



## Benedictine University – Benedictine Relays Meet Information

**Date:** Friday and Saturday, April 13<sup>th</sup> & 14<sup>th</sup>, 2018

**Entries:** All entries must be received by 11:59 p.m. Tuesday, April 10<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 2017-18 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.

### **No Exhibition Athletes Invited College Teams Only**

**Entry Fee:** Teams: \$325 per gender, \$650 both men and women  
**No minimum payment \$325 per gender is required, \$650 both men and women**

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, [Benueagles.com](http://Benueagles.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 13<sup>th</sup> & 14<sup>th</sup>, 2017**  
**Order of Events**

**FIELD EVENTS (Friday)**

**12:00 p.m.**      **Hammer-** men followed by women Flights (4, 4)  
                  **Pole Vault** – women followed by men Flight (2, 2)  
                  **Shot Put** – women Flights (4)  
                  **Long Jump - M&W compete at the same time** (2 pits) Flights (M 5, W 5)

**3:00**              **Shot Put** – Men Flights (4)

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)**

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

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

**12:30 p.m.**              **100/110 Hurdle Time Finals**  
                                  **100 Meter Dash Time Finals**

**2:30p.m.**              **200 Meter Dash Time Finals**

**3:30 p.m.**              **Sprint Medley (200, 200, 400, 800) Heats**  
                                  **4x800**  
                                  **4x200**  
                                  **Distance Medley (1200, 400, 800, 1600)**  
                                  **3,000 Meter Steeplechase**

**Invitational Events**

**5:30 p.m.**              **Invitational 1500 Meters (Top 2 Flights) (Section 1 & 2 Top 32 Athletes)**  
                                  **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 Flights  
**High Jump** – men followed by women Flights Five Alive  
**Triple Jump** – M&W following Long Jump Flights
- 12:00 p.m.**      **Javelin** – women followed by men Flights

## RUNNING EVENTS (Saturday)

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

- 11:00 a.m.**      **100/110 Hurdle Open**  
**4x100m Relay**  
**1500m**  
**400m**  
**100m Open**  
**800m**  
**400H**  
**200m Open**  
**5000m**  
**4x400m Relay**

### Starting Heights

Men's Pole Vault	3.70m
Women's Pole Vault	2.70m
Men's High Jump	1.75m
Women's High Jump	1.45m

### Scratch Lines

Men's Hammer	35m
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