

Carthage College Track & Field
Tadd Metzger Invitational
Friday & Saturday, January 25-26, 2019

LAST UPDATE: November 28, 2018

Eligibility:	Meet: Invited Colleges & Individuals Only. Aurora University, Carthage College, Concordia University – Ann Arbor, Concordia University – WI, Carroll University, Elmhurst College, Greater Milwaukee Track Club, Lake Forrest College, Milwaukee School of Engineering, North Park University, Roosevelt University, and UW Oshkosh. Multi: Open to Collegiate Athletes Outside of the Invited Teams. However, multi entries outside of invited teams will be on a first-come, first-serve basis. This will allow meet management to cap the pent & hep fields in order to run a smooth event. Email Josh Henry regarding your intention to enter ASAP.
Entry Deadline:	Must be received by 12:00 NOON on Wednesday (January 23rd). <u>ENTRY MARKS MUST BE VARIFIABLE PERFORMANCES FROM THE LAST 12 MONTHS!!!</u> All meet entries with the exception of the multi will be done online at Direct Athletics. Invited teams will be e-mailed link to entry procedure. Multi Entries must be emailed to Josh Henry by the entry deadline (Please include seed marks, otherwise seeds will be entered as NT or NM). Meet Management has the right to decline Multi entries to open teams if the field size becomes too large.
Entry Limit:	None. You may run more than one relay team.
Entry Fee:	\$200.00 Per Team (\$400.00 Men & Women combined) Multi – Event Entry – \$50.00 (In addition to team entry) Individual Entries - \$30.00 – Are permitted, high school athletes are NOT eligible. <u>Please make all checks payable to Carthage College</u>
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:	¼" length maximum. Pyramid spikes only. Shoes will be checked! Carthage 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 2:00 and 3:15 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 website and Direct Athletics at conclusion of meet.
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

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PENTATHLON / HEPTATHLON

PENT - 55 Hurdles, HJ, Shot Put, Long Jump, 800 – Friday Start Time – **11:00am**

HEPT - 55 Dash, Long Jump, Shot Put, High Jump – Friday Start Time – **11:15am**

HEPT - 55 Hurdles, Pole Vault, 1000 Meter – Saturday Start Time – **9:00am**

FIELD EVENTS - BEGINNING AT 3:30 P.M.

*SHOT PUT	(men- north ring/ women- south ring)
LONG JUMP	(men – south pit / women – north pit)
POLE VAULT	(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 – w then m)

****Meet management reserves the right to put down a minimum mark line based on
the number of entries in the throwing events****

RUNNING EVENTS - BEGINNING AT 3:30 P.M.

**All events run as sections against time. Fast sections will run first!
Women first, followed by men – unless stated otherwise.**

5000 METER RUN- slow section, if needed (women)

5000 METER RUN- slow section, if needed (men)

3000 METER RUN

55 METER HURDLE TRIAL

55 METER DASH TRIAL

MILE RUN

400 METER DASH

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

55 METER DASH – FINAL (2 sections each)

600 METER DASH

800 METER RUN

1000 METER RUN

200 METER DASH

5000 METER RUN - fast sections

4 x 400 METER RELAY

Carthage / Tadd Metzger Invitational
Women's Meet Records

55 Meter	6.95	Alie Israel	Unattached	2011
55 Hurdles	8.23	Sheena Grigsby	Carthage	2006
200 Meter	24.97	Barabara Szlendakova	Greater Milwaukee	2007
400 Meter	58.70	Anneli Melin	Unattached	2002
600 Meter	1:36.16	Jessica Lamp	UW-Parkside	2007
800 Meter	2:15.14	Naomi Bong	UW-Parkside	2008
1000 Meter	2:56.15	Tess Ehrhardt	UI- Chicago	2014
1500 Meter	4:49.87	Julie Deyo	St. Norbert	2003
1 Mile	5:03.23	Rebecca Zaiter	UI-Chicago	2014
3000 Meter	9:49.45	Jessica Watychowicz	UW-Parkside	2013
5000 Meter	17:41.79	Jenni Goebel	UI-Chicago	2005
4 x 200 Relay	1:44.35	Lady Panthers	UW-Milwaukee	2004
4 x 400 Relay	4:00.57	Huskies	Northern IL	2010
DMR	11:56.20	Panthers	UW-Parkside	2008
High Jump	5' 6 ½"	Elanta Slowek	Carthage	2017
Long Jump	18' 10½"	Alisha Harper	UW-Milwaukee	2015
Triple Jump	37'10 ¾"	Kellie Schuh	UI-Chicago	2012
Pole Vault	12-0"	Nicole Larson	Concordia-WI	2016
Shot Put	51' 10"	Jecel Gerner	UW Oshkosh	2011
20# Weight	64' 9"	Holly Ozanich	UW Oshkosh	2011
Pentathlon	2829	Nicole Kitchen	Wheaton	2017

