

# Tom Cat Twilight

University of St. Thomas



Thursday, April 13, 2017

- Register** This is a men's open meet. To assist with planning, please send an email to [samathre@stthomas.edu](mailto:samathre@stthomas.edu) with your intent to compete a full or partial team.
- Entries** Due Tuesday, April 11 at noon. Entries submitted via [www.DirectAthletics.com](http://www.DirectAthletics.com)
- Unattached should be emailed directly to [samathre@stthomas.edu](mailto:samathre@stthomas.edu)  
Only realistic and obtainable entries accepted from unattached athletes.  
\$10 entry to the Clerk.
- Entry Fee** \$150.00 entry fee per team. Payable under the white tent near the finish-line.
- Facility** 400-meter polyurethane 8-lane track. 1/4" spikes recommended.  
Javelin will be contested at the South campus on grass infield.  
Dashes to be run with the wind.
- Gender** Collegiate men only.
- Scoring** No scores will be kept.
- Eligibility** Open to all eligible collegiate and post collegiate athletes.
- Heat Sheets** Heat/Section and Flight Sheets will be emailed to coaches and posted online Wednesday afternoon.
- Implement Weigh In** All implements must be weighed prior to competition underneath the north end of the stadium starting one hour prior to the start of the first event. Weigh-in will conclude with the beginning of the meet.
- Starting Heights** Starting heights for the high jump and pole vault will be determined by the event officials. Coaches are encouraged to provide input.
- Check- In** Athletes should check in with the Clerk of Course 15 minutes prior to their event. The Clerk will be located under the white tent at the south end of the track.
- Hip Numbers** Athletes will receive hip numbers from the Clerk when checking in for their event. Hip numbers shall be worn on the left hip by all athletes in running events that do not finish in lanes.
- Trainers** Athletic trainers will be on duty throughout the meet.
- Wind gauges** Will be present.
- Questions** Please contact Steve Mathre with questions.  
[samathre@stthomas.edu](mailto:samathre@stthomas.edu)  
Office: 651.962.5915  
Cell: 651.338.6723

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## TENTATIVE SCHEDULE ONLY

Field Events	Time	Flights	
4:00 PM	Hammer	2	
5:30 PM	Discus	2	Approximate. To begin immediately after Hammer
4:00 PM	Shot Put	1	Open circle closes at 6:00 PM.
6:15 PM		1	Final
4:15 PM	Javelin	1	North field on grass (baseball outfield)
4:15 PM	High Jump	1	
4:00 PM	Pole Vault	1	
4:00 PM	Long Jump	1	
~	Triple Jump	1	Approx. 6:00 PM. To begin immediately after LJ

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Time	Events	Sections
4:30 PM	Steeplechase	
4:45 PM	4 x 100	
4:50 PM	1500M Run	
5:05 PM	400M Dash	
5:20 PM	110M Hurdles	
5:30 PM	100M Dash	
5:45 PM	800M Run	
6:00 PM	400M Hurdles	
6:10 PM	200M Dash	
6:30 PM	5000M Run	
6:55 PM	4 x 400 Relay	



### Additional Information

- Implement inspection under the north end of the stadium: 3:00-3:45 PM
- Throwing events: flight and final times are approximate. Rolling schedule
- Long throws to use laser measurement
- Clerk located at the south end of stadium
- Hip numbers to be worn on both left hip and left chest
- 200m runners must declare with Clerk by before the 800m (approximately 5:45P M)
- Javelin contested on grass on north campus