

Tommie Twilight

University of St. Thomas



Wednesday, May 3, 2017

- Entries** Entries due Monday, May 1 @ 6:00 P.M.
Entries to be made at www.DirectAthletics.com
Unattached entries to be emailed directly to samathre@stthomas.edu
Only realistic and obtainable entries accepted from unattached athletes.
Open athletes: \$10.00 per athlete, payable in 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.
- Eligibility** Open to all collegiate and post collegiate athletes. Women only.
- Facility** 400-meter polyurethane 8-lane track. 1/4" spikes recommended.
Javelin will be contested on grass infield.
Dashes to be run with most advantageous wind.
- Scoring** No scores will be kept.
- Kids Race** Kids are encouraged to participate in either the pre-school 50m dash, the elementary school 100m or the middle school 400m run. Participants should report to the infield 10 minutes prior to the event. Prizes will be awarded to all participants.
- Advancement** Athletes in dash events will advance by time.
- Heat Sheets** Heat/Section and Flight Sheets will be posted to the Web and emailed to coaches by Tuesday afternoon.
- Implement Weigh In** All implements must be weighed prior to competition. Implements will be weighed underneath the north end of the stadium beginning one hour prior to the start of the first event. Weigh-in will conclude with the beginning of the meet.
- Check- In** Athletes should check in with the Clerk 15 minutes prior to their event.
- Hip Numbers** Hip numbers shall be worn on the left hip by all athletes in running events that do not finish in lanes. Athletes will receive hip numbers from the Clerk when checking in for their event.
- Results** Results will be posted throughout the meet at south end of the stadium and emailed to coaches.
- Trainers** Athletic trainers will be on duty throughout the meet.

Tommye Twilight

University of St. Thomas



Wednesday, May 3, 2017

Tentative Schedule Only

FIELD EVENTS

Time	Flights	Event	
4:30 PM	1	Pole Vault	
5:00	1	High Jump	
4:30 PM	2	Long Jump	
6:00~	2	Triple Jump	To follow Long Jump
3:00 PM	2	Hammer	
	2	Shot Put	To follow Hammer
	2	Discus	To follow Discus
5:00	2	Javelin	South campus, grass runway.

RUNNING EVENTS

Time	Section	Events	
5:00 PM	3	100M Hurdles Prelims	
5:12	5	100M Dash Prelims	
5:30	2	3000M Steeple	
6:05	1	4 x 100	
6:10	4	1500M Run	Sections 2-5

6:45		Pre School 50M	
6:50		Elementary School 100M	
7:00		Middle School 400M	

7:10	4	400M Dash	
7:28	1	100M Hurdles	Final
7:33	1	100M Dash	Final
7:38	5	800M Run	
8:08	3	400M Hurdles	
8:19	7	200M Dash	Must declare by 7:15PM
8:45	1	5000M Run	
9:12	1	1500M Run	Fast Section
9:20	2	4 x 400 Relay	