

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

LAST UPDATE: January 17, 2019

- 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 Forest College, Milwaukee School of Engineering, North Park University, Roosevelt University, UW Oshkosh, and Wheaton College.
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). **ENTRY MARKS MUST BE VARIFIABLE PERFORMANCES FROM THE LAST 12 MONTHS!!!**
- All meet entries will be done online via Direct Athletics. Multi Entries must be completed via Direct Athletics and seeds should be emailed to Josh Henry by the entry deadline. If no seed marks are received, multis will be entered as NT or NM in each event. 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 (Per individual, In addition to team entry)
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:** 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:** Will be posted on results board after each event. In addition, a link to live results will also be shared to head coaches via email along with the meet program. Official results will be posted on our website, TFRRS, and Direct Athletics at the conclusion of 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

Carthage College Tadd Metzger Invitational

January 25-26, 2019

FRIDAY, JANUARY 25

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**

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

SATURDAY, JANUARY 26

HEPT - 55 Hurdles, Pole Vault, 1,000 Meter Run – Saturday Start Time – **9:00am**

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Women's Meet Records

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

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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

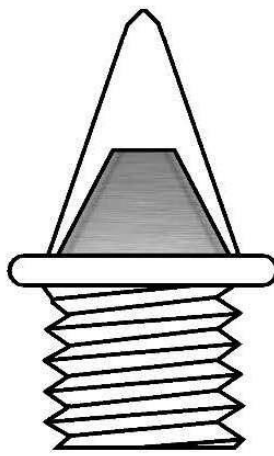
The only spike allowed for our Track facility is the 1/4" pyramid spike.

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 1/4" Pyramid Spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins