



## Benedictine University – Benedictine Relays Meet Information

**Date:** Friday and Saturday, April 14<sup>th</sup> & 15<sup>th</sup>, 2017

**Entries:** All entries must be received by 11:59 p.m. Tuesday, April 11<sup>th</sup>. New this year we will be limiting teams to ***FIVE entries per event*** Friday night relays and the 3,000 meter run will be unlimited entries.

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 2017 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 2016-17 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: \$250 per gender, \$500 both men and women  
**No minimum payment \$250 per gender is required, \$500 both men and women**  
Unattached athletes \$30  
Make checks payable to Benedictine University Track & Field

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

**Facility:** Nine lane 400 meter Tartan surface.

**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](http://Beneagles.com) and live at [www.cfpitiming.com](http://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 15<sup>th</sup> & 16<sup>th</sup>, 2016  
Order of Events**

**FIELD EVENTS (Friday)**

**12:00 p.m.**      **Hammer-** men followed by women  
                     **Pole Vault** – women followed by men  
                     **Shot Put** – women

**3:00**                **Shot Put** – Men followed by women  
                     **Long Jump - M&W compete at the same time** (2 pits)

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.

**We will stay on the following time schedule:**

**3:00 p.m.**      **Sprint Medley (200, 200, 400, 800)**  
                     **4x800**  
                     **4x200**  
                     **Distance Medley (1200, 400, 800, 1600)**

**Invitational Events**

**5:30 p.m.**      **Invitational 1500 Meters (Top 2 Flights)**  
                     **3,000 Meters (Unlimited Entries)**  
                     **Invitational 5,000 Meters (Top 25 Entered)**  
                     **10,000 Meters**

## FIELD EVENTS (Saturday)

- 11:00 a.m.**      **Discus-** women followed by men  
**Triple Jump – M&W compete at the same time** (2 pits)  
**High Jump –** men followed by women
- 12:00 p.m.**      **Javelin –** women followed by men

## RUNNING EVENTS (Saturday)

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

- 10:00 a.m.**      **100/110H Prelims**  
**100 Meter Prelims**
- 11:00 a.m.**      **400 Meter Relay**  
**3,000 Meter Steeplechase**  
**1,500 Meters**  
**100/110H Semi-Finals (Top 24 Entries)**  
**400 Meters**  
**100 Meter Semi-Finals (Top 24 Entries)**  
**800 Meters**  
**100/110H Finals (Top 9)**  
**100 Meter Finals (Top 9)**  
**400 Meter Hurdles**  
**200 Meters**  
**5,000 Meters**  
**1,600 Meter Relay**

### Starting Heights

Men's Pole Vault	3.50m
Women's Pole Vault	2.50m
Men's High Jump	1.75m
Women's High Jump	1.40m

### Scratch Lines

Men's Hammer	36m
Women's Hammer	30m
Men's Discus	35m
Women's Discus	30m
Men's Shot	11m
Women's Shot	10m
Women's Javelin	25m
Men's Javelin	35m