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Men's Meet Records

<i>55 Dash</i>	<i>6.36</i>	<i>Patrick Hunter</i>	<i>Northern Iowa</i>	<i>2005</i>
<i>55 Hurdles</i>	<i>7.50</i>	<i>Bobby Cooks</i>	<i>Aurora</i>	<i>2017</i>
<i>200 Meter</i>	<i>22.42</i>	<i>Babatunde Awosika</i>	<i>UW-Stevens Point</i>	<i>2012</i>
<i>400 Meter</i>	<i>49.15</i>	<i>Josh Slamka</i>	<i>Unattached</i>	<i>2004</i>
<i>600 Meter</i>	<i>1:21.77</i>	<i>Gabe Wagoner</i>	<i>UW-Milwaukee</i>	<i>2004</i>
<i>800 Meter</i>	<i>1:54.72</i>	<i>Justin Gorman</i>	<i>UW-Milwaukee</i>	<i>2004</i>
<i>1000 Meter</i>	<i>2:26.71</i>	<i>Dan Sullivan</i>	<i>UW-Stevens Point</i>	<i>2013</i>
<i>1500 Meter</i>	<i>4:00.58</i>	<i>Tony Escarcega</i>	<i>Unattached</i>	<i>2003</i>
<i>Mile Run</i>	<i>4:18.84</i>	<i>Scott Mueller</i>	<i>WI Runner</i>	<i>2011</i>
<i>3000 Meter</i>	<i>8:28.61</i>	<i>Travis Nechuta</i>	<i>UW-Stevens Point</i>	<i>2008</i>
<i>5000 Meter</i>	<i>14:48.99</i>	<i>Quinn Newton</i>	<i>UW-Parkside</i>	<i>2003</i>
<i>4 x 200 Relay</i>	<i>1:32.28</i>	<i>Fighting Scots</i>	<i>Monmouth</i>	<i>2002</i>
<i>4 x 400 Relay</i>	<i>3:22.68</i>	<i>Red Men</i>	<i>Carthage</i>	<i>2012</i>
<i>DMR</i>	<i>10:26.95</i>	<i>Cardinals</i>	<i>North Central</i>	<i>2013</i>
<i>High Jump</i>	<i>7-0 ½ "</i>	<i>Trevor James</i>	<i>UW Milwaukee</i>	<i>2015</i>
<i>Long Jump</i>	<i>24'0 1/4"</i>	<i>Buzzy Brown</i>	<i>Unattached</i>	<i>2018</i>
<i>Triple Jump</i>	<i>54-10</i>	<i>Brandon Roulhac</i>	<i>Shore AC</i>	<i>2011</i>
<i>Pole Vault</i>	<i>17'0 3/4"</i>	<i>Peter Geraghty</i>	<i>North Central</i>	<i>2013</i>
<i>Shot Put</i>	<i>58'8 ¾"</i>	<i>Kyle Scofield</i>	<i>Unattached</i>	<i>2011</i>
<i>35# Weight</i>	<i>60'7 1/4"</i>	<i>Brandon Pichen</i>	<i>Aurora</i>	<i>2018</i>
<i>Heptathlon</i>	<i>4616</i>	<i>Leif Van Grinsven</i>	<i>Wheaton</i>	<i>2017</i>

SPIKES

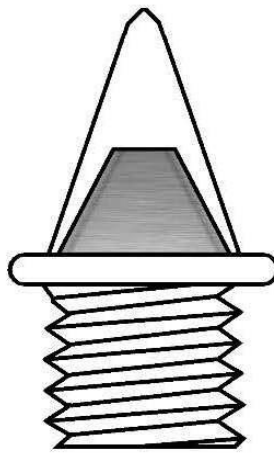
The only spike allowed for our Track facility is the ¼” pyramid spike.

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