that the weather permits. We look forward to seeing you and hope for a warm, sunny day. Please send an email to: jjellison@fitchburgstate.edu with your intent to compete at this meet.

Sincerely,

Jim Jellison
Head Men's Coach
Cross Country/Track and Field

Jamie Aubuchon
Head Women's Coach
Cross Country/Track and Field



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Entries: All entries must be submitted on Direct Athletics (www.directathletics.com). Entries are due by 7:00pm on Wednesday, April 3rd. Submit seed performances for all events. No additions after this date. Scratches only.

Scratches: Will be taken up to 10:00am on the day of the meet. Inform Charlie Butterfield of other scratches so we do not have heats with only 2 athletes.

Scoring: 8 places, 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

Entry Fee: \$30.00 per athlete up to \$400.00 per team. Men's and Women's combined teams is \$800.00. Make checks payable to: Fitchburg State University. Mail to: Jim Jellison, Track Coach, Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420. Individual athletes will need pre-pay before their entries are accepted. Contact Jim Jellison or Jamie Aubuchon prior to the registration deadline regarding payments to confirm their entry. Online payments can be made with the link below.

(Link will be provided closer to meet date)

Timing: First Time Out - Charlie Butterfield. For questions about entries after the deadline, contact Charlie at: cbutter51@hotmail.com. FSU Finish Lynx System.

Results: Will be posted on TFRRS on Saturday night.

Check-in for Coaches: Inside the press box at the top of the bleachers.

Check-in for athletes: Check-in 15 minutes prior to your event at the check-in tent on the infield by the finish line. No athletes allowed on the infield during competition. Hip numbers to be worn on left hip. There will be no bib numbers. Field event athletes will check-in at event site 15 minutes prior to that event.

Trainers: Trainers will be available on site. You must bring your own tape/wrap, etc. Contact Todd Soulliere at 978-665-3774 with questions or special needs for you athletes.

Parking: EXTREMELY IMPORTANT! Buses must drop athletes off at the footbridge in the Wallace Civic Center parking lot on John Fitch Highway. Buses can then park there and the track is about 100 meters over the bridge and up the hill. This is a MUST as Pearl Hill Road cannot accommodate buses. Any buses that arrive there will be instructed to continue up Pearl Hill and take a left onto Juniper then left on Will Thompson Way and left again back to the Civic Center. Pearl Hill Road is very narrow and residential.

Contact Info: Jim Jellison: jjellison@fitchburgstate.edu, (w) 978-665-3494, (c) 978-580-9613 or (h) 978-342-0150. Jamie Aubuchon: jaubuch6@fitchburgstate.edu, (c) 978-502-0630



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Note to Coaches:

The javelin will be thrown off the runway next to the hammer circle. Discus will be thrown from the lower discus circle.

Minimum Entry Marks for Throws: Men's Discus-22m, Women's Discus-16m, Men's and Women's Javelin, top-32 entries, Men's and Women's Hammer, top-32 entries.

Field Events

- 10:00 Javelin, Men followed by Women (on runway)
Hammer Throw to follow, Women followed by Men
- 10:00 Discus, Women followed by Men
- 10:00 Long Jump, Men followed by Women (Pit 1)
- 10:00 Triple Jump, Women followed by Men (Pit 2)
- 10:00 Pole Vault, Men followed by Women
- 11:30 Shot Put, Women followed by Men
- 11:00 High Jump, Women followed by Men

Running Events - Rolling Schedule

- 10:00 10,000M, Combined Men and Women
- 3000M Steeplechase, Women followed by Men
- 4x100M Relay, W/M
- 1500M, W/M
- 100/110M Hurdles, W/M
- 400M, W/M
- 100M, W/M
- 800M, W/M
- 400M Hurdles, W/M
- 200M, W/M
- 5000M, W/M
- 4x400M Relay, W/M
- 4x800M Relay, W/M