



Benedictine University – Benedictine Relays Meet Information

- Date:** Friday and Saturday, April 15th & 16th, 2016
- Entries:** All entries must be received by 12:00 p.m. Tuesday, April 12th
Online entries: **TBA**

College/University Athletes

- Coaches can only enter current collegiate athletes with your Direct Athletics team account.
- *Athletes must be currently eligible for competition for their respective collegiate institution for the 2016 outdoor track & field season.*
- If your athlete is not eligible OR is not representing your school, they are considered an “Exhibition” athlete.
- Enter verifiable marks from the 2015-16 indoor and outdoor season in the TFRRS system.
- Only 9 collegiate athletes will advance to finals.
- Entries must be entered via **Direct Athletics**. DO NOT EMAIL, CALL, FAX ENTRIES.

Exhibition Athletes

- If you are an athlete that is not eligible OR not representing your collegiate institution, you are considered an “Exhibition” athlete.
- Exhibition includes post-collegiate, club, redshirt/medical. Current high school age athletes are not eligible for participation (as per NCAA bylaws.)
- Exhibition athletes will not advance to finals. Enter verifiable marks from 2016 outdoor season.
- Only 9 collegiate athletes will advance to finals.
- Entries must be entered via **Direct Athletics**. DO NOT EMAIL, CALL, OR FAX ENTRIES.

- Entry Fee:** Teams: \$225 per gender, \$450 both men and women
Teams with fewer than 8 **registered athletes**, \$25 per athlete
Make checks payable to Benedictine University Track & Field

- Scratches:** Scratches only. No additions after declaration period!

- Facility:** Nine lane 400 meter Tartan surface. ¼ inch pyramid only!

- Starting Heights/Scratch Lines:** TBD based on entries.

- Packets:** Pick up in the concourse of the stadium upon arrival or at athlete check in table.

- Timing:** Finish Lynx timing provided by: CFPI Timing

- Results:** Posted on TFRRS, Beneagles.com and live at www.cfpitiming.com

- Scoring:** Top eight places score, 10-8-6-5-4-3-2-1
For relays, A teams only will score

- Athletic Training:** Certified Athletic Trainers will be on site, ice and heat available

Benedictine University – Benedictine Relays
Friday & Saturday, April 15th & 16th , 2016
Order of Events

FIELD EVENTS (Friday)

- 12:00 p.m.** **Hammer-** men followed by women
 Pole Vault – women followed by men (flights 1 & 2)
 (Only if we have a large field)
- 3:00** **Shot Put** – Men (Ring 1)
 Long Jump - (2 pits)
- 4:00** **Shot Put** – Women (Ring 2)

Note: Coaches may request to the head official of a field event to have an athlete switch flights if they are competing in the finals of another event.

RUNNING & RELAY EVENTS (Friday)

*Women followed by men in all events this year! Faster heats first, Slower heats last.

- 3:00 p.m.** **Sprint Medley (200, 200, 400, 800)**
 4x800
 4x200
 Distance Medley (1200, 400, 800, 1600)
 4x1600
 5000 Meters (Fast Heat Top 25)
 10,000 Meters

FIELD EVENTS (Saturday)

11:00 a.m. **Discus-** women followed by men
Triple Jump (2 pits)
Pole Vault – women followed by men (Top Flights)
High Jump – men followed by women
(Event will be put in flights with large field sizes)

12:00 p.m. **Javelin** – women followed by men

RUNNING EVENTS (Saturday)

*Women followed by men in all events this year! Slower heats first, fastest heat last.

10:30 a.m. **Senior Day Presentation**

11:00 a.m. **400 Meter Relay**
3,000 Meter Steeplechase
1,500 Meters
100/110H Prelims
400 Meters
100 Meters Prelims
800 Meters
100/110H Finals (Top 9)
100Meter Finals (Top 9)
400 Meter Hurdles
200 Meters
5,000 Meters
1,600 Meter Relay