

Carthage College Track & Field
Private College Invite
January 13, 2018

- Eligibility:** Open to collegiate teams and invited unattached athletes. Team scores will be kept.
- Entry Deadline:** Must be received by 12:00 NOON on Wednesday (January 10). All entries will be done online at Direct Athletics (www.directathletics.com). Late entries will not be accepted. **Unattached entries** should be emailed/approved to Josh Henry - jhenry2@carthage.edu
- ENTRY MARKS MUST BE VARIFIABLE PERFORMANCES FROM THE LAST 12 MONTHS!!!**
- Entry Limit:** None. You may run more than one relay team per event.
- Entry Fee:** \$200.00 Per Team (\$400.00 Men & Women combined)
Individual Entries - \$30.00 – Are permitted, **high school athletes are NOT eligible.**
Please make all checks payable to Carthage College
- Scratches:** Scratches only on day of meet. No additions!
- Info Packets:** Pick up packet (and pay fees) upon arrival at finish clerk's table near finish line.
- Track:** 6-Lane, 200 meter Mondo surface. HJ / LJ/ TJ surface is same as track. Chalk only for field event marks- chalk will be provided at the event site.
NO FOOD OR DRINK ON TRACK LEVEL
- Spikes:** 1/4" are maximum allowed. Pyramid spikes only. Shoes will be checked! We WILL NOT provide replacement spikes.
- Timing:** Finish Lynx and NCAA rules will govern the meet.
- Weigh-In:** Throwing implements must be weighed in (at venue) between 9:30 and 10:20 a.m. Any and all illegal implements will be impounded until completion of the event(s).
- Results:** Available at conclusion of the meet, and posted on results board after each event. Results will also be posted on our web-site (www.carthage.edu) and on Direct Athletics.
- NCAA Qualifiers:** Results will be posted to TFRRS following the conclusion of the meet.
- Dressing Rooms:** Available on lower level of TARC. Please provide your own towels and locks.
- Trainers:** Certified athletic training staff will be available throughout the meet.
- Meet Director:** Josh Henry, Men's Track & Field Coach
Carthage College
Cell: (262) 945-5735
E-mail: jhenry2@carthage.edu

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Order of Events
Saturday January 13th

FIELD EVENTS - BEGINNING AT 10:30 A.M.

SHOT PUT	(men & women simultaneously- 2 rings)
LONG JUMP	(men – south pit / women – north pit)
POLE VAULT	start time 30 min. after Hept PV(men followed by women)
HIGH JUMP	(women followed by men)
TRIPLE JUMP	(to follow completion of long jump)
WEIGHT THROW	(to follow completion of shot put – women followed by men)

RUNNING EVENTS - BEGINNING AT 11:00 A.M. – Schedule Will Roll

All events run as sections against time. Fast sections will run first!

Women first, followed by men – unless stated otherwise.

DMR

3000 METER RUN

55 METER HURDLE TRIAL

55 METER DASH TRIAL

MILE RUN

55 METER HURDLE – FINAL (men followed by women – 2 sections each)

55 METER DASH – FINAL (2 sections each)

400 METER DASH

800 METER RUN

200 METER DASH

5000 METER RUN

4 x 400 METER RELAY

SPIKES

The only spike allowed for our Track facility is the ¼” pyramid spike.

ATHLETES WILL NOT RUN IF THEY DO NOT COMPLY WITH THIS RULE.

Spike checks will be checked before the first running event in the Clerk's area. Spikes must be checked prior to the start of your race. Anyone found using any spikes other than ¼” Pyramid Spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4”
Pyramid
“Cone Shape”
Only



NO
Needle
Spike
Pins